



## July Horoscopes and Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace. Those born between July 23–31 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting family and friends first.

Happy Birthday to our Residents!

Edith Alexander	July 4
Claire Rosengarten	July 6
Violet Valcarcel	July 15
Bruce Sessoms	July 16
Martha Hill	July 16
Elizabeth Turnock	July 17
Robert Fennell	July 22
Judith Bernard	July 25
Virginia Addo	July 26

## Chaplain's Corner by Rev. Janet Martin

This month I wanted to write about Prayer. Prayer is a conversation between you and whatever you call as Holy or Divine or gives you peace. This conversation can be a few words such as "Thank you" or "Help me", or a longer conversation of standardized prayers or praise words. They can be spoken aloud or said silently. They can be part of meditation or relaxation exercises. What is important is that they come from the heart.

No matter if someone is religious or spiritual, seeks nature, or does not consider themselves to be any of those, there come times in life where one might ask "why me". Or, they might say "not again" or feel alone without help or resources.

On the other hand, things might be happening in life that create feelings of joy, gratitude, elation or praise. No matter the reason, being in the silence and the stillness, let's us communicate both with ourselves as well as whatever we hold as the Divine, or Holy or which brings a sense of peace and serenity.

I find that I praise the Holy many times a day in praise as well as pray prayers for thanksgiving and for support. I resonate with the statements of both Henri Nouwen on prayer and Esther de Waal on silence.

Henri Nouwen says of prayer:

"The real 'work' of prayer is to become silent and listen to the voice that says good things about me." Nouwen reminds us to listen to the voice inside that echoes the Holy that we are good. Tune out the negative, the hostile and the lack of support.

I also find prayer lets me tune out the noise of the day or night and be grounded in silence. Esther de Waal writes about 'Silence' saying "listen to the silence, let it enfold you like a piece of music, like bird watching."

I find this so true..if we are bird watching, we must be still. When listening to music, we often tune out other sounds and concentrate on the instruments that comprise the whole.

It is in the stillness that we can listen. It is in the silence between our heart beats, that we can find the words to pray and praise and to hear the words of support and strength. In this space, it is hoped we can also find the peace and resilience in which to forge ahead on the path in the journey of life. Do not despair if this does not come with ease. It takes practice and patience and we are here to help guide you in the process.

# Methodist Home for Nursing & Rehabilitation

July 2017



4499 Manhattan College Parkway  
Riverdale, NY 10471  
Phone: (718) 548-5100

www.methodisthome.org

**Celebrating July**

**Blueberries Month**

**Women's Motorcycle Month**

**Be Nice to New Jersey Week July 2–8**

**Independence Day (U.S.) July 4**

**Give Something Away Day July 15**

**Scrabble Week July 22–27**

**Merry-Go-Round Day July 25**

**International Day of Friendship July 30**

## Strawberry Festival

According to the popular informational web encyclopedia, Wikipedia, a **Strawberry Festival** is an event and celebration in many towns in North America. In the majority of the cases, these towns are involved in the production, selling or consumption of strawberries. Events are usually held in late spring around the time of the strawberry harvest and the involve dances, performances and a display of desserts made with strawberries.

Following this tradition, the dynamic ladies of the Auxiliary at the Methodist Home put together a fantastic Strawberry Festival. The event was held on Tuesday, June 13<sup>th</sup>. The Ladies of the Auxiliary performed several dance numbers for our residents who raved about the event.



Our residents enjoyed several type of cakes and ice cream top with (you guessed it!) delicious strawberries.





## Recreation Events for Our Residents

### Father's Day Party

Our residents and many of their family members gathered at the Main Dining Room on Father's Day, June 18<sup>th</sup> to celebrate this special day. Attendees to the event enjoyed a nice meal and the music of Lee Perry Gross.



### Monthly Birthday Party

All of our residents who celebrate their birthdays in June enjoyed a Monthly Birthday Party on June 22<sup>nd</sup>. Bobby Leggio was the entertainer for the event. Residents enjoyed the good music and shared a big birthday cake.

### BBQ Summer Lunches are Here!



About 35 residents enjoyed their first BBQ Lunch on Friday, June 23<sup>rd</sup>. Although the plan was to have lunch in the garden, the event had to be moved indoors due to the impending rain. Despite the change of location, the residents loved to have some traditional BBQ items such as hot dogs, hamburgers and BBQ chicken, fresh salad and watermelon.

## An Unforgettable Trip to the Botanical Garden!



It was a picture perfect day for several residents and staff members who enjoyed a beautiful tour of the Botanical Garden on June 28<sup>th</sup>. There they had the opportunity to stroll beautiful gardens and admire the artworks by world-renowned artist Dale Chihuly. The residents enjoyed their lunch there and were very grateful to everyone who made the trip possible. We would like to thank the following departments: Dietary Department for the lunch bags, Engineering for putting on the seat belts, the nurses and CNAs for getting our residents ready for the trip and Therapeutic Recreation for coordinating everything. It takes teamwork to make it happen. A special thank you to Denise Gayle, CNA on the 5<sup>th</sup> Floor, whose energy and enthusiasm made the trip a lot more fun.

**Next trip to the Botanical Garden: Wednesday, July 26<sup>th</sup>**



## We Welcome Our New Employees:

### Admissions

Candace Rubinoff-Hirschberg, Director of Strategy and Admissions

### Rehabilitation

Luis Gonzales, Jr., Physical Therapist

## Condolences



Our deepest condolences to the Methodist Family on the passing of our beloved Ryan Hinsen.

Our thoughts and prayers are with him and his family!

## Interfaith Calendar

- 9 Martyrdom of the Bab \* - **Baha'i**
- Asalha Puja Day - **Buddhist**
- 11 St Benedict Day - **Catholic Christian**
- All Saints - **Orthodox Christian**
- 13 Ulambana - Obon \*\* - **Buddhist**
- 13-15 Obon \*\* - **Shinto**
- 15 St. Vladimir the Great Day - **Orthodox Christian**
- 23 Khordad Sal (Birth of Prophet Zaranthustra) \*\* - **Zoroastrian**
- 24 Pioneer Day- **Mormon Christian**
- 25 St. James the Great Day – **Christian**

