



The Linden House News

Linden House of Mishawaka

JUNE 2018

Managed by Evergreen Real Estate Corp, LLC,

Chicago, Illinois

Property Manager.....Cindy Sater

Social Service Coordinator.....Deborah Meeks

Maintenance Lead.....Chris Morford

Maintenance Live-in/Relief.....Garry Rice

SITE MANAGER ARTICLES FOR THE JUNE 2018 NEWSLETTER

Annual Apartment Inspections: HUD requires that an annual inspection of all apartments take place at least ONCE PER YEAR. I'll be inspecting all resident apartments for housekeeping and checking for damages or items in need of repairs. Your apartments should always be clean but do prepare your apartment for this inspection by deep cleaning. I will be checking for cleanliness of the kitchen sink, counter tops, stove, refrigerator, kitchen floor, bathroom sink, toilet, tub/shower, bath floor, and carpeting throughout your apartment.

If you feel that you cannot clean your apartment as mentioned above, please enlist the help of your family or get someone to clean for you. You do not have to be present for this inspection, but if you could be present, that would be helpful in case you have any questions or concerns. **THE SCHEDULE IS AS FOLLOWS:**

Thursday, June 28th: 1st floor, Starting at 9:00 until finished.

Thursday, July 12th: 2nd floor, Starting at 9:00 until finished.

Thursday, July 26th: 3rd floor, Starting at 9:00 until finished.

I will post a reminder about the inspections as time gets closer.



New Residents: There are no new Residents to report this month.

Pest Control Services: On Monday, June 4th, the following apartments will be inspected for preventative pest control:

They are as follows: 306, 307, 209, 210, and 108

You do not have to be present, if you don't want to be. A staff member will be escorting our exterminator during that time.

Office Closings: The management office will be closed on Monday, June 11th.

SUNDAY, JUNE 17TH, IS FATHERS DAY!!! Happy Fathers Day to all the Dads and Grandfathers here at the Linden House. We hope you have a wonderful day!



Happy
FATHER'S
DAY

SERVICE COORDINATOR NOTES JUNE 2018



June Birthdays

Betty DuJardin	June 8	#214
Vivian Seay	June 19	#216
Jeanette Odell	June 23	#211
Joyce Rerick	June 29	#318
Adele Patton	June 29	#103

Birthday Cake & Coffee

Monday, June 25, 1:30pm



June Movie of the Month

“Racing Stripes”, 2005, comedy

Thursday, June 21, 1:30pm

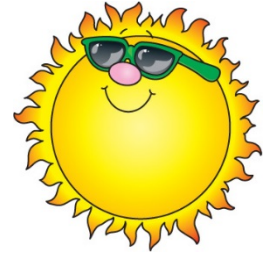
**“Stripes is a zebra with the heart of a champion and a special dream: to run Kentucky’s most prestigious horse race!”
(DVD cover)**



Featuring the voices of: Frankie Muniz, David Spade, Steve Harvey, Snoop Dogg, Mandy Moore...

Thanks to Merlyn Jones for providing this movie for us.

REGULAR PROGRAMS
REVIEW & SUMMER UPDATE



***Monday Morning Coffee**

Weekly, 10am

Community Events Room

June 11: donuts provided by the Coffee Committee,
From Over the Top Bakery

***Fitness**

Tuesday & Thursday, **9 am**

Meet in the Community Events Room

Change: Time



***Mid-morning Movie**

Tuesday through Friday, 10/10:30am

Community Events Room

No change

***L H Writers Group**

Fridays, 6:00pm

L H Library

No change

***Sunday Evening Praise & Worship**

Sunday, 6:00pm

Community Events Room

Change: This event changes to a Sing-Along
Music only; hymns and popular



Creative activities with Becca

*Crochet Group– 1st Thursday, 4pm
Library

Change: Emphasis is no longer a class.
All are welcome to create and socialize.



*Crafts – Tuesday, 6 - 8pm
Community Events Room

Change: Meets once per month
June meeting is the 12th

*Coloring – Tuesday, 6 -8pm

Change: Meets once per month
June meeting is the 29th

Schwan's Home Delivery

Every other Wednesday, sometime between 11am and 2pm, the Schwan's truck stops at Linden House bringing all manner of delicious foods.

June 6 and 20



Martins Grocery Bus

Thursday, 10am
Every two weeks*

June 7 & 21

***Change as of January 1, 2018**



SPECIAL JUNE PROGRAMS

Healthy You

Preventing Falls

Tuesday, June 5, 1:30pm

Community Events Room

Presenter: Insurance agent Dan Uland



Nurse Courtney Hensel

St Joseph Health Systems

Thursday, June 7, 1:30pm – 3:00pm

Community Events Room

The presentation this month will be on the topic of men's and women's health. Blood sugar and/or blood pressure check will be available. Courtney is also happy to answer your individual health questions.



Podiatry Clinic

Monday, June 18

Appointments begin at 1:30pm

Dr. Theodore Vorenkamp

Service performed in the beauty shop



Interim Homecare

Fibromyalgia

Presenter: Ellen Jennings

Tuesday, June 19, 1:30pm



Community Event Room

Fibromyalgia, con.

Get all the facts from Ellen. Blood pressure screening follows the presentation.

Computers

Monday, **June 11**

Appointments begin at 1:00pm

Adam Russell, Technology Trainer



Adam will provide an afternoon of appointments for Linden House residents. This is a chance to work with Adam individually with either the Computer Lab or your personal devices. Adam will come to your apartment or the Lab at your scheduled time. Please sign up on the appointment schedule sheet posted on the Service Coordinator's bulletin board. Thank you.

Understanding the Grief Process

Thursday, June 14, 1:30pm

Holly Farmer, Bereavement Coordinator

The Center for Hospice Care



Our resiliency training continues with guest presenter Holly Farmer. Holly has been with The Center for Hospice Care for 17 years, where she has provided individual and family counseling and facilitated grief support groups. She will also discuss coping and self-compassion when dealing with loss.

A reminder that The Center for Hospice Care provides all manner of grief support, to any member of the community, at no charge. You do not to have been connected with hospice services.

20TH ANNIVERSARY LUNCHEON

Morris Park Country Club

Friday, June 22, 12:00pm



All residents are invited to attend a luncheon celebrating the 20th anniversary of The Linden House of Mishawaka. We will enjoy a delicious meal in the Pinehurst and Inverness Banquet Rooms, which overlook the golf course and gardens. Professional musician, Fred Walker, will provide live music. The golden oldies are his specialty.

- *The Linden House bus will be providing transportation. We will make as many trips as needed. Drop off is at the front door.
- *You are welcome to drive yourself. There is ample parking.
- *Please remember to RSVP to Deborah by June 12. Thank you.

FAMILY OPEN HOUSE

Saturday, June 30

2pm until 4pm



In support of HUD's "Strong Family Initiative", The Linden House of Mishawaka is hosting a Family Open House. The support our residents receive from their families is an important part of our residents' ability to remain living rich, independent lives. Please invite your family members to join you here at Linden House for an afternoon of family and fun. The attached full page flyer provides details. Please feel free to copy this flyer in the library and distribute to your family.

As you Spring clean, you may come across simple items that need a new home and would make fun **Bingo prizes** for our Open House Bingo games. Please see Deborah.

JUNE BUS TRIPS

Departure: 11:30am

June 1:

Canceled



June 8:

Strawberry Festival, North Liberty, IN

Lunch: Over the Top Bakery & Café

Shop: North Liberty downtown; enjoy strawberry shortcake

June 15:

Lunch: 5 and 20 Country Kitchen, Shipshewana

Shop: Topeka General Store, Etc.

June 22:

20th Anniversary Party

Morris Park Country Club, South Bend

Tuesday, June 26:

Lunch: Stacks Pancake House, Elkhart

Shop: Linton's Enchanted Garden, Elkhart

SPECIAL ATTACHMENTS

***Family Open House Flyer;**

***From Mayo Clinic: Sunscreen 101;**

***Word Search: "Flowers II"**

The Linden House of Mishawaka Family Open House



Saturday, June 30, 2:00pm – 4:00pm
Community Events Room & Grounds

The Linden House Family would like to share with your family the fun, creative things we do here to build our family ties.

Community Events Room Schedule:

- *2:00 – Refreshments served**
- *2:30 – Sing Along**
- *3:00 – Bingo with prizes**
- *3:00 – Family Crafts**
 - Durable, colorful placemats or**
 - Beaded jewelry**

At any time, you and your family are welcome to simply enjoy the lovely summer afternoon seated in our gazebo or on the deck. You are welcome to conduct your family on a tour of our building, but please remember that your family members need to remain in your company, especially younger members.

We look forward to celebrating Family and summer with you in June.





Best sunscreen: Understand sunscreen options

The best sunscreen is one that you'll use generously and according to label directions. Here's help understanding sunscreen ingredients, types of sunscreen and more.

By Mayo Clinic Staff

Confused about the best sunscreen to use? Lawrence E. Gibson, M.D., a dermatologist at Mayo Clinic, Rochester, Minnesota, offers his guidance.

What are the most important things to know about protecting yourself from the sun?

Focus on the big picture when it comes to sun safety. For example:

- **Avoid the sun during peak hours.** Generally, this is between 10 a.m. and 2 p.m. — regardless of season. These are prime hours for exposure to skin-damaging ultraviolet (UV) radiation from the sun, even on overcast days.
- **Wear protective clothing.** This includes pants, shirts with long sleeves, **sunglasses** and a wide-brimmed hat.
- **Use sunscreen.** Apply sunscreen generously and reapply regularly. Research supports the benefits of using sunscreen to minimize skin damage from the sun's rays.

What does a broad-spectrum sunscreen do?

There are two types of UV light that can harm your skin — UVA and UVB. A broad-spectrum, or full-spectrum, sunscreen protects you from both.

UVA rays can prematurely age your skin, causing wrinkling and age spots. UVB rays can burn your skin. Too much exposure to UVA or UVB rays can cause skin cancer. The best sunscreen offers protection from all UV light.

Does the best sunscreen have the highest SPF?

SPF stands for sun protection factor, a measure of how well sunscreen protects against UVB rays. (UVA protection isn't rated.) Manufacturers calculate SPF based on how long it takes to sunburn skin that's been treated with the sunscreen as compared to skin with no sunscreen.

When applied correctly, a sunscreen with an SPF of 30 will provide slightly more protection from UVB rays than does a sunscreen with an SPF of 15. But the SPF 30 product isn't twice as protective as the SPF 15 product. Sunscreens with SPF's greater than 50 provide only a small increase in UV protection.

Also, sunscreen is often not applied thoroughly or thickly enough, and it can be washed off during swimming or sweating. As a result, even the best sunscreen might be less effective than the SPF number suggests.

Rather than looking at a sunscreen's SPF, choose a broad-spectrum sunscreen.

Do I need to apply sunscreen if I wear cosmetics that contain sunscreen?

It depends on how much time you'll be spending in the sun. If you won't be spending too much time outdoors, wearing cosmetics that contain sunscreen, such as moisturizer and after-shave, is sufficient. However, if you will be spending a lot of time outdoors, use a stronger form of sunscreen.

What else do I need to know about sunscreen?

- Supply generous amounts of sunscreen to dry skin 15 minutes before you go outdoors.
- Use sunscreen on all skin surfaces that will be exposed to the sun, such as your face, ears, hands, arms and lips. If you don't have much hair on your head, apply sunscreen to the top of your head or wear a hat.
- Reapply sunscreen every two hours — and immediately after swimming or heavy sweating even if you're using a product that's water resistant.
- Remember that sand, water and snow reflect sunlight and make it more important to use sunscreen.
- Since UV light can pass through clouds, use sunscreen even when it's cloudy.

Use sunscreen year-round, but don't let any product lull you into a false sense of security about sun exposure. A combination of shade, clothing, sunscreen and common sense is your best bet.

Linden House of Mishawaka

JUNE 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 Mid-morn movie L H Bus: 11:30am L H Writers 6pm	2 Beauty Shop 9am
3 Sing-Along 6pm	4 Exterminator Coffee 10am Bus plans, 11am BINGO, 6:30PM	5 Mid-morn movie Fitness, 9am Program 1:30pm RC Mtg 6pm	6 Mid-morn movie Schwan's Beauty Shp 1pm R C Games, 6-8pm	7 Martins Bus 10am Mid-morn movie Nurse 1:30 Crochet Grp 4pm	8 B.D. Betty Mid-morn Movie L H Bus: 11:30am L H Writers 6pm	9 Beauty Shop 9am
10 Sing-Along 6pm	11 Site Office closed Coffee 10am Computers 1:00 BINGO, 6:30PM	12 Mid-morn movie Fitness, 9am Craft/Colr 6-8pm	13 Mid-morn movie Beauty Shp 1pm R C Games, 6-8pm	14 Mid-morn movie Fitness, 9am Program 1:30pm	15 Mid-morn Movie L H Bus: 11:30am L H Writers 6pm	16 Beauty Shop 9am
17 Sing-Along 6pm	18 Coffee 10am Podiatrist 1:30 BINGO, 6:30PM	19 B.D. Vivian Fitness, 9am Mid-morn movie Interim 1:30pm	20 Mid-morn movie Schwan's Beauty Shp 1pm R C Games, 6-8pm	21 Martins Bus 10am Fitness 9am Movie 1:30	22 20 th Anniversary Party, noon L H Writers 6pm	23 B.D. Jeanette Beauty Shop 9am
24 Sing-Along 6pm	25 Birthdays 1:30 BINGO, 6:30PM	26 Mid-morn movie Fitness, 9am Bus Trip 11:30am Coloring 6-8pm	27 Mid-morn movie Beauty Shp 1pm R C Games, 6-8pm	28 Mid-morn movie Fitness, 11am Potluck 5:30pm	29 B.D. Joyce R & Adele Mid-morn Movie L H Writers 6pm	30 Beauty 9am Family Open House 2-4pm