

Sundial Living

Guided by goodness, loyalty, faith & fun

August 2017



Rummage Sale!

August 26th

Please mark your calendars
for this big event!

Sundial Assisted Living is having a rummage sale to benefit "Redding's Walk to End Alzheimer's."

We are accepting and would appreciate donations. Details on back of newsletter. For questions please call 241-2900

We hope to see you all there to support this worthy cause...

Walk to End Alzheimer's



Who Turned Up The Heat?



7 Tips for keeping safe during triple digit days

Drink Plenty of Liquids ~ Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

Wear Appropriate Clothes ~ An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light colored, lightweight, loose fitting clothes and a wide brimmed hat.

Stay Indoors During Mid-day Hours ~ During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

Take it Easy ~ Avoid exercise and strenuous activity, particularly outside when it's very hot out.

Watch the Heat Index ~ When there's a lot of moisture in the air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

Air-conditioned Environments ~ Seniors whose houses aren't air conditioned should consider finding an air conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

Know the Warning Signs of Heat-related Illness ~ Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

August

“Take the time to be a friend to someone today, you might be the only person they talk to.”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6) 9:15 Fitness 10:00 Hearts 10:30 Catholic Service** 1:00 Church in the Living Room** 2:00 Bupkis Cecilia J. Birthday</p>	<p>7) 9:15 Fitness HAWAIIAN WEEK! 10:00 Skipbo 1:00 “Soul Surfer” Movie in the Living Room 3:00 Tropical smoothies</p>	<p>1) 9:15 Fitness 10:00 Resident Council 1:00 Hearts 2:30 A walk & a story 3:00 Musical Movie</p>	<p>2) 9:15 Fitness 10:00 Manicures 1:00 More manicures 2:00 Heaven’s Radio** 3:15 Play practice**</p>	<p>3) 9:15 Fitness 8:45 Bible Study** 10:00 Uno 1:00 Yatzeel 2:00 Bingo 4:00 Dinner Music</p>	<p>4) 9:15 Fitness 10:00 Bupkis 11:00 Lunch Bunch** 1:30 Play practice** 2:30 Smoothies** 3:00 Friday Flick</p>	<p>5) 9:15 Fitness 10:00 Crafts “leis” 1:00 Bingo in the Living Room 3:00 A Walk & a Story 3:30 Ice Cream Treats</p>
<p>13) 9:15 Fitness 10:00 Hearts 10:30 Catholic Service** 1:00 Music with Ken** 2:00 Bingo in the Living Room</p>	<p>14) 9:00—10:00 Chair Yoga w/ Claire** 10:00 Skipbo 1:00 2-Cents game** 2:00 Music W/ Diana** 3:00 Story Time</p>	<p>8) 9:15 Fitness 10:00 Baking with Carma 1:00 A walk & a Story 2:00 Homespun Duet** 3:30 Play practice**</p>	<p>9) 9:15 Fitness 10:00 Manicures 1:00 More Manicures 2:30 Travel w/ Carma** Anne R. Birthday</p>	<p>10) 9:15 Fitness 8:45 Bible Study 10:00 Tropical Party on the Patio 1:00 “50 First Dates” Movie in the Living Room</p>	<p>11) 9:15 Fitness 10:00 Hawaiian Hearts 1:00 In-door volleyball 2:00 Breezy Bingo 3:15 Tropical sherbet In Activities</p>	<p>12) 9:15 Fitness 10:00 Tim’s Dice Game 1:00 Uno 2:00 A walk & a Story 3:00 Play practice**</p>
<p>13) 9:15 Fitness 10:00 Hearts 10:30 Catholic Service** 1:00 Music with Ken** 2:00 Bingo in the Living Room</p>	<p>14) 9:00—10:00 Chair Yoga w/ Claire** 10:00 Skipbo 1:00 2-Cents game** 2:00 Music W/ Diana** 3:00 Story Time</p>	<p>15) 9:15 Fitness 10:00 Blood Pressure Clinic 1:00 Smoothie Time** 2:00 Hymns with Dan** 3:15 Bupkis</p>	<p>16) 9:15 Fitness 10:00 Manicures 1:00 More Manicures 2:00 Heaven’s Radio** 3:30 Summer Art</p>	<p>17) 9:15 Fitness 8:45 Bible Study** 10:00 Uno 1:00 Bingo in the Living Room 4:00 Dinner Music</p>	<p>18) 9:15 Fitness 10:00 Tiny Stories** 1:00 Trivia & Treats 2:00 Bupkis 3:00 Friday Flick</p>	<p>19) 9:15 Fitness 10:00 Hearts 1:00 Bingo in the Living Room 3:00 Saturday smoothies Jim B. Birthday</p>
<p>20) 9:15 Fitness 10:00 Skipbo 10:30 Catholic Service 1:00 Church in the Living Room** 2:00 Play practice**</p>	<p>21) 9:15 Fitness 10:00 Uno 1:00 A Walk & a Story 2:00 Music w/ Ardel** 3:15 2-Cents Game**</p>	<p>22) 9:15 Fitness 10:00 Yatzeel 1:00 Bupkis 2:00 Tuesday Smoothies 2:30 Play practice** 3:00 Musical Movie</p>	<p>23) 9:15 Fitness 10:00 Manicures 1:00 More Manicures 3:00 Music with George Ireton**</p>	<p>24) 9:15 Fitness 8:45 Bible Study** 10:00 Skipbo 1:00 Bingo in the Living Room 2:30 Tiny Stories**</p>	<p>25) 9:15 Fitness 10:00 Hearts 1:00 \$shopping Trip to Shopko 3:15 Friday Flick</p>	<p>26) 9:15 Fitness 8:00—2:00 Big Rummage Sale Event 2:00 Bupkis 3:00 Smoothies** 3:30 Story Time</p>
<p>27) 9:15 Fitness 10:00 Uno 1:00 Music with Ken** 2:00 Play practice** 2:30 Bingo in the Living Room</p>	<p>28) 9:15 Fitness 10:00 Bupkis 1:00 Summer Art 2:00 Skipbo 3:00 A Walk & a Story</p>	<p>29) 9:15 Fitness 10:00 Hearts 1:00 Play practice** 2:00 Bingo in the Living Room 3:15 Story Time</p>	<p>30) 9:15 Fitness 10:00 Manicures 1:00 More manicures 3:00 Musical Movie and Play practice</p>	<p>31) 9:15 Fitness 10:00 Music with Tom Boyd 1:30 Reader’s Theatre Presentation** 3:00 Skipbo 4:00 Dinner Music</p>	<p>True North Programs** Compass Senior Living has adopted True North Programs to enrich the lives of our residents. These enrichments include: “Tiny Stories”, “Music Makes Memories”, “#Gen2000 Project”, and “Brain Power Nutrition Boost.” For more information, please visit sundialaif.com</p>	

What in the world have we been up to?



<<< Tweet Tweet These wonderful ladies painted bird-houses. They all won ribbons for different categories.

Tap! Tap! Tap! >>>
Meet the Tapping Grannies! We have Georgia on the left and Dottie on the right, who doesn't mind telling you she is 90 years old!



< Front Porch Bible Study
Some of the residents like to gather to meet with guests for bible study. It's wonderful to see them fellowship together.

Please welcome our new residents!



Neda H. This is Neda. She is a mom to 4 children and grandmother of 6. Before retiring, she worked as a typesetter for a local newspaper. In her spare time she enjoys reading, playing bingo and time with her family. She loves cats.



Bud S. This is Bud and his beautiful wife of 61 years, Zoann, who visits Bud daily. Bud is a veteran and is a retired civil engineer. Bud & Zoann raised 3 children & have several grandchildren. Bud likes to help people. He loves their German Shepard named Lady.



Nancy A. This is Nancy! Before retiring, Nancy worked in retail. She has 7 children and several grandchildren. She loves animals. She enjoys bingo and suckers. She likes to watch Animal planet & Hallmark movies in her leisure time.

Birthdays

Cecilia J. 8/6
Anne R. 8/9
Jim B. 8/19



True North Employee Christina H.



Christine's job as housekeeper contributes to this community's goal of ensuring that the residents reside in a clean and sanitary environment. She has a dedication to service and a strong work ethic.

Christine goes above and beyond her duties and has helped in every other department in this community. While doing her job, she keeps her smile on and she still finds the time to personally engage with the residents and they love her.

When Christine is not here at Sundial she can be found with her husband and son. One of their favorite activities is attending sprint car races.

Meet your leadership Team

- Suzanna Trompczynski ~ Administrator
- Kirk Kingsford ~ Operations Director
- Amy McConathy ~ Business Services
- Cara Morehouse/ Lisa Silva ~ Wellness
- Carma Hunter ~ Life Enrichment
- Stacey McGarvin ~ Dining Services
- Elizabeth Amlin ~ Community Relations

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395 Hilltop Drive
Redding, CA 96003



= In support of Redding's Walk to End Alzheimer's =

Rummage Sale & BBQ

Saturday, August 26th 8am to 2pm
395 Hilltop Drive, Redding



Hot dogs, sodas, chips for sale



All proceeds will be donated to the Walk to End Alzheimer's



Sundial is accepting gently used donations now through August 16th on Mondays and Wednesdays

