



LYNDALE

1225 Lakeshore Dr, Edmond, OK 73013 • (405) 340-5311

June 2018 • AL

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June at Lyndale Edmond

June will be a fun time to be outdoors walking around our lake or even going fishing. Our first day of summer is June 21st. Always remember to drink plenty of water and if you are outdoors, carry a bottle of water with you. We will be celebrating our Fathers this month. Check out your calendars for the fun and exciting activities we will have!



Welcome Summer!

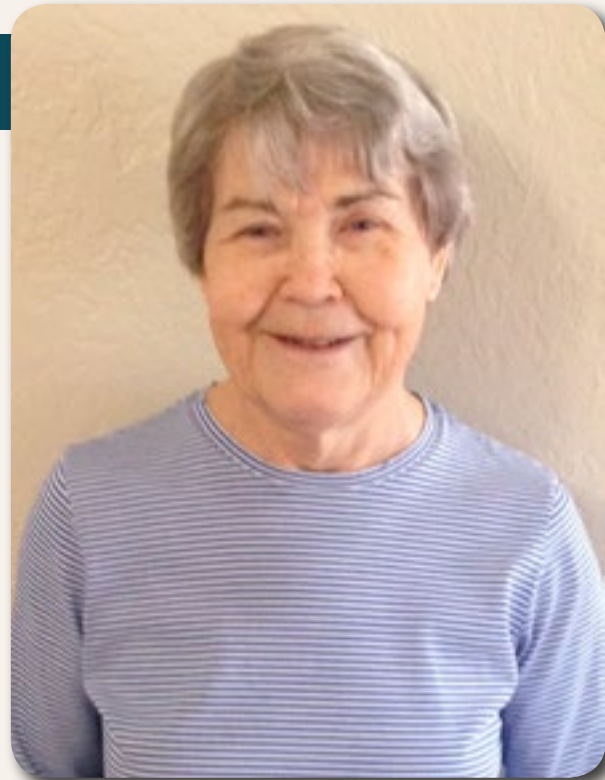


Exceptional Senior Living

Resident Spotlight

Mary Marquardt was born February 17, 1938, in Oklahoma. She has 4 brothers and 1 sister. As a child and teenager, she loved to read. As an adult she was involved in shooting sports. She is a member of the National Rifle Association and has earned an expert rating with the M-1 Garand. Her first job was waitressing in high school and then in college. She was also a switchboard (PBX) operator. She worked all her professional life in the field of education. She attended Western State College in Colorado and OSU where she earned her Bachelor's of Science in Education, Master's in Education and Education Specialist Degree. She was certified to teach in all grades and was a Special Education Teacher for elementary, junior high and high school and worked with delinquent boys. Her favorite grades to teach were 3rd and 6th grade. While in Crested Butte, Colorado, she was the Principal of the Crested Butte School. She was also worked as a real estate agent in her husband's real estate company.

Mary married Dr. Richard E. Marquardt, PhD, on June 24th. They were together for 61 years. The proudest moment in her life was being married to her husband. She worked with her husband in many activities, but her favorite was to travel with him; she loved that. She enjoys classical music and reading mystery books by Agatha Christie and other authors. Her favorite movie is Fiddler on the Roof, favorite sport is 'shooting' sports, and her favorite food is eating anything. She has moved 32 times and she says the hardest part of moving is telling everyone your change of address.



Our Veteran of the Month

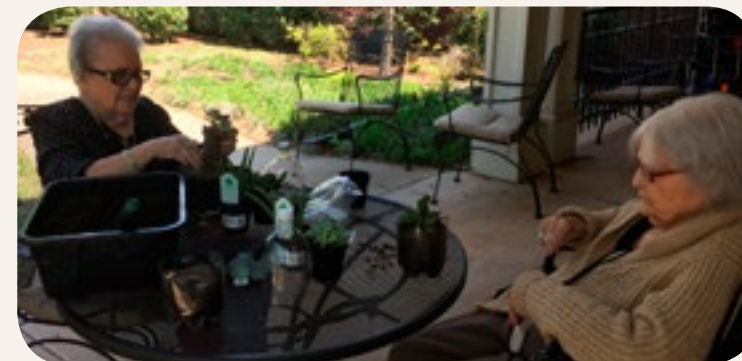
George Jackson tried to join the Army when he was 17 years old but he was too young, but could join the Merchant Marines. He spent all his time during WWII on the James W. Grimes hauling supplies to the soldiers in the South Sea Islands. His favorite memory about serving in the military is when he took sea training on the Catalina Island, near San Pedro, CA. The farthest location he was sent was the Philippine Islands. He was a merchant Marine for a year-and-a-half and then came home and went back to high school then joined the army before he was drafted in 1947, then came back to Tinker. In 1950 he was called back to duty and worked out of Fort Sill until 1951. During his time in the military he achieved the rank of Staff Sergeant. After he left the military, he went back to Tinker as an Industrial Electronics Mechanic. Between the military and Tinker George served our country for 38 years. His advice to someone entering the military today would be obey orders and do a good job. Also, take any training classes offered.



Bloom, where you are Planted



Decorating flower pots with springtime fabrics.



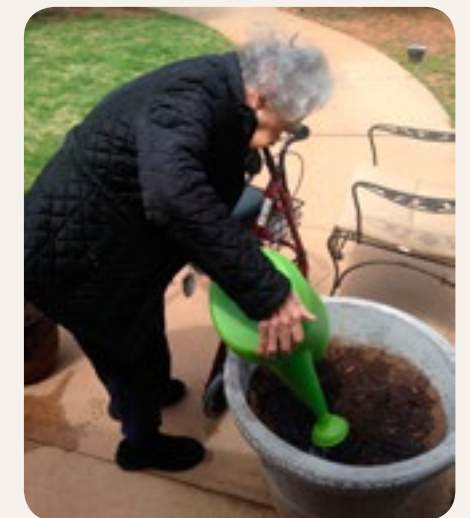
We had a fun time planting our terrarium plants.



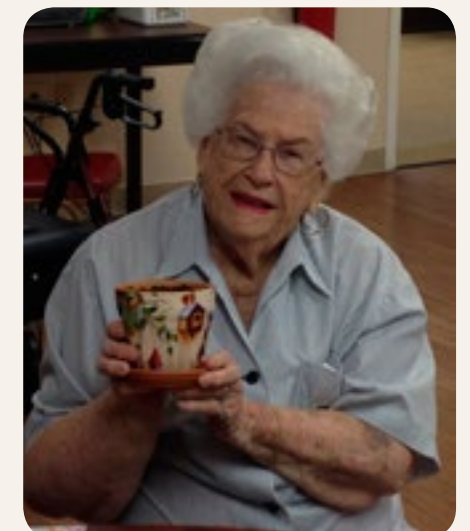
We had a presentation on indoor plants by Oklahoma Gardening Association.




We are putting together our raised flower bed.



It's that time to water our plants.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				Activity Room AR Patio P Living RoomLR Lobby.....LB Dining RoomDR		9:30 Devotional/AR 9:45 Sit & Be Fit/AR 9:45 Shopping Trip 10:00 Dog Therapy w/Maggie/CHH/AR 1:00 Bingo/AR 3:00 Happy Hour/LR 5:30 Skip Bo Game/LR	9:30 Devotional/AR 9:45 Strength Training/AR 10:00 Balloon Tennis/LR 1:00 Wii Bowling/AR 2:00 Nerf Frisbee/AR 3:00 Rhymes/AR 5:30 Residents Choice Movie Night/LR
9:15 Nondenominational Worship Service/CH 3 10:00 Sunday School/AR 1:30 Sit & Be Fit/AR 1:45 Devotional/AR 2:15 Residents' Choice Movie/LR 5:30 Game Night/LR	9:15 Devotional/AR 9:30 Morning Stretches/AR 9:45 Current Events/AR 10:00 Catholic Mass/CH 10:00 Bible Study w/Friends/AR 10:30 Bean Bag Toss/AR 1:00 Bingo/AR 2:15 Smoothies w/John/AR 3:00 Balloon Tennis/AR 5:30 Puzzles/LR	9:30 Inspirational Reading/AR 9:45 Strength Training/AR 10:00 Concentration Puzzles/AR 10:30 Piano w/Joann 11:00 LB: Katie's Country Griddle/L 1:00 Feed The Ducks 2:00 PCH Horse Races/AR 3:00 Wii Bowling/AR 5:30 Game Night/LR	9:30 Devotional/AR 9:45 Sit & Be Fit/AR 10:00 Fisherman Talent/AR 1:00 Bingo/AR 1:30 Miracle Ear w/Jeff/PD 2:15 Nerf Frisbee/AR 3:15 UNO/AR 5:30 Puzzles/LR	9:30 Inspirational Reading/AR 9:45 Morning Stretches/AR 10:00 Golf Talent/AR 1:00 Dominoes/AR 2:00 Painting w/Pat/AR 3:30 Wii Bowling/AR 5:30 Residents Choice Movie Night/LR	9:30 Devotional/AR 9:45 Sit & Be Fit/AR 9:45 Shopping Trip/L 10:00 Star of the Month/AR 1:00 Bingo/AR 3:00 Happy Hour/AR 5:30 Skip Bo Game/LR	9:30 Devotional/AR 9:45 Strength Training/AR 10:00 Name That Tune/AR 1:00 Dog Therapy w/Bo/AR 2:00 Stain Glass Rose/AR 3:00 Wheel Of Fortune/AR 5:30 Residents Choice Movie Night/LR	
9:15 Nondenominational Worship Service/CH 10 10:00 Sunday School/AR 1:30 Sit & Be Fit/AR 1:45 Devotional/AR 2:15 Residents' Choice Movie/LR 5:30 Game Night/LR	9:15 Devotional/AR 9:30 Morning Stretches/AR 9:45 Current Events/AR 10:00 Bible Study w/Friends/AR 10:30 Nerf Frisbee/LR 1:00 Bingo/AR 2:15 Purple Cows/AR 3:15 Bean Bag Toss/AR 5:30 Puzzles/LR	9:30 Inspirational Reading/AR 9:45 Strength Training/AR 10:00 Res Council Mtg/AR 10:30 Piano w/Joann/AR 11:00 LB:Black Bear Diner/L 1:00 UNO/AR 2:00 What Am I/AR 3:00 Feed The Ducks 5:30 Game Night/LR	9:30 Devotional/AR 9:45 Sit & Be Fit/AR 10:00 Rose Talent/AR 1:00 Bingo/AR 2:15 Father's IQ/AR 3:00 Handyman Trivia/AR 5:30 Puzzles/LR	9:30 Inspirational Reading/AR 9:45 Morning Stretches/AR 10:00 Fatherly Wit/AR 1:00 Color Therapy/AR 2:00 Wheel Of Fortune/AR 3:00 Dad Trivia/AR 5:30 Residents Choice Game Night/LR	9:30 Devotional Reading/AR 9:45 Sit & Be Fit/AR 10:00 Poetry In Bloom/AR 1:00 Bingo/AR 3:00 Happy Hour/AR 3:30 Music by Gathan Graham/LR 5:30 Skip Bo Game/LR	9:30 Devotional/AR 9:45 Strength Training/AR 10:00 Donuts & Dads/AR 1:00 Expressing Gratitude/AR 2:00 Where In The World/AR 3:00 Rose Trivia/AR 5:30 Residents Choice Movie Night/AR	
Father's Day! 17 9:15 Nondenominational Worship Service/CH 10:00 Sunday School 1:30 Sit & Be Fit/AR 1:45 Devotional/AR 2:15 Residents' Choice Movie/LR 5:30 Residents Choice Game Night/LR	9:15 Devotional/AR 9:30 Morning Stretches/AR 9:45 Current Events/AR 10:00 Bible Study w/Friends/AR 10:30 UNO/AR 1:00 Bingo/AR 2:15 Smoothies/AR 3:15 Balloon Tennis/LR 5:30 Puzzles/LR	9:30 Inspirational Reading/AR 9:45 Strength Training/AR 10:00 Jeopardy Trivia/AR 11:00 Lunch Bunch: Virginia's/L 1:00 Who Am I/AR 2:00 Wheel Of Fortune/AR 3:00 UNO/AR 4:30 Family Night- w/Music by Kip Curtis/DR	9:30 Devotional/AR 9:30 Water Taxi & Lunch/L 9:45 Sit & Be Fit/AR 10:00 Budding Humor/AR 1:00 Bingo/AR 2:15 Balloon Tennis/AR 3:15 Feed The Ducks 5:30 Puzzles	9:30 Inspirational Reading/AR 9:45 Morning Stretches/AR 10:00 Random Trivia/AR 1:00 Birthday Bash/AR 2:00 UNO/AR 3:00 Nerf Frisbee/AR 5:30 Residents Choice Movie Night/LR	9:30 Devotional/AR 9:45 Sit & Be Fit/AR 9:45 Shopping Trip/L 10:00 Who Am I/AR 1:00 Bingo/AR 3:00 Happy Hour/AR 5:30 Skip Bo Game/LR	9:30 Devotional/AR 9:45 Strength Training/AR 10:00 Whistle & Sing Along/AR 1:00 Canvas Painting w/Pat 2:30 Dominoes/AR 3:30 Bean Bag Toss/AR 5:30 Residents Choice Movie Night/LR	
9:15 Nondenominational Worship Service/CH 24 10:00 Sunday School/AR 1:30 Sit & Be Fit/AR 1:45 Devotional/AR 2:15 Residents' Choice Movie/LR 5:30 Game Night/LR	Scarf Day 25 9:15 Devotional/AR 9:30 Morning Stretches/AR 9:45 Current Events/AR 10:00 Bible Study w/Friends/AR 10:30 Dominoes/AR 1:00 Bingo/AR 2:15 Dreamsicles/AR 3:15 Rumikkub/AR 5:30 Puzzles/LR	Fun Hat Day 26 9:30 Inspirational Reading/AR 9:45 Strength Training/AR 10:00 Jeopardy Trivia/AR 11:00 Mystery Lunch Bunch/L 1:00 Town Hall Meeting/LR 2:15 Balloon Tennis/AR 3:15 UNO/AR 5:30 Game Night/LR	Wear Purple Day 27 9:30 Devotional/AR 9:45 Sit & Be Fit/AR 10:00 Necktie Card Game/AR 1:00 Bingo/AR 2:00 Feed The Ducks 3:30 Dominoes/AR 5:30 Puzzles/LR	Sports Day 28 9:30 Inspirational Reading/AR 9:45 Morning Stretches/AR 10:00 Talent Class/AR 1:00 Shirt Cuff Pouch/AR 2:30 Beading w/Pat/AR 3:30 Color Therapy/AR 5:30 Residents Choice Movie Night/LR	Bright Color Day 29 9:30 Devotional/AR 9:45 Sit & Be Fit/AR 9:45 Shopping Trip/L 10:00 Rock Painting w/Pat/AR 1:00 Bingo/AR 2:15 Rumikub/AR 3:30 New Book Reading/AR 5:30 Skip Bo Game/LR	9:30 Devotional/AR 9:45 Strength Training/AR 10:00 Nerf Frisbee/AR 1:00 Manicures & Nails/AR 2:00 Wii Bowling/AR 3:00 UNO/AR 5:30 Residents Choice Movie Night/LR	

Dog Therapy



Drawing with Joyce

Joyce taught us step by step how to make a dog, cat and horse.



Sagora's Got Talent

Do you have talent? Throughout the month of June, we will be exploring talents, finding our talents, showing off our talents, and discovering our talents.



Walk to END Alzheimer's

We will do something every month until October to help raise funds for the Alzheimer's Association. During the last week of June, we will be having theme days. This will be a time to dress fun and funny. Help us fight this disease!

Birthdays

Jerry G.	6/1
Jeannie K.....	6/11
Mrs. Williams.....	6/13
Bette D.....	6/14
Don B.....	6/16
Richard G.....	6/19

Keep Your Heart Healthy with the Right Food Choices

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.
- Sardines. Like many other fish, sardines are high in

- omega-3 fatty acids, which lower the risk of heart disease. Sardines also tend to be lower in concentrations of mercury, and are packed with protein, calcium and vitamin D.
- Beans. A daily half-cup of beans—pinto beans, navy beans, garbanzo beans, and the like—may help to lower cholesterol. Beans also contain soluble fiber, minerals, plant-based protein and antioxidants.
- Nuts. Don't go overboard—nuts are high in calories—but keep in mind that cashews, pistachios, almonds and other nuts help to lower cholesterol and reduce heart disease risk among people who eat them two to four times a week.





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| BEARD | KING |
| BRAVE | MANCAVE |
| CARS | MUSTACHE |
| DAD | PATRIOT |
| DAPPER | POP |
| DEVOTED | PROTECTOR |
| FAMILY | SPORTS |
| FATHER | STRENGTH |
| GENTLEMAN | SUIT |
| GRILLMASTER | SUPERMAN |
| HANDY | TIE |
| HERO | TOOLS |

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Lyndale Edmond
 1225 Lakeshore Drive
 Edmond, OK 73013
 (405) 340-5311

