

June 2019

# Intermissions Informer

Charlestown Retirement Community \* 443-297-3500 \* Caton Ridge 302



## Our Staff

### Intermissions Coordinator

Linda Armstrong, RN

### Intermissions Assistant

Maureen Potter



### Resident Volunteers

Mike Koontz  
Yogi Savetman  
Ken Kidd  
Tim Medicus  
Lois Mark

### Staff Volunteers:

Mary Evans  
Rose Sands  
Erin Morris  
Lisa Roeder

## Meet Linda Armstrong, RN Our New Intermissions Program Coordinator!



Hello...my name is Linda Armstrong.

I am your new Intermissions Coordinator! I have been at Charlestown 31 years and my background is in nursing. I have been in the Resident Services Department for most of my time at Charlestown, but I have also volunteered in Intermissions many times. I am familiar with many of our members and I look forward to my new position in Intermissions.

I am married and have lived in Catonsville for 41 years. We have one son and a small poodle. In my free time I enjoy reading, crocheting and staying in touch with family and friends. Please come by and say hello! It is always nice to meet new people and share what our Intermissions Program is all about. If you would like to talk with me more about what the program can offer you, I can be reached at 443-297-3500.

## May Highlights

### ***Button Flowers Art Project***

Spring was in full swing in May, and Intermissions was no exception! We celebrated the season with a group art project, recognizing the beauty of flowers and putting some old buttons to a new purpose. Participants chose their coordinating craft papers, then added just the right button to finish off their blossom. The individual flowers will be combined to create a lovely decorative piece for our program space.



Our resident volunteers helped to make the month even more special, with a juggling class taught by Tim Medicus and trips down musical memory lane guided by Bob Walter, Yogi Savetman and Ken Kidd. Our regular Friday visits from volunteer Mike Koontz are always appreciated; he never fails to bring a warm smile and a kind word to the table! May also included an observance of Mother's Day, virtual trips to Kenya and Winnipeg, and educational programs about dogs and horses. Most importantly, we had lots of laughs and enjoyed one another's company in a supportive and engaging environment!

## Special Days in June

D-Day Invasion Anniversary -  
June 6

Flag Day - June 14

National Nursing Assistants Day  
- June 14

Father's Day - June 16

First Day of Summer - June 21

Birth stone- Emerald  
Flower- Rose

### Coming in June:

June's calendar includes a variety of programs designed to enrich the mind, body and spirit. We will be taking virtual trips to Chicago and Albuquerque, reminiscing about the 1950's and 1960's, and recognizing Flag Day and Father's Day. Our wonderful volunteers will bring music, magic and kind companionship. We will play active games like ringtoss, laderball and horseshoes, and engage in creative pursuits like baking, crafting and art. And every day, we will laugh together and support one another. We encourage you to stop by any time to say hello!

## Maureen's Moment

I am frequently asked, "What is Intermissions?" The following is a brief explanation.

**What:** Intermissions is a social program where group activities are used to stimulate cognition and socialization. Working together, we use our brains and have fun.

**How:** Residents can be referred by Resident Services Coordinators, a family member, medical provider, a friend or neighbor. A referral can come from anyone.

Because Charlestown is a community, we look out for each other.

**Why:** A resident may have difficulty managing their day and may benefit from more structure. Some residents notice a difference in that they cannot keep up with independent social groups or situations. We provide structure and support. There is no stigma or uneasiness on the resident's part. Our goal is to make every resident feel welcome and accepted. Everyone in our group has issues with memory so we all understand. Caregivers benefit from the program as it gives them a brief respite.

**Where:** We meet at Caton Ridge 302

**When:** Monday through Friday 9:30 – 2:30.

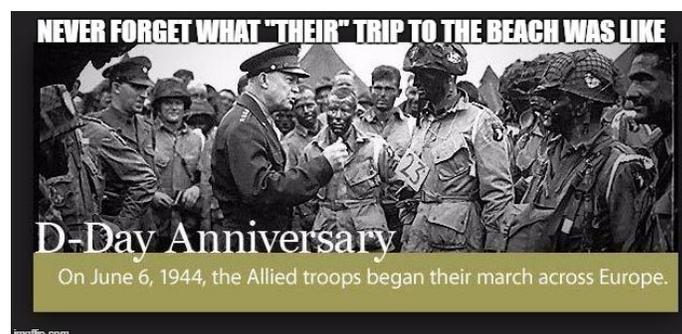
For more information about Intermissions, contact the Intermissions Office at 443-297-3500.

**Double O Word Game: See how "good" you are. Fill in each blank with a word that has a double O.**

1. To wash your hair \_\_\_\_\_
2. A chicken's mate \_\_\_\_\_
3. A humorous drawing \_\_\_\_\_
4. Sleeping for a short period of time \_\_\_\_\_
5. A paste used to clean your choppers \_\_\_\_\_
6. Thing from which a butterfly emerges \_\_\_\_\_
7. An aimless drawing \_\_\_\_\_
8. A dark-colored China tea \_\_\_\_\_
9. An old-time tavern \_\_\_\_\_
10. Someone who sponges off others \_\_\_\_\_
11. If an object is not rough, it's \_\_\_\_\_
12. A nocturnal animal that likes to get into trash cans \_\_\_\_\_
13. A very wealthy or powerful businessman \_\_\_\_\_
14. A place saver for your novel \_\_\_\_\_
15. A clock that contains a little bird \_\_\_\_\_
16. The car at the rear of the train \_\_\_\_\_
17. The noise you make when you sneeze \_\_\_\_\_
18. A nickname for Sasquatch \_\_\_\_\_

## A Word of Thanks

We offer our deepest gratitude to the men who crossed the beaches of Normandy on D-Day, and to all who served during WWII. Because of you, we are blessed to live in peace and prosperity. Thank you!



Monday

Tuesday

Wednesday

Thursday

Friday



# June 2019

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:30 Musical Memories with Yogi 1:30 Video Tour: City of Brotherly Love	11:15 Unlock the Memories 1:30 Ladderball 2:00 Sentimental Sing-Along	10:30 Magic Moments with Lois 1:30 All About Giraffes	11:15 History of Baseball 1:30 Alphalist	11:15 What's in the Bag? 1:30 Musical Twister
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
11:00 That's Entertainment 1:30: Bingo	11:15 Flag Day Trivia 1:30 Star Spangled Craft	11:00 Busy Bakers 1:30 Lucky Letters	11 Singing with Dr. Bev 1:30 Patriotic Sing-Along	11:15 Planet Earth 1:30 Categories Word Game
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
11:15 Celebrating Fathers 1:30 Monopoly	11:15 The Fabulous Fifties 1:30 Horseshoes	11:15 Last Letter Word Game 1:30 Ladderball	11 Singing with Dr. Bev 1:30 Art & Music	11:15 Travel to Albuquerque, NM 1:30 June Bingo
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
11:00 Planet Earth 1:30 Bullseye Active Game	10 Craft with Community Resources 11:15 Remembering the Sixties 1:30 Art & Music	11:15 Alphalist 1:30 Yahtzee	11:15 Group Crossword 1:30 Ringtoss	11:15 Busy Bakers 1:30 Art & Music

\*Activities are subject to change based on the needs of the group.