



Summer Times

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A Monthly Newsletter

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LOVE IS IN THE AIR

Move over February with your Valentine's Day! There is love in the air at Summerset every month. When the artist John Paul Young, in 1977, sang his disco song, "Love is in the Air", people really felt like they truly had "feathered hearts", light and floatable with love.

Our residents feel the love. Just ask them! They'll tell you, like John Paul Young did in these lyrics:

*Everywhere I look around
Love is in the Air,
Every sight and every sound
Love is in the Air,
And I don't know if you're an illusion
Don't know if what I see is true
But you're something that I must believe in
And you're there when I need you...*

Summerset is not the only one showing this love! We have a partnership with the family members and responsible parties. They are here whenever we need them or when the resident might need them. Dr. Jones, a retired college professor, says that he enjoys Summerset. He indicated, one day, how happy he was as he was briskly going down the hall and whistling. When approached about his whistle, he said, "Man, I am happy."



Dr. Arthur Jones is enjoying a wonderful day with his wife, Phyllis.

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DID YOU KNOW THAT...?

1. Lisa Hoeh, the author of "4 Silent Signals: You're Stressed", quoted Steven E. Hobfall, Ph.D., and Chairman of the Department of Behavioral Sciences at Rush University Medical Center in the Prevention Magazine. He indicated that if you have any of the signs below, it is time for CALM, time to go for a walk or time to even turn your phone off. Prevention Magazine, March 2010.

- Weekend Headaches.
- Awful Period Cramps: (Most stressed women are more than twice as likely to get painful cramps than those who are less stressed, per a Harvard School of Public Health study. Exercise can soothe cramps and stress.)
- An Achy Mouth: (A sore jaw can be because of teeth grinding. If you are experiencing this, check with your dentist.)
- Odd Dreams: (If stressed, your sleep is disrupted. Try to aim for 7-8 hours of sleep.)

2. An occasional glass of wine would not make you vulnerable to viruses, but **TOO MANY COCKTAILS** may not only hurt your head, but can make your immune system suffer, according to Stephen Pruett, Ph.D., a professor at Mississippi State University. Prevention Magazine, March 2010.



3. **Summerset's visiting hours are 9:00 a.m. to 8:00 p.m.** It is unfair to the residents when the caregivers are assisting the residents and having to constantly attend to the visitors as well. Residents need the attention. Please help us by adhering to the rules and regulations.
4. **Our residents are getting in the voting mode, are you? You can vote early.** Please vote!
5. If your family (loved one) has a doctor's appointment, please let our nurse know in advance, especially if they are to have a procedure.
6. **Did you know that the residents have a Resident Council and they meet each Month?** Mr. John Howard is their president.



*Picture of Mr. John Howard,
President of Resident Council*

OTHER ENJOYED ACTIVITIES

1. Dancing Times at Summerset
2. Services at Foundation Interdenominational Church at Summerset
3. Our Social Gatherings
4. Friday Movies & Popcorn at Summerset
5. Trips to Plays in the City

A BIT OF HISTORY

Summerset has a 4,000 square foot room which is named for Mrs. Lois Withrow Wright. Mrs. Wright was Summerset's first resident. She moved to Summerset from White Plains, New York in 2000. Mrs. Wright, affectionately called "Aunt Lois" because she is the aunt of the owners and loves to be called by her name. She is a retired Registered Nurse, Director of Nursing and Hospital Administrator at Lincoln Hospital in New York City.

"Aunt Lois" traveled extensively during her earlier years and loves to tell of her "around the world trip" she took with her friends, not once but twice. This ninety eight year old, "young lady" still resides at Summerset.



Mrs. Lois Wright as a nurse in her younger days.



LOIS WITHROW WRIGHT HALL



Present picture of "Aunt Lois"

A Visit I Did Not Have With My Granddaughter



*I had a visit with the telephone today.
It was quite an interesting get-together, I must say.*

I learned that I am quite alone.

Oh, I learned it from the telephone.

*I learned that it robbed me of my time,
Time I thought would be hers and mine.*

*I finally got a word in edge-wise,
The phone rang again and my words were lost in her smiling eyes.*

Smiles that were not meant for me;

Smiles were for the telephone voice, you see.

Someone else moved in,

*Even though my grand daughter was sitting next to me,
Someone else stole my time, it should be a cardinal sin;*

I thought she said that we would go out to eat;

So, I went to put my jacket on to be more attired or complete;

I returned to see only her back,

In my day, for that action, I would have gotten a whack;

But I know, she didn't mean to leave in such a way;

I'm certain something came up and through it all she was lost in the fray;

I love my grandchild and it's alright,

She'll return, one day or night;

Then maybe I'll have a say,

For, I know what's in her heart;

No cell phone can tear us apart;

But in the mean times,

For anyone who will heed

This is a mere caveat.

Come visit me, fill my need.

Give me just a bit of undivided attention;

I want to spend time with you,

If that is selfish, It is my only condition;

I'm going out and buy me a cell;

So I can call my granddaughter and her I'll tell;

Come visit with me!



GHW

This poem was inspired by a resident who was anticipating a wonderful and long visit from her granddaughter, but it never happened, even though the granddaughter "dropped" by Summerset.

VISITATION

A resident told the story once of how much she enjoyed her visit from her grandson. She likened it too when she was home ill, when she was a child, and seemingly nothing could boost her spirits until her best girl friend came to see her with laughter, games, and funny stories. She said that during that visit, she forgot that she was ill and started to feel so much better.

She received her best friend's full attention. Who doesn't like to be the center of attention? It is most satisfying and can be exhilarating. Visitations nurture the spirit and foster healing. Just remember that visitations should be pleasant ones as well as the words shared should be kind ones. According to Mother Teresa, "Kind words can be short and easy to speak, but their echoes are truly endless."

Visitation Pics at Summerset - I



Mrs. Francis Huff with her nephew, Mr. Charles Barnes, Jr., as they returned from an outing.

Mrs. Francis Huff with her nephew, Mr. Charles Barnes, Jr., at a family gathering at Summerset.



Mrs. Lois Wright enjoys a surprise visit from her grandnephew, Lt. Commander Damon Dunn, his wife, Deborah and daughters.



Visitation Pics at Summerset - II

Mrs. Thelma Archambeau and her daughter, Mrs. Rita Manley, pose for a shot during a wonderful visit at Summerset.



Mrs. Kitty Blair relaxes with her son, Mr. Keith Blair, after her recognition as "Resident of the Season" at Summerset.

Mrs. Leola Hankerson and her grands, Kenyetta Hankerson, left, Dana and Dana's husband, Ben Dyson, right. Shot is taken at a family gathering at Summerset.



Visitation Pics at Summerset - III



Dr. Olly Duckett and one of his medical school classmates, Dr. Lindsey Scott. Dr. Scott stopped by to say hello.

Dr. Olly Duckett enjoys a visit with family, Mrs. Carol Duckett.



Ms. Essie Eason with her friend, Mr. Denzel Dixon.

Visitation Pics at Summerset - IV

Mrs. Lillie Campbell enjoys a visit from one of her daughters, Mrs. Mercedes Brown.



Mrs. Anne Maddox (left), gets a visit from Mrs. Gracie Benjamin, sister-in-law (right).

Mrs. Evelyn Jones is with her son, Attorney Thomas Jones, at a Summerset family gathering.



Visitation Pics at Summerset - V



Mr. John Robinson enjoys time with his wife, Wendy.



Mrs. Mildred Wright (left) enjoys a Summerset family gathering with her son, Adissa, and his wife, Sharon.



Dr. Gwendolyn Fluellen with her son Cornell and his daughter Jordan at a family gathering. Dr. Fluellen calls them her sunshine.



Visitation Pics at Summerset - VI

Mrs. Zora Gainey in the middle, visits with her brother, Mr. Geoffrey Heard and his wife, Patricia.



Mr. Leon Woods (left) and his daughter and Son-In-Law, Anita & Robert Cook (right) and daughter Beverly Mitchell (standing), at a wine and cheese gathering at Summerset.

Mrs. Lizzie Stafford celebrates a moment at Summerset with her husband, Mr. J. W. Stafford at another wine and cheese gathering.



Visitation Pics at Summerset - VII

Mr. Wesley Felix is also enjoying time with his daughter Wanda, at one of the great Summerset parties.



Mrs. Agnes Cantrell enjoys a Summerset wine and cheese gathering with her mother, Mrs. Bettye Holmes, and her father, Mr. Murray Holmes.

Mrs. Juanita Williams and her nieces Mrs. Wilma Bailey in black and Mrs. Eleanor Proctor in red, plus a grand niece pose for a shot while visiting Mrs. Williams at Summerset.



Health Tip of the Month

Did you realize that it is very dangerous to simply and abruptly stop taking your medication? Arthur Agatston, MD, an associate professor of Medicine at the University of Miami Miller School of Medicine, author of the South Beach Diet, and a practicing cardiologist in Miami Beach, Florida, feels that a patient should never just stop taking or adjust the dosage of any prescription drug without consulting her/his doctor. Let us look at just one medication, a statin, and see what Dr. Agatston states in his article, “*Can’t Afford Your Meds?*,” He states that “Some preliminary research suggests that when you stop taking cholesterol-reducing statin drugs, you experience a rebound effect within 2 weeks. During that time, blood platelets become stickier and the risk of heart attacks and strokes rise, especially among those with acute coronary conditions.” You see, it is serious. As the doctor states, it can apply to any medication. So, remember, talk to your doctor, get her/his advice! Prevention Magazine, July 2009.



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Yes, I would like to learn more about Summerset. Please send me more information.

Name _____

Address _____

City/State/Zip _____