

August 2015

# SUNBEAMS

Transitions Healthcare Sykesville, 7309 Second Avenue, Sykesville, MD 21784



## Celebrating August

**Read a Romance  
Novel Month**

**What Will Be Your  
Legacy Month**

**Farmers Market Week**  
*August 2–8*

**Coast Guard Day**  
*August 4*

**Homemade Pie Day**  
*August 7*

**Bowling Day**  
*August 8*

**Vinyl Record Day**  
*August 12*

**Mail Order Catalog Day**  
*August 18*

**Massage Therapy Week**  
*August 19–23*

**Kiss and Make Up Day**  
*August 25*

**More Herbs, Less Salt Day**  
*August 29*

## When Life Gives You Lemons...

Pucker up all you sourpusses: August 20 is Lemonade Day. Legend has it that on this date in 1630, lemonade made its debut in Paris, France. The drink wasn't merely a mix of lemons, sugar, and water, but was a fashionable concoction of sparkling water, lemon juice, and honey. Leave it to the French to turn lemons into something elegant.

These days lemonade enjoys seemingly endless variations. Pink lemonade adds a colorful dash of grenadine or a splash of pink juice from raspberries, watermelon, red grapefruit, cherries, or strawberries. Such herbs as mint, thyme, and basil or ginger root can be added to a glass for extra flavor. Adventurous types even dare to add spicy jalapeño peppers or Thai chilies. On really hot days, lemonade frozen into a slushy consistency can be eaten with a spoon like sorbet. And there's even limeade, which substitutes limes for lemons. Since August is also Lemonade Stand Month, try selling some of those flavors for a quarter (or more) per cup.

Perhaps it's no coincidence that Lucy Ware Webb Hayes, first lady and wife of U.S. President Rutherford B. Hayes, was born on August 28, 1831—during a month now saturated with references to lemonade. As a supporter of the temperance movement, Lucy Hayes was dubbed "Lemonade Lucy." She was a staunch supporter of her husband's decision to ban all alcohol from state functions held at the White House. She was held up as an example of fine morality by the Women's Christian Temperance Union. She took criticism of her views on temperance with good humor and was widely considered a popular and elegant hostess. Some even hailed her as a representative of the "new woman era" in America. That's something we can all drink to...with lemonade of course.



## The Dog Days of Summer



The hot and sultry days of summer, known as the “dog days,” stretch from July 3 to August 11. It was named by the ancient Romans who observed that the “Dog

Star” Sirius was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 2–8 is Assistance Dog Week, a day honoring all those canines that help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere. And “detection dogs” are now being used to sniff out everything from bedbugs to forest truffles to cancer.

August 5, too, is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. For example, no other dog can compete with the bloodhound’s sense of smell. This dog’s sense of smell is so reliable it’s admissible as evidence in a courtroom. Bloodhounds can track a smell more than 300 hours old and trails more than 160 miles long.

The Doberman pinscher was bred by a German tax collector by the name of Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but it’s also one of the smartest dog breeds in the world.

German shepherds are renowned as both Hollywood actors and police and therapy dogs. The breed’s courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

While we’ve all heard the saying “work like a dog,” these dogs give the phrase new meaning.

## Wrap Rage

Sometimes opening a bottle of aspirin is so difficult that you need an aspirin just to relieve the pain. Equally frustrating is having something as tiny as a keychain mailed in a box the size of a small child. If you’ve encountered such preposterous packaging, you may be a fan of Particularly Preposterous Packaging Day on August 7.

Some think marketers purposely make packaging complicated. Products are artfully packaged to look larger and more desirable, sometimes regardless of how difficult the package is to open. The term “wrap rage” has even been coined to describe the frustration many feel when a package is all but impossible to unwrap. Furthermore, over-packaged products lead to waste. Studies show that a third of all household waste comes from packaging, and this packaging often ends up in landfills. Some places in Great Britain and elsewhere have even considered issuing packaging laws to reduce the amount of trash. So, the next time you tangle with a package, keep August 7 in mind.

## On the Other Hand



Did you hear the one about the inventor who developed a left-handed hammer? It didn’t sell. He forgot to invent left-handed nails! But if he had, they likely would have been sold by the Left-Handers Club, which celebrates

International Left-Handers’ Day on August 13.

Left-Handers’ Day is about more than just advocating left-handed products like scissors, pens, and can openers. It’s about creating “Lefty Zones,” where right-handed people attempt tasks using their left hands. For one day, the proverbial shoe will be on the other foot, with righties struggling to use tools unfit for their right-handedness. It’s a day when all lefties will fight for their, um, rights.

## The Future of Shopping



Is the Internet starting to make things too easy for us? August is Shop Online for Groceries Month. Fruits, vegetables, frozen foods, meats, dairy, the works can all be delivered right to your door. Some people call this innovation, others call it convenience, and still others might consider it just plain laziness. One thing is for certain: online shopping is here.

Adults 50 years old and above represent the Web's largest constituency, comprising one-third of the total 195.3 million Internet users in the U.S. alone (Jupiter Research). Two-thirds of Americans 50-plus buy from e-retailers online, while nine out of 10 Baby Boomers say they've purchased something online (eMarketer, 2013).

That's why companies are creating tools to make shopping easier and more fun. Imagine walking by a store when your mobile phone suddenly beeps. It's the store letting you know that your favorite toothpaste is on sale. Thanks to the call, you enter the store to do some unplanned shopping. Once inside, our phone will also act like a personal shopper. It can tell us where to find our favorite styles of clothes at the most reasonable prices. It will also tell us where we can buy the very sunglasses worn by our favorite movie star. For those of us still shopping for groceries at actual supermarkets, some phones will even use our shopping lists to map the fastest route through the aisles.

After you've made your selections and are ready to check out, you will not even need to visit a checkout counter. Simply use your cell phone to scan all your purchases and pay. You'll be leaving with full shopping bags, having never waited in a line. Of course, all these innovations assume you haven't bought your items from the comfort of your home. With so many online retailers offering free next-day shipping, it's a wonder people will leave their homes at all. It's then up to brick-and-mortar retailers to come up with creative ways to lure us out of our homes—and into their stores.

## A Penny for Your Thoughts

It's one of those things you don't appreciate until it's not there—the Take a Penny/Leave a Penny Tray. What luck when the tray is there, brimming with shiny pennies so you don't have to pocket a handful of change. Do your part and keep those penny trays filled on August 2—Take a Penny, Leave a Penny Day.

There are many who deem the lowly penny a useless denomination of currency. In the United States, it costs 1.7¢ to make one penny. In 2012, Canada decided a penny wasn't even worth minting. Their lowest denomination of currency is now 5¢. Such a change in currency won't help the U.S., however, where it costs a whopping 8.09¢ to mint one nickel. Why does it cost so much to make these coins? It all depends on the price of copper, a component in coins. Even when the price of copper fell in 2014—saving the U.S. Mint \$29 million in overall production costs—it still lost money minting pennies and nickels. So the next time you leave or take a penny, know it will cost the Mint nearly twice as much if it has to replace it.

## Cat Is the New Black



Does a shiver run down your spine when a black cat crosses your path? Do you instantly think of witches on broomsticks when

you see a black cat? Black Cat Appreciation Day on August 17 is your chance to revise your superstitious notions. For example, in Scotland, Great Britain, and Japan, black cats are considered good luck and signs of prosperity. Some even believe that a woman who owns a black cat will have many suitors. In olden times, sailors would choose a black cat as their ship's cat to protect their ship and bring good fortune. Shelters posting black cats for adoption offer two more reasons to appreciate black cats: a black-colored cat goes well with any outfit, and black cats are a slimming color.



## Star-Crossed Lovers

On the seventh day of the seventh lunar month, which this year is August 20 on the Western calendar, the Chinese celebrate Qixi—also known as the Double Seventh



Festival. It's a holiday born of the myth of two lovers: Zhinu the weaver maid (a fairy runaway from heaven) and Niulang the cowherd.

Niulang was a kind-hearted cowherd who, after losing his parents, lived with his cruel brother and sister-in-law. His sister-in-law demanded that Niulang bring nine cows to pasture and return home with 10. Forlorn, Niulang set off on his impossible task and met an old man who assured him that he could find a sick ox beyond the mountain. After searching for weeks, Niulang finally found the ox, which he restored to health. Imagine Niulang's surprise when he discovered that the ox was actually a supernatural being from heaven. The ox was so thankful that it introduced Niulang to a beautiful fairy. The fairy's name was Zhinu.



Zhinu was the seventh daughter of a goddess. Bored with heaven, she descended to Earth, where she married Niulang. The two were very happy, but when Zhinu's mother discovered that her daughter had married a mortal, she became enraged and returned Zhinu to heaven. With

the help of his ox, Niulang chased after his wife. When the goddess found out, however, she created a huge river between the lovers, separating them forever. Niulang and Zhinu's heartbreak so moved the hearts of all the magpies of the world that the birds created a bridge over the river. On the seventh day of the seventh month the mother goddess allows Niulang and Zhinu to meet. For this reason, Qixi is considered China's Valentine's Day.

## August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious—reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are virginal Virgos. Virgos are industrious and efficient. They pay close attention to details and are known for getting the job done right on the first try. Celebrities born in August include:

Grace Landon— August 1  
Attilia Marasa— August 6  
Ralph Wilson — August 7  
Beulah Chester— August 7  
Luemisher Jordan— August 7  
Wanda Bowers— August 12  
Nancy Rupert— August 16  
Mary Rippeon— August 17  
Fatmata Moseray — August 19  
Mary Whittaker — August 22  
Beverly Schroeder — August 26  
Margaret Miller — August 29

## The Day Valentino Died

He was born Rudolfo Alfonso Raffaello Piero Filibert Guglielmi di Valentina D'Antonguolla, but his devoted fans knew him as Rudolf Valentino. Valentino was one of Hollywood's earliest stars of the silent



era. He was the prototypical tall, dark, and handsome Italian—a perfect on-screen hunk. After dancing a tango in *The Four Horsemen of the Apocalypse*, he became a national sensation. His sudden death on August 23, 1926, threw his legions of fans into hysteria. Some even attempted suicide. Tens of thousands visited his open casket in New York City, where mourners rioted and broke a plate-glass window at the funeral home in the hopes of getting in for a final glimpse of the star. And a reported 100,000 mourners lined up outside the church where services were held. By train, Valentino's body made its last trip to Hollywood—for a final silent goodbye.

# SYKESVILLE MANAGEMENT TEAM

**KIM DRAKE, NHA, RD, CSG, LDN – Administrator**

**MARJORIE SIMPSON, PhD, CRNP – Vice President, Nurse Practitioner Services**

**LISA LIPMAN, RN – Director of Nursing**

**LINDA KARMALA, RN – Assistant Director of Nursing**

**IAN ROHE, LPN – Marketing/Clinical Liaison**

**KRISTEN ALLEN – Admissions Coordinator**

**TOM HOUSER, LPN – 1<sup>st</sup> Floor Unit Manager**

**DURAMANY SESAY, RN - 2<sup>nd</sup> floor Unit Manager**

**DEBBIE GRIGSBY, LPN – 3<sup>rd</sup> Floor Unit Manager**

**CHARLES COLE, RN – Evening Supervisor**

**ROSE KELLEY, RN – Weekend Supervisor**

**RACHEL GUILFOYLE, MS,OTR/L – Rehabilitation Director  
Certified Brain Injury Specialist**

**LISA TIMMONS – Director of Human Resources**

**MICHELLE MOORE, LCSW – Director of Social Work**

**MARISA COOKE, MSW, LGSW – Social Work (1<sup>st</sup> & 3<sup>rd</sup> Floors)**

**MEREDITH FARGNOLI, RD, LDN – Dietitian**

**IGAL QUINTANILLA – Maintenance Director**

**Food Service – Housekeeping - Laundry**

**RICHARD COLEMAN, Director / CARLOS SHARP, Assistant Director**

**JENIFER SHOWER – Business Office Manager  
(Medicaid Specialist)**

**Life Enrichment Director**

**DONNA BARNETT, AC-BC, ADC/MC, CDP, Editor “Sunbeams”**



## Manicures

Every Tuesday at

10:30 am

Game Room

No Appointment Necessary!

## **SUNDAE SUNDAYS!**



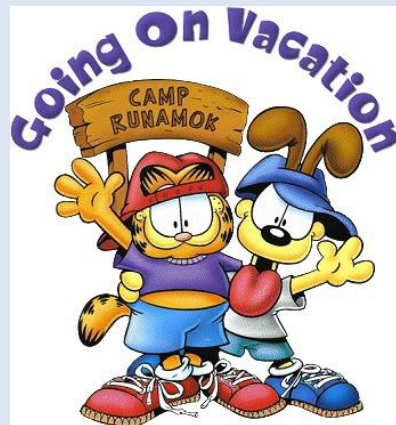
Sunday, AUGUST 23<sup>rd</sup>

2:30 pm

1<sup>st</sup> Floor Dining Room

Stop by and get a  
special treat!

*There will be No  
Family Council  
Meetings for:  
The summer months of:  
June, July and August*



*If you have questions and / or  
needs, please feel free to contact  
the Family Council Leader:*

*Eleanor Armstrong  
Family Council Leader*

*410-596-8868*

*[Ellie1790@yahoo.com](mailto:Ellie1790@yahoo.com)*



**Teresa Thornton, Beautician  
35 years of Experience!**

**Welcomes residents to come to the  
Beauty Shop  
Located on the 1<sup>st</sup> Floor  
For all your hair care needs.**

**Thursday and Saturday  
Set up an appointment with  
Donna Barnett, ADC to  
Receive this service.**

**Prices are reasonable and within  
the same rate as in the community.**



**meet+greet**



**Resident Council  
Meeting  
AUGUST 20<sup>th</sup> - 2:30pm  
Game Room**

**Announcing the 2015  
Resident Council Officers:**

**Matt Tiffany, President  
Room 201 B**

**Ron Mattern, Vice President  
Room 109 D**

**Jackie Maize, Social Secretary  
Room 110 B**

**Robert Richardson, Chaplain  
Room 107 A**

*The Resident Council Officers and  
Community are saddened by the  
Loss of friend and Social Secretary  
Carole Kluge.  
Carole faithfully fulfilled this role  
By sending cards of sympathy, and  
Thank you notes from the  
Resident Council Members. Rest in  
Peace dear friend!*





**TO  
TRANSITIONS  
HEALTHCARE  
COMMUNITY**

- George Anderson**
- Miriam Basil**
- Telesha Duke**
- Elaine Farmer**
- John Gellner**
- Romona Harris**
- Randy Hartless**
- Luemisher Jordan**
- Nicholas Mottley**
- Mary Nevros**
- John Payne**
- Irene Peters**
- Virginia Reitz**
- Rhea Shifflett**
- Ralph Wilson**
- Emilie Wisniewski**
- June Peraro**



**Transitions Healthcare  
Sykesville Nortaries**

**Please see:**

**Jenifer Showers**

**Business Office  
Monday – Friday  
9:00am – 5:00pm**

**Jennifer Thomas**

**Receptionist  
Monday – Friday  
4:00 – 8:00pm  
Saturday – Sunday  
8:00 – 4:00pm**

## RESIDENT BANKING NEEDS



BUSINESS OFFICE IS LOCATED ON THE  
3<sup>RD</sup> FLOOR  
MONDAY – FRIDAY HOURS  
9:30 AM – 4:00 PM

~  
SATURDAY – SUNDAY  
SEE FRONT DESK RECEPTIONIST  
10:00 AM – 4:00 PM

A limited amount of cash is kept with the receptionist to accommodate residents monetary needs on the weekend. Residents must have an active Resident Account to request money on weekends.

Resident fund accounts: Check deposits for resident funds account should be made in the name of the resident. We cannot accept checks made payable to "Transitions" for resident account deposits. Please make checks payable to the resident.

The business office is updating resident files. Please stop by the business office (during normal business hours) with current insurance cards (including Medicare and prescription cards). We need to copy cards for our files so proper insurance billing can be done.

Please visit the business office to make sure we have correct and current billing information. Resident bills are sent out around the 5<sup>th</sup> of each month. If you have not received a bill, please contact the business office

Thanks for your cooperation!

-----  
Jen Showers  
Business Office Manager-Medicaid  
410-795-1100 ext. 203

## August Birthday Club!

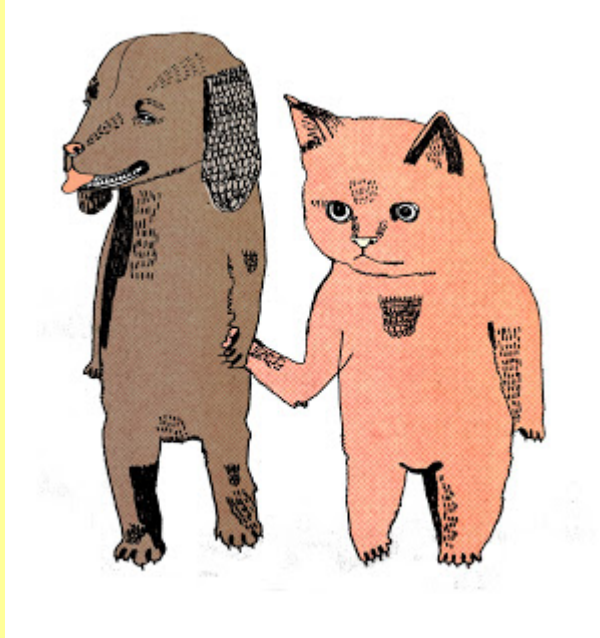


August 19, 2015  
4:30 pm

**1<sup>ST</sup> FLOOR DINING ROOM**



**ENTERTAINMENT  
BY:  
Greg Lupton**



# K-PETS

K-PETS will be visiting  
the Transitions  
Community on  
Thursday, August 20<sup>th</sup>  
At 2:00pm



Sympathy is Expressed  
from all  
of the Transitions Healthcare  
Community to the families  
of...

Paul Barnes  
Barbara Harleman  
Carole Kluge

## **NOT BY THE YEARS WE LIVE**

**BY HELEN STEINER RICE**

FROM ONE DAY TO ANOTHER  
GOD WILL GLADLY GIVE  
TO EVERYONE WHO SEEKS HIM  
AND TRIES EACH DAY TO LIVE  
A LITTLE BIT MORE CLOSELY  
TO GOD AND TO EACH OTHER,  
SEEING EVERYONE WHO PASSES  
AS A NEIGHBOR, FRIEND, OR BROTHER,  
NOT ONLY JOY AND HAPPINESS  
BUT THE FAITH TO MEET EACH TRIAL  
NOT WITH FEAR AND TREPIDATION  
BUT WITH AN INNER SMILE,  
FOR WE KNOW LIFE'S NEVER MEASURED  
BY HOW MANY YEARS WE LIVE  
BUT BY THE KINDLY THINGS WE DO  
AND THE HAPPINESS WE GIVE.