

News and Notes



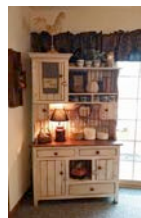
Carter Hearing Clinic will be seeing clients in their office at GYH Nursing Care. If you need an appointment, call 436-6400.

Reminder – Available to you at GYH (on site) is outpatient therapy. You can contact the nursing department or the Therapy dept. if this service is needed. They can come to your apartment or you can come to the Therapy Center in the Core Building.

A Lighter Step foot clinic will be held on Tuesday, August 22nd, 2017 at 8am. If you would like to schedule an appointment, please contact the office and we will be glad to assist you in scheduling an appointment.



Reminder – If you have any suggestions, comments, or ideas for GYH, every 2nd Monday of the month is our Resident Council Meeting. This meeting is where you can voice your concerns and/or suggestions. It will start at 2:00pm.



We are looking for collections to feature each month in the Hutch. If you have any kind of collection that you would be willing to share, please call the front desk at 749-6725. There is help available for arranging your collection in the hutch.

Due to the decrease in items needing to be sewn, the sewing ladies will be here to do mending on an as needed basis **only**. They will not be here every first Wednesday of the month. The ladies will still mend seams, replace buttons, hem pants, and patch holes. Sorry, no detailed alterations. This mending is for Golden Years Homestead residents only.



(answers: 1. Secret 2. He is a midget. He can't reach higher than the 7th floor)

August Birthdays

Happy B-day y'all!

8-05	Dixie Weaver	3048-D
8-09	Ginnie Vernard	17B
8-18	Margery Gehman	3038-D
8-16	Myron Hackenjosh	13C
8-20	Roberta Gorrell	3032-D
8-21	Sybil Love	21C
8-22	Evelyn Zoller	17A
8-25	Joe Chandler	3050-D
8-27	Gene Taylor	24B

Please note: We do not like to miss anyone's birthday, so if you do not see your name on the birthday list in the newsletter during your birthday month, you can contact Kim at the front desk and she will be glad to add you to the resident birthday list.

From the



Many thanks for the way you sign out books and return them!

In the "Milford Series," on the shelves in the Friendship Lounge, however, we are missing the first volume. Please check your books to see if you may have this one and return to the library.

Thank You!

DJ Hankey



The Homesteader

Golden Years Homestead • 8300 Maysville Rd. • Phone (260)749-6725 • Fax (260)749-9655



The Melody of your "Life's Journey"

"If you remove the rocks, the brook would lose its song."

I remember, back in my childhood, my sister and I would run to the creek located behind our house and spend hours searching for tadpoles, small fish, rocks, and crawdads. I remember the sound that would arise from the creek when the water would move over the rocks. It was soothing. Calming. Melodic. I have also been to bodies of water where the current was stronger, the water moved faster, and had larger rocks. The sound that would spring forth as a result of the water hitting the rocks was like an harmonious sound emanating from a passionate musical ensemble or orchestra.

From afar off, you cannot fully distinguish what the sound is and ask yourself, **"What is that sound? Where is the sound coming from?"** It is not until you get closer...closer...closer, that you realize it is the thunderous sound of moving water. The water is beautiful and the sound of the water moving over the rocks can be soothing and exhilarating. The soothing sound of water can ease the stress of your life. It can melt away the anxieties and can give you a sense of peace.

Many times, situations occur in our lives that almost seem unbearable, incomprehensible to our puny mortal minds. Things occur on our journey through this life that seem to make us feel overwhelmed, and can make us trip or even fall. The striking power of the problem can batter us, or make us want to throw in the towel. I call those circumstances (rocks) in our lives stumbling blocks and/or stepping stones.



(cont. to page next page)

Celebrating August

Clown Month

What Will Be Your Legacy? Month

Foot Health Month

Simplify Your Life Month

Ice Cream Sandwich Day
August 2nd

American Bandstand 60th Anniversary
August 3

Total Solar Eclipse
August 21st

Kiss and Make Up Day
August 25

"I Have a Dream Day" MLK, Jr.
August 28th

The Melody of Your Life's Journey, cont.

In our simple humanity, we do not want to face difficult circumstances such as job loss, divorce, problems with family, the unwanted stresses in life, emotional turmoil of our minds, or even death. Those things are in our lives to help build us up and make us stronger, to help us persevere, and to ultimately lean, support and put our **total trust** in Jesus. **Those rocks (circumstances) are there for a reason.** Don't pick them up and discard of them so that you won't have to face the challenges of difficult situations. **We have to face them!** It is hard, I know, but allow the Holy Ghost to move in your situation (Romans 5:3-5).

As I mentioned above, sometimes you cannot distinguish the sound when you are in the distance and that's how it is when facing the thunderous sounds of difficult circumstances. We may not know where the problems are coming from or why we even have to face them – but they are there and so is the Maestro (**Ps. 46:1 - God is our refuge and strength, a very present help in trouble**). Allow the Lord to conduct the Orchestra of your life so that **HE** can create a beautiful melodious song on your journey through this life. The Rhapsody over your rocks of life will be beautiful if you just allow him to arrange the music and conduct the **Piece** His way. Let those stumbling blocks (circumstances) become stepping stones to the next beautiful Cantata that the Lord would like to **bring to Life** (Psalm 57:7). If we play the notes correctly that the Lord has written for our journey and allow the Lord to be the Master Conductor, someone will hear the melody of our lives and be **moved** to the tune of our **"Life's Journey."** (Psalm 40:3)

Written by
Kim Poling

"Thank You, Lord for the song that you have given to me. No one can play My song but me, but they can be moved by the music I play along the way." KP

Now That's Funny!!

Now That's Funny!



"Grandma Nellie, do those cracks on your face hurt?"
Laughing, Nellie stated, "only when look in the mirror!"

(Pete Beerbower's wife, Nellie Beerbower, was asked this question from one of her grandchildren.)

A frog telephones a psychic hotline. The advisor tells him, "You will meet a beautiful young girl who will want to know everything about you." The frog is thrilled. "This is great! Will I meet her at a party?" "No!", said the advisor. "In her Biology class."



Questions to ponder

If two left-handed people have an argument, which one is right?

Can you get cavities in your dentures if you use too much artificial sweetener?

Do pilots take crash-courses?

If Jimmy cracks corn and no one cares, why is there a song about him?

If one synchronized swimmer drowns, do the others drown too?

Why do all the superheroes wear their underpants on the outside?

If money doesn't grow on trees then why do banks have branches?

What happens when you get "half scared to death" twice?

Activity Connection

August highlights:

Sunday, August 6, 3:15p – Senior Saints Concert at Brookside Church Outing

Wednesday, August 9, 5:30p – Starz Dance Academy performance

Thursday, August 17, 2p – Ice Cream Sundae Bar

Monday, August 21, 2p – Solar Eclipse Social

Thursday, August 24, 1p – Kona Ice Sno-Cone Circus-Join staff & residents for some sno-cones and circus fun!

Saturday, August 26, 3p – Violin performance by Lauryn Dach

Hope to see you there!

Gina Jehl, Activity Director



If you have me, you want to share me.
If you share me, you haven't got me.

What am I?

A man walks into an elevator presses floor number 1 and goes to work. He comes home from work gets into the elevator and presses number 7. He then walks out of the elevator, and walks up to the 15th floor. Why did he walk?

(answers on last page)



Rest and Relaxation

August 15 is Relaxation Day – a day to take it easy and to chill out!

Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine.

Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

To all Independent Living residents:

We do offer light housekeeping for our IL residents, for a small cost. If you would like for us to clean your apartment, please contact Kim Weber at extension #113 to make arrangements or contact Kim Poling at the front office in the Assisted Living building.



Also, if you would like your windows washed, you may call the office to have that scheduled.

We want to help you any way we can. ☺