



LYNDALE

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

May 2019 • IL

Associates

Brandy Ratcliff

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Stephenie Burleson

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Kendra Collazo

Lifestyle Director

Priscilla Johnson

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Beau Kbabra

Culinary Director

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Dining Room Manager

From Brandy's Desk

Super fun time of year coming, we have so many fun things planned for the summer. The Clubhouse will be opening and the dog park will be providing a much needed area for our furbabies to run. The new sidewalks will be providing us great areas to roam and enjoy the sunshine.

As the temperatures heat up, let's take a moment and discuss some items that come with the Oklahoma heat.

* Sunburns. Make certain we have plenty of sunscreen available and that we aren't heading out into the sun without it. Hats and light clothing are also a great way to protect our skin when we are out. It doesn't take any time at all for a sunburn to occur.

* Hydration. Hydrate, hydrate, hydrate. This is so important! Dehydration is something that can creep up on us if we aren't careful. Please make certain that you are getting in enough water.

* Lastly, there have been a number of changes in landscaping and in the sidewalk. Please pay special attention as you are exploring these new areas. We have added sidewalks to make truly enjoying the grounds more convenient and I hope to see many of you out enjoying these additions. Observe our guidelines and rules.



(Continues on next page)



Exceptional Senior Living

(Continued from front page)

As we enter a time of year when patios and balconies are decorated, I look forward to seeing more plants out, and want to remind everyone that patio decor and potted plants must be contained in your courtyard and/or patio area. Benches, large potted plants or statues must also not exceed your courtyard or patio area. Please stop by my office if you have any concerns or want to chat about a specific area or item.

Looking forward to watching the season bloom with you all, it's going to be an exciting spring!

Celebrating 104



Helon Lucille Hamm was born May 31, 1915. She was named after her mother's sister. Her mother taught school, but her parents were always there for her. Helon had an older brother and a younger sister who died of cancer.

Growing up, Helon went to church and all activities. The first car trip she drove was to Seminole and her first car was a Ford or a Chevrolet. Her favorite subject in school was business and she went to Business College when she got out of high school.

Helon's first job was as a High School Secretary. Her favorite job was as an Administrative Assistant to the President at Central State University.

Helon and her husband met at school. She enjoyed the family all getting together for the holidays and her children to enjoy the same experience.

Growing up, Helon liked to garden, and she likes music and sports. Now she enjoys Thunder basketball and all sports. Her greatest hope for her family is that they be happy and healthy.



DATES TO CELEBRATE

May Day	5/1
Cinco de Mayo.....	5/5
National Pet Week.....	5/5-5/11
National Nurses' Week.....	5/6-5/12
Mother's Day.....	5/12
National Nursing Home Week.....	5/12-5/18
Armed Forces Day.....	5/18
Memorial Day.....	5/27
National Senior Health & Fitness Day	5/29

Birthstone: Emerald
Flower: Lily of the Valley
Zodiac Signs: Taurus/Gemini



MOMories!

Celebrating moms! We will have a party to celebrate our ladies, memory moments and craft. Mark your calendar and join in on our fun!

Please submit a Mother's Day picture



Wine Down with Lyndale

Do you have a friend actively looking for a place to call home? On Friday, May 17th from 6:00 - 8:00 p.m. we will be pairing food with wine. Come and invite your friends!

Our Veteran of the Month



James Stewart served in two military branches; the U.S. Navy for two years and the U.S. Marine Corps. He initially served as a fireman aboard a U.S. destroyer and later as an electrician. Later James enlisted in the U.S. Marine Corps. While in the U.S. Marine Corps he served as a personnel analyst at Camp Pendleton and later at Pearl Harbor in Hawaii.

James was 18 when he joined the Navy and was 25 when he joined the Marines. In both instances he went to college after leaving the military.

In the Navy his ship patrolled the waters in the China Sea. The destroyer operated out of Qingdao until a Russian ship collided with them. They came to Bremerton for repairs. While there, James enjoyed leaves in Vancouver, B.C. The ship also assisted small boats that were trying to get back to Japan.

Service in China was the most remote location in the Navy. He was there during the Revolution in China. James' most interesting visit in the Pacific was in Formosa. In the Navy there was no way to make living on a destroyer a home life.


James was bored when he joined the Marine Corps. He had received a 'Dear John' letter when he joined the Navy. When he was in the Corps he had a part-time job in radio in San Diego and in Honolulu.

The chief advantage to James came through the G.I. Bill. This allowed him to attend college. James stated that for someone who would find college too expensive, he would recommend a hitch in the military.

James has been married twice and he has three children.

Lyndale Edmond IL Calendar

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 Hall Hikers/L 10:00 Strength Training/AR 10:00 Resident Council Meeting/CH 10:30 Core Exercise/AR 11:00 Reflection/AR 1:15 Mom & Children Photos/AR 2:00 Popcorn & Drinks/AR 2:45 Black Jack/AR 6:00 Wii Bowling/LI	9:30 Hall Hikers/AR 10:00 Bible Study w/Wiley/C 10:45 Morning Stretches/AR 11:00 Reflection/AR 1:00 Wheel of Fortune/LI 2:00 Bingo/AR 3:15 Travel the World/LI 6:30 Residents' Choice Game Night/AR	9:30 Hall Hikers/L 9:45 Shopping Trip to Wal-Mart/L 10:00 Strength Training/AR 10:45 Sit & Be Fit/AR 11:00 Reflection/AR 1:00 Bridge Club/AR 1:15 LCR Game/DR 3:00 Margarita Social Hour/B 6:30 Game Night/AR	9:30 Hall Hikers/L 10:45 Sit & Be Fit/AR 11:00 Reflection/AR 2:00 Bingo/ AR 3:15 Pokeno Game/AR 6:30 Game Night/AR 7:00 Movie Night/LI
	9:30 Hall Hikers/L 10:00 Strength Training/AR 10:45 Better Balance/AR 11:00 Reflection/AR 1:15 Smiley Club/L 2:00 Bingo/AR 3:15 Mom Stories w/My Story 6:30 Residents' Choice Game Night/AR	9:30 Hall Hikers/L 10:00 Move This Way/AR 10:45 Morning Stretches/AR 11:00 Lunch Bunch: Ted's Escondido/L 11:00 Reflection/AR 1:00 Wii Bowling/LI 2:00 Q&A Smart Phone/AR 3:00 Mother's Day Corsage/AR 6:30 Rummikub/AR	9:00 Grocery Shopping at Crest/L 9:30 Hall Hikers/L 10:00 Strength Training/AR 10:30 Core Exercise/AR 10:30 Famous Brand Clothing/L 11:00 Reflection/AR 1:00 Yard Yahtzee/P 2:30 Pink Party/DR 6:00 Wii Bowling/LI	9:30 Hall Hikers/AR 10:00 Bible Study w/Wiley/C 10:45 Morning Stretches/AR 11:00 Reflection/AR 1:00 Wheel of Fortune/LI 2:00 Bingo/AR 3:15 Travel the World/LI 6:30 Residents' Choice Game Night/AR	9:30 Hall Hikers/L 9:45 Shopping Trip/L 10:00 Strength Training/AR 10:45 Sit & Be Fit/AR 11:00 Reflection/AR 1:00 Bridge Club/AR 1:15 Brain Fitness/LI 3:00 Social Hour/B 6:30 Game Night/AR	9:30 Hall Hikers/AR 10:45 Sit & Be Fit/AR 11:00 Reflection/AR 11:15 Brunch/DR 1:00 Egg Hunt/ 1:30 Photo Booth and Easter Bunny/P 2:00 Bingo/AR 3:15 Pokeno Game/AR 6:30 Game Night/AR 7:00 Movie Night/LI
	Mother's Day! 9:15 Sunday School/CH 10:00 Nondenominational Worship Service/CH 1:30 Wii Bowling/LI 3:00 Balloon Tennis/AR 6:30 Rummikub/AR 7:00 Movie Night/LI	9:30 Hall Hikers/L 10:00 Strength Training/AR 10:45 Better Balance/AR 11:00 Reflection/AR 1:15 Ambassador Meeting/CH 2:00 Bingo/AR 3:15 Corn Hole/AR 6:30 Residents' Choice Game Night/AR	9:30 Hall Hikers/L 10:00 Donuts w/Jasmine/B 10:45 Morning Stretches/AR 11:00 Lunch Bunch: Jo's Famous Pizza/L 11:00 Reflection/AR 1:00 Wii Bowling/LI 2:00 Q&A Smart Phone/AR 3:00 Chair Yoga/LI 6:30 Rummikub/AR	9:30 Hall Hikers/L 10:00 Strength Training/AR 10:30 Core Exercise/AR 11:00 Reflection/AR 1:30 Charades/AR 2:00 Computer Class w/Jim/LI 3:15 Crafts w/Lisa/AR 6:00 Wii Bowling/LI	9:30 Hall Hikers/AR 10:00 Bible Study w/Wiley/C 10:45 Morning Stretches/AR 11:00 Reflection/AR 11:00 Picnic in the Park/L 12:30 Walker Clinic w/Smith Medical/L 1:00 Wheel of Fortune/LI 2:00 Bingo/AR 3:15 Travel the World/LI 6:30 Game Night/AR	9:30 Hall Hikers/AR 9:45 Shopping Trip to Target/L 10:00 Strength Training/AR 10:45 Sit & Be Fit/AR 1:00 Bridge Club/AR 1:15 LCR Game/DR 3:00 Social Hour w/Tom Blalock/L 6:30 Game Night/AR
	Easter! 9:15 Sunday School/CH 10:00 Nondenominational Worship Service/CH 1:30 Wii Bowling/LI 3:00 Balloon Tennis/AR 6:30 Rummikub/AR 7:00 Movie Night/LI	9:30 Hall Hikers/L 10:00 Strength Training/AR 10:45 Better Balance/AR 11:00 Reflection/AR 1:15 Smiley Club/L 2:00 Bingo/AR 3:15 Drawing w/Joyce/AR 6:30 Game Night/AR	9:30 Hall Hikers/L 10:00 Move This Way/AR 10:30 Lunch Bunch: Cattlemen's/L 10:45 Morning Stretches/AR 11:00 Reflection/AR 1:00 Wii Bowling/LI 2:00 Food Committee Meeting/AR 3:00 Chair Yoga/LI 6:30 Rummikub/AR	9:00 Grocery Shopping at Neighborhood Wal-Mart/L 9:30 Hall Hikers/L 10:00 Strength Training/AR 10:45 Morning Stretches/AR 11:00 Reflection/AR 1:30 Yard Yahtzee/P 2:45 Black Jack/AR 6:00 Wii Bowling/LI	9:30 Hall Hikers/L 10:00 Bible Study w/Wiley/C 10:45 Morning Stretches/AR 11:00 Reflection/AR 11:00 Inspiration Tea Room Party/L 1:00 Wheel of Fortune/LI 2:00 Bingo/AR 3:15 Travel the World/LI 6:30 Residents' Choice Game Night/AR	9:30 Hall Hikers/L 9:45 Shopping Trip/L 10:00 Strength Training/AR 10:45 Sit & Be Fit/AR 11:00 Reflection/AR 1:00 Bridge Club/AR 1:15 Brain Fitness/LI 3:00 Social Hour/B 6:30 Residents' Choice Game Night/AR
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Honoring Perry Ground

The Oklahoma House of Representatives honored Perry Ground as Veteran of the Week.



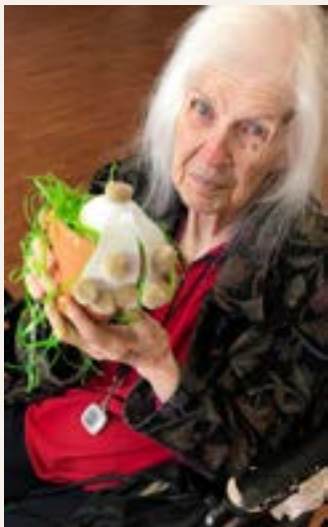
Perry with Judiciary Chair Chris.



Perry with Speaker Charles.

Craft Time

Working on our St. Patrick's artwork.



Our bunnies are jumping in our pots.

Mardi Gras Party



Birthdays

Mable D.....	5/1
Sue F.....	5/6
Fern R.....	5/14
Joanne W.....	5/15
Helen H.....	5/17
George J.....	5/23
Dottie C.....	5/27
May N.....	5/27
Helon H.	5/31



ADORE	GRANDMOTHER	MEMORIES
AFFECTION	GRATITUDE	MOM
APPRECIATION	HEART	MOMMY
CHERISH	HONOR	MOTHER
CHILDREN	HUG	THOUGHTFUL
DEDICATION	LOVE	TRADITION
FAMILY	MATERNAL	WOMAN

A	E	M	A	C	R	A	F	F	E	C	T	I	O	N	T	L	U
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F	F	M	O	M	M	Y	D	N	A	M	E	T	E	R	N	A	L
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Lyndale Edmond
 1225 Lakeshore Drive
 Edmond, OK 73013
 (405) 340-5311

