

THE Pecan Ridge Lifestyle



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MEMORY CARE COMMUNITY

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JUNE 2023



Dunk Into These Doughnut Trends

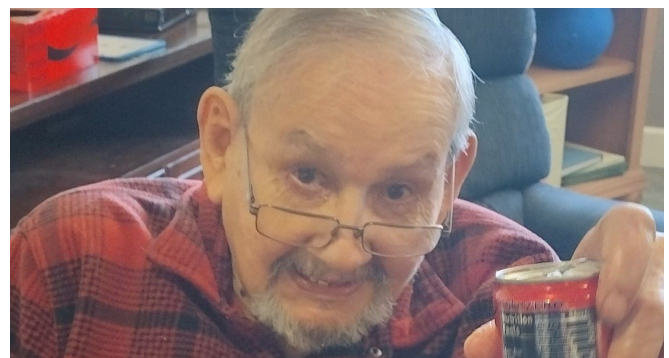
You can't go wrong with a classic doughnut, whether glazed, frosted or jelly-filled. But there's now a "hole" new world of doughnuts to explore.

National Doughnut Day, the first Friday in June, started as a fundraiser in 1938. Yet it's only been recently that bakers have started experimenting with nontraditional doughnuts. When a New York pastry chef introduced the Cronut—a cross between a croissant and a doughnut—in 2013, he sparked a craze to create innovative delights.

Trending doughnut mashups include extreme sandwiches using a sliced glazed doughnut as a bun, with fillings such as eggs and breakfast sausage, fried chicken, and ice cream. You can load up on doughnut nachos, with either dessert toppings or traditional Tex-Mex ingredients. Nostalgia is a big motivator for many bakers, who have created doughnuts that capture the flavor of a favorite candy bar or childhood treat, such as a PB&J. Sugary cereal and cookie pieces have swapped out sprinkles for toppings. It's also becoming popular to make doughnuts at home, with recipes for the traditional method of frying them or baking them using special pans with ring-shaped wells.



Roy holding Franklin at Dog Therapy!



James Says, "Have a Coke!"

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On the Menu: Carbonated Water

There’s something about a fizzy drink that’s extra refreshing, and these days, the market for carbonated water is bubbling over with options. The three main types are seltzer, club soda and sparkling mineral water. Most of the flavored carbonated water you’ll find in stores are made with seltzer, which is just plain water with carbon dioxide added. Because seltzer has the most neutral taste, it’s a good blank canvas for added flavorings. Club soda is like seltzer, but with the addition of certain minerals that give it a slightly salty taste. Sparkling mineral water comes from a mountain spring that contains naturally bubbly water, and depending on the water’s source, contains various elements that contribute to its unique flavor.

‘Son’ Is One

How many words can you come up with using the letters in “let’s go fishing”?

“The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it.”
—Lori Longbotham

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Pet Appreciation Week 4 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	World Environment Day! 5 9:30 Morning Buzz! 10:00 Music w/Merit 🎵 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Manicure Monday(All Day) 5:00 Dinner🍽️	Anniversary of D-Day 6 9:30 Morning Buzz! 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning Doc-D-Day📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	World Chocolate Ice Cream Day 7 9:30 Morning Buzz! 10:00 Ring Toss 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Ice Cream Social 5:00 Dinner🍽️	World Ocean Day 8 9:30 Morning Buzz! 10:00 Chair exercises👉👈 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Rocky Road Ice Cream Day 2 9:30 Morning Buzz! 10:30 Morning Snack: Pet Therapy 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:30 Karaoke Happy Hour 5:00 Dinner🍽️	Butterfly Education and Awareness 3 9:30 Morning Muze 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Movie Matinee w/Popcorn 5:00 Dinner🍽️
Children's Sunday 11 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	World Red Rose Day 12 9:30 Morning Buzz! 10:00 Music w/Merit 🎵 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Manicure Monday(All Day) 5:00 Dinner🍽️	Roller Coaster Day 13 9:30 Morning Buzz! 10:30 Pastor Bob Sermon 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Flag Day 14 9:30 Morning Buzz! 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Nature Photography Day 15 9:30 Morning Buzz! 10:00 Chair exercises👉👈 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Crackerjack Day! 16 9:30 Morning Buzz! 10:30 Morning Snack: Pet Therapy 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:30 Karaoke Happy Hour 5:00 Dinner🍽️	Nursing Assistant Day 17 9:30 Morning Muze 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Movie Matinee w/Popcorn 5:00 Dinner🍽️
Father's Day! 18 9:00 Donuts w/Dad ♥️ 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Juneteenth 19 9:30 Morning Buzz! 10:00 Music w/Merit 🎵 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Manicure Monday(All Day) 5:00 Dinner🍽️	Handyman Day 20 9:30 Morning Buzz! 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Summer Solstice 21 9:30 Morning Buzz! 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Blue Butterfly Day 22 9:30 Morning Buzz! 10:00 Chair exercises👉👈 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Painting Blue Butterflies 5:00 Dinner🍽️	Take Your Dog to Work Day 23 9:30 Morning Buzz! 10:30 Morning Snack: Pet Therapy 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:30 Karaoke Happy Hour 5:00 Dinner🍽️	Sucker Saturday 24 9:30 Morning Muze 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Movie Matinee w/Popcorn 5:00 Dinner🍽️
Happy B-day Basketball 25 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Candyland Day! 26 9:30 Morning Buzz! 10:00 Music w/Merit 🎵 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:00 Manicure Monday(All Day) 5:00 Dinner🍽️	Helen Keller Day 27 9:30 Morning Buzz! 10:30 Pastor Bob Sermon 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Casey Anderson Music 2:30 Snack & Hydrate 5:00 Dinner🍽️	Sunglasses Day! 28 9:30 Morning Buzz! 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Tropical Getaway Day 29 9:30 Morning Buzz! 10:00 Chair exercises👉👈 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 5:00 Dinner🍽️	Gone Fishin' Day 30 9:30 Morning Buzz! 10:30 Morning Snack: Pet Therapy 11:00 Daily Chronicles 12:00 Lunch🍴 1:30 Lifelong Learning📖 2:30 Snack & Hydrate 3:30 Karaoke Happy Hour 5:00 Dinner🍽️	

Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

Fort McHenry. After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw "by the dawn's early light" that the "flag was still there," flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became the national anthem, "The Star-Spangled Banner." *Iwo Jima.* The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography. The event has been commemorated in a bronze monument outside Washington, D.C., with an American flag that flies 24 hours a day.

Moon landing. After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

9/11. On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity. Another American flag that had flown atop one of the twin towers was later found in the debris. That tattered flag was carried by Team USA athletes and first responders at the opening ceremonies of the 2002 Winter Olympics in Salt Lake City.



Pretty Patsy enjoying our day at the park!



Meet our Awesome Staff!

Sharon Kazeem

Executive Director

Terri Collins LVN

Director of Assisted Living

Rhonda Bitner

Sales Director

Vaughan Greaves

Dining Director

Faraday Villanueva

Human Resources Assistant

Kevin Farr

Maintenance Director



Signs of Summer

We've enjoyed sunny days and warm weather for weeks, but summer officially starts this month on June 21. It's the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.