



# CC YOUNG

SENIOR LIVING

## Summer Staycation Guide

### June 2020



***Turn the page to discover events, activities pages, puzzles, articles and campus news!***

## Greetings from The Point

Thank you for your support and encouragement regarding the weekly Staycation Guide and program offerings on our in-house broadcast Channel 80 as they evolved over the past two months.

Beginning this month we have combined the weekly Staycation Guide, The Point calendar and Monthly Campus Corner into one publication.

Based on your feedback, we created a list of **in-person** opportunities at The Point. These are in addition to programming that will continue to be offered in the comfort of your own home by watching channel 80.

Phase I of re-opening The Point will begin June 1.

- The building will be open from 7:00am – 4:00pm, Monday – Friday.
- We are limiting participation of **in-person** events based on reduced room capacity due to social distancing.
- Pre-registration for all **in-person** events is required via sign-up sheets located at The Point Volunteer desk.
- During this first phase the number of times you can attend each event is restricted, as we assess space management, traffic flow and cleaning requirements.
- Registration will close at 3:00pm for events occurring the following day.
- No walk-in attendees are allowed during this first phase.
- All in-person events and activities will continue to be broadcast live on Channel 80 unless otherwise stated.
- Tables and chairs have been spread out to accommodate social distancing. Please do not move them.
- We have added multiple hand sanitizer stations and social distancing reminders throughout the building.
- For the safety and wellness of everyone, we encourage you to wear a face mask, practice social distancing (maintaining a minimum of six feet apart), use hand sanitizer and good handwashing practices as recommended by the CDC and the HHSC.

We appreciate your cooperation!



**Brian Parman**  
Director, Point  
& Pavilion  
bparman@ccyoung.org  
972-755-3260



**Jill Beam**  
Wellness Coordinator  
jbeam@ccyoung.org  
469-828-3473



**Angela Castillo**  
Event Producer  
& Coordinator  
acastillo@ccyoung.org  
214-841-2831



**Jennifer Griffin**  
Senior Director  
Community Outreach  
jgriffin@ccyoung.org  
214-841-2903



# Crews News!

By *Russell Crews*  
*President and CEO, CC Young*

The COVID-19 pandemic has been a challenge for all of us to say the least. We have adapted to the constant change in guidelines and we have responded to each government order. We have also taken an aggressive stance on our COVID-19 protocols. Through it all, the guiding principle on every decision we've made is to do everything we can to keep our residents and team members safe and healthy and to keep our campus COVID-19 free. It has been a long haul! You and your families have been patient, understanding, and supportive of our efforts. We are so pleased that our efforts have kept our campus COVID-19 free at this time.

Our team is brainstorming on ways we can adapt our programming in this shelter-in-place environment to provide more fun and engagement for our residents. The first few events in Central Park proved that you are ready for more and you are willing to socially distance yourselves and wear masks to protect those around you. Thank you for that! The message was loud and clear!

This month we will begin with "Phase I" of a gradual rollout of events at The Point. We plan to move slowly and cautiously to make sure we can manage the space adequately to assure resident safety. Based on your input, and with limited seating, we are adding some "live" gatherings at The Point including live audiences for Jill's exercise classes. We are also adding movie matinees, access to the library, fitness center, and the DAKIM equipment. The Point Café will open with limited hours mid-month.

Thank you for your patience. Bear with us. There will be more follow as we ease into our new normal.

**CC Young's Vision:  
To enhance the quality of  
life for all we serve.**

**CC Young's Mission:  
To foster premier  
environments where every  
life at every age is valued  
and enriched.**

**Spring  
SPECIAL**

Assisted Living  
The Hillside  
**2 Months Free for  
Studio Apartment**

*Call today for full details.  
Limited time offer!*

**214-258-4000**

CC YOUNG  
SENIOR LIVING

4847 W LAWYER DR | DALLAS, TEXAS 75214 | CCYOUNG.ORG



# Village Update

By Jen Griffin  
Senior Director  
Community Outreach

This new decade has been a surprise in so many ways. What started off with such promise quickly changed with the spread of COVID-19. Who would have dreamed we'd find ourselves in June, nearing the start of summer 2020, and living with these restrictions? It has been a long haul, hasn't it? And yet, there is good news this month.

The BEST news? This month we are able to open The Point with limited offerings! We have often referred to that building as the pulse of our campus. There is SO MUCH activity at The Point that its closing brought a palpable change in energy and engagement to most of us. And yet, in the midst of it all, our team figured out a way to maintain the programming and connection with our residents through the use of TV broadcast on Channel 80. Kudos to our Point Team for figuring out a way to make it happen. (Trust me, the system is not designed to work this way!)

With Phase I's rollout of events ("Point Lite"), we are still following social distancing guidelines and we encourage all who enter to wear masks and frequently wash their hands. Seating is limited to 20 for live audience/group gatherings. We are asking for pre-registration so we can manage the space efficiently and clean between each use. Based on the success of our May events in Central Park, I know we will be successful with Phase I. And then we can move on to Phase II!

Thank you for your continued support and patience through all of our changes. Like I mentioned above, it has been a long haul. But, we can be proud that we have made it this far together. And we will continue through these next steps together as well. Kudos to The Village!

~HAPPY~  
*Anniversary*

**June's Resident Anniversaries**

**5 years**

**Bettye Barnes**

**8 years**

**Rozina Vlasimsky**

# Celebrate June Team Anniversaries

## Happy Anniversary

Employee Name	Hire Date	# Years	Department
Arlene Kirkland	6/3/2019	1	Marketing
Christiana Aburimen	6/3/2019	1	HC Nursing
Felekech Gebremeskel	6/3/2019	1	Home Services
Lavada N Davis	6/3/2015	5	Hospice
Robin Clark	6/3/2019	1	Home Services
Ruth Owusua	6/3/2019	1	HC Nursing
<b>Emebet Y Mokoya</b>	<b>6/4/2007</b>	<b>13</b>	<b>Home Services</b>
Kelelaw Habtemariam	6/4/2018	2	HC Nursing
Rafaela Hernandez	6/4/2018	2	Dining Services
Angela E Hernandez	6/5/2017	3	EVS Housekeeping
Paul A Adja	6/5/2017	3	Dining Services
Pikiaka N Symella	6/6/2016	4	HC Nursing
Chineme E Ndukwe	6/11/2014	6	HC Nursing
Nena Paris	6/12/2013	7	Home Services
Richard Nyamao	6/12/2013	7	HC Nursing
<b>Carleen M White</b>	<b>6/15/2000</b>	<b>20</b>	<b>Assisted Living</b>
Gregory K Paris	6/17/2019	1	EVS Maintenance
Jessica N Gonzalez	6/17/2019	1	Dining Services
Johanna Rodriguez	6/17/2019	1	Dining Services
Jose Lopez	6/17/2019	1	Dining Services
Kara Brown	6/17/2019	1	Hospice
LaNeen Lampkin	6/17/2019	1	Resident Services
Michele Jordan	6/17/2019	1	HC Administration
Pamela Wash	6/17/2019	1	Umphress Terrace
Tara Brown	6/17/2019	1	Hospice
Dolores E Phillips	6/18/2018	2	Home Services
Glenda J Leach	6/18/2018	2	Compliance
Jeanette Jackson	6/19/2017	3	Dining Services
Keshaundria L Oliver	6/19/2017	3	Home Services
Elesabet Y Nega	6/20/2016	4	Assisted Living
Ugochukwu P Onyeugo	6/20/2016	4	HC Nursing
<b>Kevin M Maloney</b>	<b>6/22/2009</b>	<b>11</b>	<b>VP Hospitality</b>
Kellie L Sanford	6/26/2017	3	Pastoral Care

**Check out those double-digit anniversaries!!  
WOW !!!! Congrats to all !!**

# HAPPY BIRTHDAY

Employee Name	Birthday	Department
Harriette Clay C Nyian	1	HC Nursing
Olabisi Bello	1	Dining Services
Theresia Tatang	1	HC Nursing
Vernesha Roberts	3	HC Nursing
Nkiru Ofili	3	HC Nursing
Christian Orji	3	EVS Housekeeping
Kristen Qualls	5	Rehab Therapy
Jair A Lopez	5	EVS Housekeeping
Johanna Rodriguez	6	Dining Services
Tanequa Polk	8	Memory Support
Meseret Demissie	9	Home Services
Samantha Garcia	9	Dining Services
Phillycia A Johnson	10	Assisted Living
Edgar Castillo Calvillo	10	Dining Services
Muluwork Hailu	11	Home Services
Lori Sanders	11	Rehab Therapy
Cynthia R Odom-Bolton	13	Home Services
Christopher Burcalow	13	Rehab Therapy
Tiara R Seaton	14	EVS Housekeeping
Shashu G Keleta	14	HC Nursing
Aster Woldemariam	14	HC Nursing
Beverly D Stokes	14	Home Services
Martha Adams	15	Home Services
Eriene A Resendiz Taque	16	Dining Services
Bertha A Ledesma	17	Dining Services
Chastity Love	18	Assisted Living
Christabel Chuks	20	HC Nursing
Tobiawe M Nigussie	21	EVS Housekeeping
Donna S Williams	21	Home Services
Sowande Coker	22	HC Nursing
LaFonda R Caldwell	22	Administration
Sefanit A Getahun	23	EVS Housekeeping
Kevin J Pattison	23	HC Nursing
Iris Lampley	23	HC Nursing
Marie F Benavides	24	Admissions
Elizabeth Smith	25	Hospice
Tiffany M Little	26	Dining Services
Iyabode Olabayo	27	Home Services
Ryan A Bolton	27	Dining Services
Elfresh M Soressa	28	Home Services
Makida G Aelene	29	Home Services
Fatmata Wilson	29	Home Services
Rodja Morgan	29	Dining Services
Kellie L Sanford	30	Pastoral Care
Seun Caroline Olaniyan	30	Dining Services
Jessica N Gonzalez	30	Dining Services



# Pastoral Care

In the tradition of  
Rev. Christopher Conley Young,  
our Pastoral Care Team provides  
ministry and support for our  
residents, families and team members.

We provide opportunities for spiritual growth  
at every age and every circumstance.

**Sunday Services led by Rev. Kellie Sanford**  
The Point Auditorium at 10:00am  
Broadcast on Ch. 80

## Weekly Bible Studies

### *Thomas*

Mondays at 10:00am  
in the dining room

### *The Hillside*

Wednesdays at 10:00am  
in the dining room

### *Asbury*

Tuesdays at 10:00am  
in the dining room

### *The Overlook*

Thursdays at 10:00am  
in 4833

### *The Point*

Wednesdays at 2:00pm

## Contact Pastoral Care

Rev. Kellie Sanford 972-261-3015  
Rev. Mike Nichols 469-400-2858

**KEY:**

- **CH. 80 Broadcast= On Campus TV Station**
- **Res. Free. = Residents are free**
- **PM = Point Members**
- **In-Person\*= Limited Seating of 20 attendees max. Sign-up required.**

**Bible Study (Wednesday)**

An In-person group bible study will be held in the fitness classroom with a max capacity of 20. Sign-up limit 2 times per month, per person. This will **not** be broadcast on Channel 80.

**Wellness Classes**

In-person wellness classes are held in The Point Auditorium with a max capacity of 20.

Sign-up limit 2 times per week, per person.

Classes & Times:

<b>Morning Stretch</b>	<b>7:15am</b>	<b>Mon. – Thurs.</b>
<b>Chair Aerobics</b>	<b>10:00am</b>	<b>Mon. – Thurs.</b>
<b>Sit &amp; Get Fit</b>	<b>1:00pm</b>	<b>Mon. – Thurs.</b>

**Workout at Fitness Center**

The fitness equipment room will re-open with limited hours and is available in thirty minute increments by appointment.

Sign-up limit 2 times per week, per person.

**8:30am – 11:00am / 1:30 PM – 4:00 PM**

**Movie Matinee**

In-person attendance in The Point Theater will be limited to a max capacity of 20 at each show.

Sign-up limit 1 time per week, per person. The same movie will be shown Wed., Thurs., and Fri. with a different movie shown each week.

**1:30pm – 3:30pm / Wed., Thurs. & Fri.**

**Point Library, Dakim Brain Fitness & PC Computer Use**

The Point Library will re-open with limited hours and is available in thirty minute increments by appointment. Sign-up limit 2 times per week, per person.

**8:30am – 11:00am / 1:30pm – 4:00pm / Mon. – Fri.**



7:15am - 7:45am  
**Morning Stretch** Ch. 80 Broadcast  
In-Person\*

8:00am - 8:30am  
**Energizing Chair Yoga** Ch. 80 Broadcast

9:00am - 9:15am  
**CCY Daily News** Ch. 80 Broadcast

9:30am - 9:45am  
**Daily Devotional** Ch. 80 Broadcast

10:00am - 10:30am  
**Chair Aerobics** Ch. 80 Broadcast  
In-Person\*

10:45am - 11:15am  
**Balance Class** Ch. 80 Broadcast  
In-Person\*

1:00pm - 1:30pm  
**Sit & Get Fit** Ch. 80 Broadcast  
In-Person\*

1:45pm - 2:15pm  
**World Traveler** Ch. 80 Broadcast  
200 Days - A Trip Around The World Film

2:30pm - 3:00pm  
**DIY - Floral Design** Ch. 80 Broadcast

3:15pm - 3:45pm  
**FUMC Dallas Worship Service** Ch. 80 Broadcast

4:00pm - 5:00pm  
**Seated Tai Chi** Ch. 80 Broadcast



**TUESDAY, JUNE 2**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person / On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:45pm - 2:15pm <b>Music Appreciation</b>	Ch. 80 Broadcast
Listening to Music with Professor Paul Wright, Yale University.	
2:30pm - 3:00pm <b>SRTECH Technology Class</b>	Ch. 80 Broadcast
iPad Basics	
3:15pm - 3:45pm <b>University at CCY - Great Thinkers</b>	Ch. 80 Broadcast
Alan Watkins-TEDxOxford "Why Do You Feel What You Feel"	
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

**WEDNESDAY, JUNE 3**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b>	Fitness Classroom In-Person*
A Beautiful Day in the Neighborhood 2019, PG, 1h 48m	
2:00pm - 3:00pm <b>Bible Study</b>	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>All About Books</b>	Ch. 80 Broadcast
Author Michelle Obama - Becoming	
4:00pm - 4:45pm <b>Mindfulness Meditation</b>	Ch. 80 Broadcast

## THURSDAY, JUNE 4

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Training</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> A Beautiful Day in the Neighborhood 2019, PG, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Performance Art</b> Beethoven 9 - Chicago Symphony Orchestra	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

## FRIDAY, JUNE 5

9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast
1:30pm - 3:30pm <b>Movie Matinee</b> A Beautiful Day in the Neighborhood 2019, PG, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:30pm <b>Richard Stanford Hour</b>	Ch. 80 Broadcast
4:00pm - 4:30pm <b>Mindful Meditation</b>	Ch. 80 Broadcast



### This Week's Movie

*A Beautiful Day in the Neighborhood*

2019, PG, 1h 48m

Wednesday, June 3

Thursday, June 4

Friday, June 5

1:30pm

### Limited Seating

Only Twenty Seats available per showing

Sign-up in advance in The Point

*A good laugh is sunshine in the house*  
– William Makepeace Thackeray

**A Weekend Manager  
may be reached at  
972-591-1907.  
This number is  
answered from  
Friday at 5pm through  
Monday at 8am.**



### *Emotional Resilience During The Coronavirus*

Submitted by Jill Beam  
CC Young's Wellness Coordinator

*We are all feeling a sense of sadness and anxiety since the outbreak of the coronavirus. Some of us may have lost our feelings of joy and I'm right there with you! It's hard not to be social and give a needed hug. I'm a huge hugger and I'm really struggling with "skin hunger syndrome!" Psychologists state it's normal for us to feel this way. So how can we respond to the situation in a way to help our psychological well being?*

*Here's my list of things that can help:*

- 1. Accept negative emotions.** *As sadness or negative emotions come up, look into them with curiosity, describe them without judgment and then let them go! We have to try to be linked to good psychological health. Do you feel like you have cabin fever? Well, look at this as an extended camping trip. Look at the good things that have happened during this camping trip and then accept the "not so good" things! Instead of fighting these negative emotions, we can invest our energy in creative the best life possible, given the circumstances. I know you've all enjoyed the Staycation and there's some great stimulating exercises included in every addition!*
- 2. Create new routines.** *Executing new routines that connect you to what really matters in life is the best recipe for good mental health. Also, add some technology to your life. I've done this and I've developed some new "knacks" in the technology storage, in my brain. Try Zoom and Face Time with family and friends. We will help you do that. Add a certain time that you connect to your daily schedule. Establish structure and predictability and a sense of purpose with your new routines. Enrich your life by reading a good book. The Point Library will open soon and book therapy is a must! Try learning a new language.*
- 3. Reinvent self care.** *Add exercise to your daily schedule. Get up, get ready, get moving!*
- 4. Reflect, relate, and reframe.** *Deepen your relationships with people by sending a card or making a phone call. Psychological growth happens when you do this! Take time to have a heart-to-heart conversation with a family member. Check yourself! Find out what truly matters to you in life. Where do you find your transcendence?*
- 5. Create fun!** *Life's too short, as we know, so create some fun for yourself. Put sticky notes around your apartment to remind you to lighten up! Look at old YouTube videos, specifically Carol Burnet, "no frills". Your side will split open with laughter. Read a joke book. Listen to music! Music soothes the savage beast, I've always heard.*

*Well there's my list! We are all here to help you to make your life at CC Young the best it can be!!! Remember, "Hope is not canceled" at CC Young!*

## SUNDAY, JUNE 7

10:00am - 10:45am Ch. 80 Broadcast  
Worship Service with Rev. Kellie



# Wednesday, June 10

## 10:00am under The Pavilion

Studio 1 Jazz Band  
presents

# “Songs with Girls Names”



## MONDAY, JUNE 8

7:15am - 7:45am Ch. 80 Broadcast  
Morning Stretch In-Person\*

8:00am - 8:30am Ch. 80 Broadcast  
Energizing Chair Yoga

9:00am - 9:15am Ch. 80 Broadcast  
CCY Daily News

9:30am - 9:45am Ch. 80 Broadcast  
Daily Devotional

10:00am - 10:30am Ch. 80 Broadcast  
Chair Aerobics In-Person\*

10:45am - 11:15am Ch. 80 Broadcast  
Balance Class In-Person\*

1:00pm - 1:30pm Ch. 80 Broadcast  
Sit & Get Fit In-Person\*

1:45pm - 2:15pm Ch. 80 Broadcast  
World Traveler  
Rick Steves: The Amalfi Coast

2:30pm - 3:00pm Ch. 80 Broadcast  
DIY - Learn To Draw

3:15pm - 3:45pm Ch. 80 Broadcast  
FUMC Dallas Worship Service

4:00pm - 5:00pm Ch. 80 Broadcast  
Seated Tai Chi

**TUESDAY, JUNE 9**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus

9:00am - 10:00am Ch. 80 Broadcast  
**Mental Health and COVID-19: A Conversation**  
 Join Rev. Kellie Sanford, Brian Parman & Gregg Medlyn, MS Psych, MBA, LMFT, LPC for a discussion about the impact of Covid-19 on our daily lives. Please submit any questions or concerns that you'd like addressed to bparman@ccyoung.org

10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Training</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:45pm - 2:15pm <b>Art Appreciation</b> Understanding & Appreciating Art, Atlas Society New York	Ch. 80 Broadcast
2:30pm - 3:00pm <b>SRTECH Technology Class</b>	Ch. 80 Broadcast
3:15pm - 3:45pm <b>CC Young's Got Game</b> Virtual BINGO	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

**WEDNESDAY, JUNE 10**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast



10:00am - 11:00am Central Park & Pavilion  
**Studio 1 Jazz Band**  
 Third Concert in the series, featuring  
 "Songs with Girls Names"

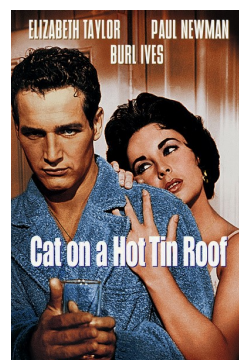
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Cat on a Hot Tin Roof</i> 1958, 1h 48m	Fitness Classroom In-Person*
2:00pm - 3:00pm <b>Bible Study</b>	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Science and Nature</b> Underwater Wonderland of Australia	Ch. 80 Broadcast
4:00pm - 4:45pm <b>Mindfulness Meditation</b>	Ch. 80 Broadcast

## THURSDAY, JUNE 11

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Cat on a Hot Tin Roof</i> 1958, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Performance Art</b> Celine Dion Live In Las Vegas Concert Special	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

## FRIDAY, JUNE 12

9:00am - 9:15am <b>CCY Crews News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Cat on a Hot Tin Roof</i> 1958, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:30pm <b>Richard Stanford Hour</b>	Ch. 80 Broadcast
4:00pm - 4:30pm <b>Mindful Meditation</b>	Ch. 80 Broadcast



### This Week's Movie

*Cat on a Hot Tin Roof*  
1958, 1h 48m

Wednesday, June 10  
Thursday, June 11  
Friday, June 12  
1:30pm

### Limited Seating

Only twenty seats available per showing!  
Sign-up in advance in The Point.

*You don't need a new sunrise to start over, you only need a new mindset.*

*- Anonymous*

**NEW MENU  
COMING SOON**

**Look for the new  
Spring / Summer  
Dining Menu  
Beginning Mid-June**



morrison  
Community Living 

## Six Little Stories

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is Faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is Trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but we set the alarm to wake up. **That is Hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is Confidence.**
5. We see the world suffering, but still, we get married and have children. **That is Love.**
6. On an old man's shirt was written a sentence: "I am not 80 years old; I am sweet 16 with 64 years of experience."  
**That is Attitude.**

Author unknown



## SUNDAY, JUNE 14

**10:00am - 10:45am** Ch. 80 Broadcast  
**Worship Service with Rev. Kellie**



The Point Café will re-open  
Monday, June 15

Café hours  
Monday to Friday  
8:00am to 3:00pm

The Café will be open to  
residents only and will have  
“Grab & Go” available



## MONDAY, JUNE 15

7:15am - 7:45am Ch. 80 Broadcast  
**Morning Stretch** In-Person\*

8:00am - 8:30am Ch. 80 Broadcast  
**Energizing Chair Yoga**

9:00am - 9:15am Ch. 80 Broadcast  
**CCY Daily News**

9:30am - 9:45am Ch. 80 Broadcast  
**Daily Devotional**

10:00am - 10:30am Ch. 80 Broadcast  
**Chair Aerobics** In-Person\*

10:45am - 11:15am Ch. 80 Broadcast  
**Balance Class** In-Person\*

1:00pm - 1:30pm Ch. 80 Broadcast  
**Sit & Get Fit** In-Person\*

1:45pm - 2:15pm Ch. 80 Broadcast  
**World Traveler**  
Rick Steves: Scotland's Islands

2:30pm - 3:00pm Ch. 80 Broadcast  
**DIY - Floral Design**

3:15pm - 3:45pm Ch. 80 Broadcast  
**FUMC Dallas Worship Service**

4:00pm - 5:00pm Ch. 80 Broadcast  
**Seated Tai Chi**



**TUESDAY, JUNE 16**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ on Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:45pm - 2:15pm <b>Music Appreciation</b> Listening to Music with Professor Paul Wright, Yale University.	Ch. 80 Broadcast
2:30pm - 3:00pm <b>SRTECH Technology Class</b> Zoom Basics	Ch. 80 Broadcast
3:15pm - 3:45pm <b>University at CCY - Great Thinkers</b> CCY Resident, Paul Koeltzow USAF Fighter Pilot (RET)	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

**WEDNESDAY, JUNE 17**

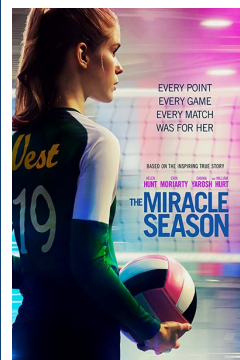
7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>The Miracle Season</i> 2018, PG, 1h 41m	Fitness Classroom In-Person*
2:00pm - 3:00pm <b>Bible Study</b>	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>All About Books</b> Author Lawrence Wright	Ch. 80 Broadcast
4:00pm - 4:45pm <b>Mindfulness Meditation</b>	Ch. 80 Broadcast

## THURSDAY, JUNE 18

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>The Miracle Season</i> 2018, PG, 1h 41m	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Performance Art</b> Rachmaninoff no.2. op27 Radio Philharmonic Orchestra	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

## FRIDAY, JUNE 19

9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast
1:30pm - 3:30pm <b>Movie Matinee</b> <i>The Miracle Season</i> 2018, PG, 1h 41m	Fitness Classroom In-Person*
2:30pm - 3:30pm <b>Richard Stanford Hour</b>	Ch. 80 Broadcast
4:00pm - 4:30pm <b>Mindful Meditation</b>	Ch. 80 Broadcast



### This Week's Movie

*The Miracle Season*  
2018, PG, 1h 41m

Wednesday, June 17  
Thursday, June 18  
Friday, June 19  
1:30pm

### Limited Seating

Only twenty seats available per showing!  
Sign-up in advance in The Point.

*Keep your face to the sunshine and you  
cannot see a shadow.*

- Helen Keller



## LAUGHTER IS GOOD FOR YOUR HEALTH

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

- ◆ **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- ◆ **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- ◆ **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- ◆ **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- ◆ **Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.
- ◆ **Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- ◆ **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.



## SUNDAY, JUNE 21

**10:00am - 10:45am** Ch. 80 Broadcast  
**Worship Service with Rev. Kellie**



# Wednesday, June 24

## 10:00am Under the Pavilion

Studio 1 Jazz Band  
presents  
**Country Songs**



## MONDAY, JUNE 22

7:15am - 7:45am Ch. 80 Broadcast  
**Morning Stretch** In-Person\*

8:00am - 8:30am Ch. 80 Broadcast  
**Energizing Chair Yoga**

9:00am - 9:15am Ch. 80 Broadcast  
**CCY Daily News**

9:30am - 9:45am Ch. 80 Broadcast  
**Daily Devotional**

10:00am - 10:30am Ch. 80 Broadcast  
**Chair Aerobics** In-Person\*

10:45am - 11:15am Ch. 80 Broadcast  
**Balance Class** In-Person\*

1:00pm - 1:30pm Ch. 80 Broadcast  
**Sit & Get Fit** In-Person\*

1:45pm - 2:15pm Ch. 80 Broadcast  
**World Traveler**  
Rick Steves: Denmark Beyond Copenhagen

2:30pm - 3:00pm Ch. 80 Broadcast  
**DIY - Learn To Draw**


3:15pm - 3:45pm Ch. 80 Broadcast  
**FUMC Dallas Worship Service**

4:00pm - 5:00pm Ch. 80 Broadcast  
**Seated Tai Chi**

**TUESDAY, JUNE 23**

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:45pm - 2:15pm <b>Art Appreciation</b> Introduction to Art Appreciation Professor Megan Franklin	Ch. 80 Broadcast
2:30pm - 3:00pm <b>SRTECH Technology Class</b> How to checkout library books using Overdrive	Ch. 80 Broadcast
3:15pm - 3:45pm <b>CC Young's Got Game</b> Virtual BINGO	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

**WEDNESDAY, JUNE 24**

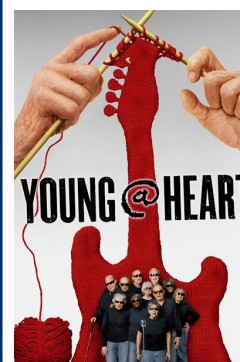
7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
 10:00am - 11:00am <b>Studio 1 Jazz Band</b> Fourth concert in the series, featuring country songs.	Central Park & Pavilion
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Young@Heart</i> 2007, PG, 1h 48m	Fitness Classroom In-Person*
2:00pm - 3:00pm <b>Bible Study</b>	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Science &amp; Nature</b> Audubon Society - I Saw A Bird Spring Migration Show	Ch. 80 Broadcast
4:00pm - 4:45pm <b>Mindfulness Meditation</b>	Ch. 80 Broadcast

## THURSDAY, JUNE 25

7:15am - 7:45am <b>Morning Stretch</b>	Ch. 80 Broadcast In-Person*
8:00am - 8:30am <b>Energizing Chair Yoga</b>	Ch. 80 Broadcast
8:45am - 9:45am <b>CCY Walking Club</b>	Meet at Pavilion In-Person/ On Campus
9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast In-Person*
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast In-Person*
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Young@Heart</i> 2007, PG, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:00pm <b>Performance Art</b> Bernadette Peters Live From Royal Albert Hall 1998	Ch. 80 Broadcast
4:00 PM - 5:00 PM <b>Seated Tai Chi</b>	Ch. 80 Broadcast

## FRIDAY, JUNE 26

9:00am - 9:15am <b>CCY Daily News</b>	Ch. 80 Broadcast
9:30am - 9:45am <b>Daily Devotional</b>	Ch. 80 Broadcast
10:00am - 10:30am <b>Chair Aerobics</b>	Ch. 80 Broadcast
10:45am - 11:15am <b>Balance Class</b>	Ch. 80 Broadcast
1:00pm - 1:30pm <b>Sit &amp; Get Fit</b>	Ch. 80 Broadcast
1:30pm - 3:30pm <b>Movie Matinee</b> <i>Young@Heart</i> 2007, PG, 1h 48m	Fitness Classroom In-Person*
2:30pm - 3:30pm <b>Richard Stanford Hour</b>	Ch. 80 Broadcast
4:00pm - 4:30pm <b>Mindful Meditation</b>	Ch. 80 Broadcast



### This Week's Movie

*Young@Heart*  
2007, PG, 1h 48m

Wednesday, June 24  
Thursday, June 25  
Friday, June 26  
1:30pm

### Limited Seating

Only twenty seats available per showing!  
Sign-up in advance in The Point.

*Our greatest glory is not in never falling,  
but in rising every time we fall*  
– Confucius

***RESIDENTS...DID YOU  
KNOW?***

*Our outsourced therapy employees  
(formerly with “RehabCare”)  
are now officially  
CC Young TEAM MEMBERS!*

To The Residents of the Overlook

Your response to Pastor Kellie’s suggestion on Ash Wednesday that during Lent we look for a way to give our unused possessions to those who can use them was INCREDIBLE!!!!

On Monday 46 boxes of items were collected.  
The Salvation Army will send a truck to pick them up.

Thanks to everyone who helped accomplish this:  
Missy Civello—Storage Space and Overall Arrangements

Tod Petit—Moving/Loading Collection

Judith Banes—Informational Flyer

John Gould—Donation Collection

Charlie Smith—Donation Collection

Michael York—Tape/Dispenser Donation

And all those who offered to help!

Jay Orr and Sarah Franklin

## SUNDAY, JUNE 28

**10:00am - 10:45am** Ch. 80 Broadcast  
**Worship Service with Rev. Kellie**

April showers brought May  
flowers to The Asbury garden!



## MONDAY, JUNE 29

**7:15am - 7:45am** Ch. 80 Broadcast  
**Morning Stretch** In-Person\*

**8:00am - 8:30am** Ch. 80 Broadcast  
**Energizing Chair Yoga**

**9:00am - 9:15am** Ch. 80 Broadcast  
**CCY Daily News**

**9:30am - 9:45am** Ch. 80 Broadcast  
**Daily Devotional**

**10:00am - 10:30am** Ch. 80 Broadcast  
**Chair Aerobics** In-Person\*

**10:45am - 11:15am** Ch. 80 Broadcast  
**Balance Class** In-Person\*

**1:00pm - 1:30pm** Ch. 80 Broadcast  
**Sit & Get Fit** In-Person\*

**1:45pm - 2:15pm** Ch. 80 Broadcast  
**World Traveler**  
Rick Steves: West England

**2:30pm - 3:00pm** Ch. 80 Broadcast  
**DIY - Floral Design**

**3:15pm - 3:45pm** Ch. 80 Broadcast  
**FUMC Dallas Worship Service**

**4:00pm - 5:00pm** Ch. 80 Broadcast  
**Seated Tai Chi**



## TUESDAY, JUNE 30

7:15am - 7:45am Ch. 80 Broadcast  
**Morning Stretch** In-Person\*

8:00am - 8:30am Ch. 80 Broadcast  
**Energizing Chair Yoga**

8:45am - 9:45am Meet at Pavilion  
**CCY Walking Club** In-Person

9:00am - 9:15am Ch. 80 Broadcast  
**CCY Crews News**

9:30am - 9:45am Ch. 80 Broadcast  
**Daily Devotional**

10:00am - 10:30am Ch. 80 Broadcast  
**Chair Aerobics** In-Person\*

10:45am - 11:15am Ch. 80 Broadcast  
**Balance Class**

1:00pm - 1:30pm Ch. 80 Broadcast  
**Sit & Get Fit** In-Person\*

1:45pm - 2:15pm Ch. 80 Broadcast  
**Music Appreciation**  
 Listening to Music with Professor Paul Wright,  
 Yale University.

2:30pm - 3:00pm Ch. 80 Broadcast  
**SRTECH Technology Class**  
 iPad, intermediate class

3:15pm - 3:45pm Ch. 80 Broadcast  
**University at CCY - Great Thinkers**  
 Lauren Weinstein - TEDxPalo Alto  
 "Don't Believe Everything You Think"

4:00 PM - 5:00 PM Ch. 80 Broadcast  
**Seated Tai Chi**

## RESIDENTS...DID YOU KNOW?

You can thank or compliment any team member by completing one of our "Spotlight" brochures and leaving it in one of the boxes stationed around campus.

(Or, you can write your own note if that's easier!)

These commendations are collected monthly. The employees receiving them are eligible for a drawing for a gift card.

## Sudoku

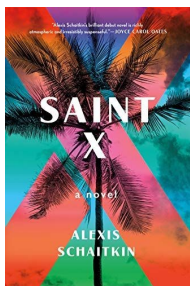
	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			9			3	

# The Best Summer Books to Read in 2020

<https://www.harpersbazaar.com/culture/art-books-music/g31982863/best-summer-beach-reads-2020/>

For most of us, the idea of a summer read probably means something a little different than it did a couple months ago. With travel to far-flung locations largely off the table and the state of most metropolitan areas left uncertain, we're looking for books that can transport us all on their own—from a Caribbean-set thriller to a brutal takedown of Silicon Valley's elite; from a nostalgia-soaked story about coming of age in 1970s New York to a fantastical good-versus-evil tale that reimagines the city as it exists today. Want to know the rest of our top picks for summer 2020? Read on.

If you buy your books from Amazon, we're including both e-book options from the retailer, plus physical versions from other companies, since Amazon is currently prioritizing shipping essential goods.



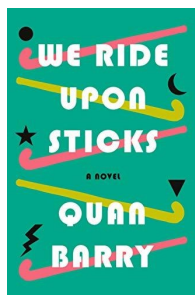
## **Saint X: A Novel by Alexis Schaitkin**

Taking place between a Caribbean holiday and a particularly brutal New York winter, *Saint X* is an exhilarating thriller about race, loss, and America's obsession with dead girls. When Claire is seven, her college-aged sister is found dead during a family vacation; nearly two decades later, she's living and working in New York when she encounters one of the men accused—and acquitted—for her sister's murder. What follows: a one-sided cat-and-mouse game fueled by trauma and obsession.



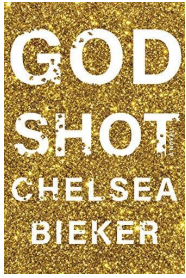
## **Uncanny Valley: A Memoir by Anna Wiener**

Ever wanted to catch a glimpse behind the virtual curtain separating Silicon Valley from the billions who consume its products? Look no further than Anna Wiener's unsparing, insightful memoir documenting her time in the tech industry. As Wiener's aspirations give way to disillusionment, so, too, does the endless promise of start-up culture fade into a never-ending cautionary tale about flying too close to the sun.



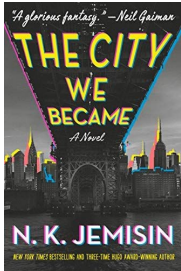
## **We Ride upon Sticks: A Novel by Quan Barry**

In 1692, the coastal Massachusetts town of Danvers was home to the first accusations that led to the New England witch trials. But 297 years later, in 1989, that same locale is home to the Danvers High School Falcons field hockey team, whose players will do anything—including tapping into an ancient evil—to win. A delight from start to finish.



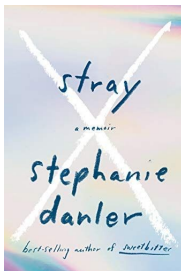
**Godshot: A Novel by Chelsea Bieker**

Whisk yourself away to the desert landscape of Peaches, California, with Chelsea Bieker’s breathtaking debut. Raised in a religious cult, 14-year-old Lacey May finds her life turned upside down when her mother runs off with a stranger after being exiled from the community. As Lacey’s crisis of faith blossoms into a feminist awakening, she decides there’s only one thing left for her to do: embark on a quest to find her missing mom.



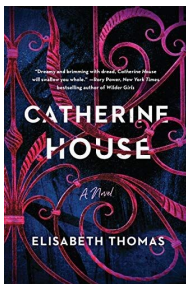
**The City We Became: A Novel by N. K. Jemisin**

According to Hugo Award-winning author N. K. Jemisin, every great city has a living, breathing soul—with one exception: New York has six. As several unconnected New Yorkers begin to feel the magic of the city calling to them, they find they must come together to protect their hometown from an unspeakable evil.



**Stray: A Memoir by Stephanie Danler**

You’d think that selling your first novel would be a dream come true—but for Sweetbitter author Stephanie Danler, it just meant one fewer thing she could use to distract herself from her difficult past: an alcoholic mother, a meth-addicted absentee father, and a troubled childhood in Southern California. This achingly tender memoir is the story of what happened when she stopped resisting her demons and went home to face them once and for all.



**Catherine House: A Novel by Elisabeth Thomas**

A luxurious tale of an ivory-tower institution with sinister secrets, Catherine House is pure Gothic suspense for the 21st century. When Ines Murillo gains acceptance to the titular university, she discovers that it’s less of a sanctum of higher learning than a sandbox for supervised decadence. But what are the administrators keeping from her and the other students, and at what cost?



**Exciting Times: A Novel by Naoise Dolan**

Already one of our top LGBTQ titles of 2020, this hotly anticipated debut whisks us away to Hong Kong, where a millennial Irish expat quickly finds herself embroiled in a bisexual love triangle. Goals, TBH.

## Best Summer Songs Ever: 10 Essential Summertime Jams

<https://www.udiscovermusic.com/stories/the-100-best-songs-about-summer/>

10: Bob Marley: ‘Jamming’

9: Chicago: ‘Saturday In The Park’

8: The Go-Go’s: ‘Vacation’

7: DJ Jazzy Jeff & The, Fresh Prince: ‘Summertime

6: Eddie Cochran: ‘Summertime Blues’

5: The Isley Brothers: ‘Summer Breeze, Parts 1 & 2’

4. Sly & the Family Stone: ‘Hot Fun In The Summertime’

3: The Beach Boys: ‘California Girls’

2: Marvin Gaye: ‘Got To Give It Up, Part 1’

1: Martha & The Vandellas: ‘Dancing In The Street’



# Intuitive and Mindful Eating in Stressful Times

by Shanna Green in [Ideas](#), [Opinions](#), [Resources & Tools](#)



A lot has been stated and written recently about “quarantine weight gain.” During this time of unprecedented worry and stress, many people are turning to food for comfort and disregarding their usual healthful eating patterns. Rather than putting oneself on a strict “diet” which will only add to the feelings of unhappiness and lack of fulfillment, practicing intuitive or mindful eating is a way to navigate the rough waters of coronavirus and emerge successfully on the other side.

## **So, what exactly is intuitive eating?**

- Intuitive eating is a philosophy that rejects traditional dieting and calls for listening to your body's cues to decide what, when, and how much to eat.
- The approach isn't designed for weight loss but instead considers your mental and physical health holistically
- To get started, stop thinking of foods as "good" or "bad" and instead eat snacks or meals consistently (every 3-4 hours) with protein, fiber, and fat.

Following your body's hunger cues as a way to decide when to eat and when to stop may not seem revolutionary to some, but to others, it's a whole new concept. It involves the idea of tuning out diet culture and getting in touch with your body primarily before making decisions about food. Intuitive eating started with Evelyn Tribole, MS, RD, and Elyse Resch, MS, RDN, CEDRD, two registered dietitians who championed the lifestyle in the '90s. The philosophy rejects traditional weight-loss diets that promote restriction and deprivation of any type and encourage you to get truly in touch with how hungry or satisfied you are in a given moment, and then use that information to inform how, what, and when you eat.

It includes 10 core principles:

1. Reject the diet mentality.
2. Honor your hunger.
3. Make peace with food.
4. Challenge the food police.
5. Respect your fullness.
6. Discover the satisfaction factor.
7. Honor your feelings without using food.
8. Respect your body.
9. Exercise — feel the difference.
10. Honor your health.

The approach stems from research studies about health-related changes unrelated to weight loss. In fact, intuitive eating removes weight loss from the equation entirely — and it's not just about eating. For example, #9 is about doing physical activity that you enjoy, instead of getting on a spin bike because you want to lose weight or feel like you have to. With states and areas “opening up,” you may be able to go for a run on a nearby trail and take advantage of the fresh air.

**How is intuitive eating different from mindful eating?**

They are almost indistinguishable, but the main difference is that intuitive eating calls out "diet culture," specifically in its philosophy, while mindful eating focuses on the eating experience only. Intuitive eating has also been studied in the treatment of disordered eating. Both reject the idea of eating for weight loss or losing sight that you eat for nourishment and joy.

### What are the benefits of intuitive eating?

Intuitive eating can help you regain confidence in your eating habits and find freedom from "diet thoughts." Most of us have tried many times to cut out specific foods — only to find ourselves floundering. Intuitive eating is meant to help you to feel good about what you are doing right now, but it is also a lifestyle-based approach, like [Mediterranean eating patterns](#). It can help you lose weight if you find yourself eating for reasons that have little to do with how hungry or full you are and more to do with specific feelings or personal triggers.

There don't seem to be any downsides to intuitive eating. When you take away some powerful triggers in everyday life that attribute value to food, you get a much better sense of what you actually feel in a given moment and why you want to eat and when.

### How does one get started with intuitive eating?

1. **Stop judging food as "good" or "bad."** Attributing value to the food you eat and, ultimately, the way you feel is giving food *too much power*. It's time to forget about "good" or "bad" foods, and lose the concept of "cheating" entirely. You eat meals that make up the course of your day — no food in isolation can make or break your health.
2. **Eat consistently.** [Have a snack](#) or meal every 3 to 4 hours that includes protein, fiber, and fat. Most of us don't eat enough in the a.m., so consider adding an extra egg, tablespoon of nut butter, or piece of cheese to [your breakfast](#) to fill up and stay energized. Some examples: peanut butter toast, latte, and a banana; leftover stir-fried veggies and a fried egg; or [a bar with a real, whole food](#) as the first ingredient, like almonds.
3. **Stay hydrated.** [Your needs may vary](#), but women should generally drink about nine cups of water a day, according to the [Mayo Clinic](#). Pick regular H<sub>2</sub>O, sparkling water, or *any* unsweetened beverage. Extra fruit and veggies can help, so don't forget about eating to stay hydrated, too.
4. **Get enough sleep.** Getting those [seven or eight hours per night](#) can affect your energy (and, therefore, hunger) levels. Don't forget the USDA Dietary Guidelines for Americans recommends 300-400mg of caffeine daily, which translates into about 3 or 4 8-ounce cups of regular coffee.
5. **Restrict restriction:** If weight-loss diets had an effect that lasted for life, then they would have worked for everyone by now. The principle "make peace with food" is a better mindset. Sometimes you may *want* to avoid a specific food based on the situation, like eating a big cheeseburger right before you board a rollercoaster, so consider choosing the foods you eat based on how you want to feel — before, during, and after mealtime.



# **MEET CC YOUNG EXECUTIVE CHEF SEAN FRYE**

Born and raised in Frisco, Texas, to a Colombian father and American mother, Sean knew early on that he wanted to cook professionally. Growing up in a multicultural family inspired him to learn more by the great cooks in his family.

After graduating from high school, Sean earned a scholarship to play football at Texas State University. He attended Texas State University and then went on to keep his childhood dream alive by graduating from Le Cordon Bleu Culinary School in Austin, Texas. As a collegiate player, the discipline, work ethic and leadership skills that were instilled in him made for an easy transition to a career in the kitchen.

Sean Frye has been working as a professional chef for ten years. He worked for Kent Rathbun, an Iron Chef America winner and James Beard Award Nominee. Within the last seven years, Sean has been in various positions throughout the company. Sean began working for Kent Rathbun Concepts in 2005 quickly advancing in his career.

After working at Jasper's Restaurant for a year, he was promoted to sous chef. Soon after, he was promoted to Head Catering Chef at Abacus Restaurant. Sean was responsible for creating all new catering menus, banquet menus, and procedures. After two years doing catering, he was promoted again to executive chef at Zea Woodfire Grill in Plano. While there, he completely revamped every menu and was responsible for a staff of 15 cooks. Not too long after, Sean was asked to assume dual roles of executive chef and catering chef at Zea.

While being the catering chef for Kent Rathbun Catering, Sean successfully led a team that catered many large high profile functions all over Dallas. Some of his highlights include catering the Dinner in the Wild for 1800 people at the Museum of Nature and Science for the last four years, The Cotes du Coeur, Taste of the NFL, March of Dimes, Hunt Hill Trinity River Bridge, the Orlando Food and Wine Festival, numerous movie screenings, and countless others.

We are thrilled to have Chef Sean Frye as CC Young's newest executive chef and the opportunity to experience his cuisine all over campus. Welcome!

Have you ever tried “Adult” Coloring? Check out the next few pages for a great way to pass some time and bring some color into your day!



### ***REASONS TO COLOR AT ANY AGE***

- REDUCE STRESS AND ANXIETY***
- IMPROVE MOTOR SKILLS AND VISION***
- IMPROVE SLEEP***
- IMPROVE FOCUS***

<https://www.beaumont.org/health-wellness/blogs/health-benefits-of-coloring-for-adults>



Bloom  
where  
you're  
planted







# I Spy Crafts



Use the clues below to find the answers within the picture above.

**\*\*Note: The number in parenthesis is how many are hidden\*\***

- A sign between Yahweh and all living flesh (1)  
*Genesis 9:13*
- Spell out the day of rest (7) *Exodus 20:8*
- These of the field will clap their hands (1) *Isaiah 55:12*
- Be wise as serpents but harmless as these (1)  
*Matthew 10:16*
- The spirits from Legion were sent into a herd close by (1) *Luke 8:32*
- On the corners of a man's garment (4) *Numbers 15:38*
- Brings up the cud but does not divide the hoof (1)  
*Leviticus 11:6*
- Yahshua fed 5000 men with these (5) and (2) *Luke 9:13*
- 5 on the left and right before the Holy of Holies (2)  
*1st Kings 7:49*
- The one opening and no one shuts; and shuts, and no one opens. (1) *Revelation 3:7*
- Sold all things, as many as he had and bought it (3)  
*Matthew 13:46*
- Separated from the goats (7) *Matthew 25:32*

# Summer Word Search

S F L I P F L O P S I S L E P  
S U N S C R E E N A N U O S I  
A U N G U E S T H D O N V W C  
B N E G J O C E A N F S S I N  
A P O O L J U R Y S U H O M I  
R U G U S A T A E U N I H S C  
B M G C R E S A M A S N I U S  
E E N U F O N S U M M E R I P  
C M A A S T O H E T H I N T R  
U V A C A T I O N S R H L A I  
E R O B I L K R X J O I O U N  
I I N S E F I T S F U N P T K  
C A R E L A X S U L Y L O L L  
E J U N E A C F A M I L Y S E  
I C E P O P A H O T S R E L R



AUGUST	ICE POP	SPRINKLER
BARBECUE	JULY	SUMMER
BEACH	JUNE	SUNGLASSES
FAMILY	OCEAN	SUNSCREEN
FLIP FLOPS	PICNIC	SUNSHINE
FUN	POOL	SWIMSUIT
HOT	RELAX	VACATION
ICE CREAM	SHORTS	



CRAYONSANDCRAVINGS.COM

# How Many Movies can you find?





## 1960s Trivia Questions History

1. Who was the first African-American named Supreme Court Justice in 1967?
2. In 1964, Jack Ruby was convicted of murdering which other accused assassin?
3. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967. What is the name of that war?
4. What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro?
5. Who was assassinated in November 1963?
6. What new type of telephone was invented in 1963?
7. Who delivered the famous "I Have A Dream" speech in 1963?
8. What iconic anti-war novel did Joseph Heller publish in 1961?
9. Russia imprisoned Gary Powers in 1960 for spying. What type of plane did he fly?
10. What did the U.S. Postal Service add in 1963 that is part of every address today?



CC Young's Life Enrichment Team Presents  
**"Wacky Wednesday" Parade**  
Wednesday, May 20





## Making Tech Relevant

*Submitted by Senior Tech Instructor*

**Daphne Lee**

We all hear, “in these challenging times, I need to [fill in the blank]...” I have heard so many of you say, I wish I knew how to use some type of technology so I can see/hear my family or see the pictures of my new grandchild, or have groceries delivered, or watch a movie on Netflix, or check out a book from the Public Library using my iPad or Samsung tablet ... and the biggest wish all is how to connect with my family using web conferencing–Zoom or Facetime. We are here to help you learn those and many more technology skills.

Now, more than ever, mobile device and Internet resources/tools topics are increasingly relevant ... if not absolutely necessary. These include: 1) Online Shopping, 2) Online Grocery pickup and delivery, 3) Web Conferencing (Zoom), 4) Social Media (Facebook and Instagram), and 5) Mobile device apps and techniques. More than relevant, technology solves problems, enhances connectivity, increases productivity and it lessens isolation.

Especially at this time, each of these skills, will serve you in your role as a family member and friend with stronger connections; sharing photographs, messages and other content is so popular today. Another major feature for mobile devices is the ability to watch on-demand, television shows and movies on an Internet-connected device; Netflix is one of the biggest names in this genre and can be managed from a smartphone, tablet or computer. Zoom and other web-conferencing apps (Internet Resources), where you connect to friends and family using an Internet-connected mobile device or computer, has become very popular as we have been sheltering in place. Zoom and other web conferencing apps help each of us feel much more included and less isolated. At our home, in these challenging times, we celebrate birthdays on Zoom and recently had 10 Zoom participants.

Without much more explanation, these lifestyle skills such as mobile device photography-sharing, offer great value to each of us enabling connection, sharing, and learning. Technology can help overcome obstacles in your life; and as my father-in-law often says, “solves problems you didn’t even know you had...” Before being asked to remain at home, accessing grocery and retail stores using Internet resources was not a big priority; and now using free grocery and retail store apps, we can have almost any product available curbside using an app (and a credit card associated with the app) solving a problem-going out for groceries and other products.

Throughout our time alone together, we are celebrating graduations and special events among younger family members, mobile device technology and Internet resources help families include sheltering grandparents and senior members of our families using web conferencing apps such as Zoom, FaceTime, Zoom, and Google Hangouts; photo-sharing and social media fill and maintain their roles within our families. Also, adapting these and other technology skills helps alleviate feelings of isolation.

At CC Young, we look forward to returning to our normal class offerings, but until we are able to come together, watch for our weekly videos and tell us (email [srtech@ccyoung.org](mailto:srtech@ccyoung.org)) what technology interests you have. Whether it is computers, smart phones, tablets, Internet resources such as Google, Social Media like Facebook and Instagram; wearables including the Apple Watch, Fitbit and Android watches. Or, if you have other ideas, please share them with us! We are always looking to teach relevant new tech-related topics and we appreciate your feedback.

**If you have questions, contact Daphne at [dlee@ccyoung.org](mailto:dlee@ccyoung.org).**



# We Keep Moving at CC Young!





## The View From Our Apartment Window At CC Young

By: Barbara Halas Stoker Lockett

May 14, 2020

Looking out of our window from the second floor above The Pavilion, where we used to see friends, family and cars by the *zillions!* But today the parking lot and Central Park are empty, sadly no one to see. Praying that this virus will soon be gone, we longingly believe.

The lovely colorful flower gardens and beautiful green trees, were swaying gently in the fresh inviting breeze. Pinwheels placed in the green grass were spinning around, even with the delightful breeze, they made no sounds.

We are blessed to live in this nurturing place that we call home. Where we are well taken care of and asked to stay in and not roam. Looking forward to the day when The Pavilion will be full once more, with our precious loved ones and family that we adore.



We love living at CC Young...Barbara and Ken

# THANK YOU DALLAS

*Your support of CC Young means so much.*

Your support for our senior living community with 450 residents and 500 team members during this most challenging time has been nothing short of extraordinary. Our unwavering commitment to enhance the quality of life for all we serve perseveres. And, we will continue to take the utmost care to provide the safest possible environment on our campus. Although we must keep physically distant at this time, we take comfort in knowing that we're in this together and we are determined to come out stronger than ever.



Call **214-380-0323** or visit **ccyoung.org** to schedule a virtual tour!





For more than 97 years as a non-profit organization, CC Young has been of service to seniors. The Point hosts events and activities for residents and the general public age 55 or better.



CC Young sits on a 20-acre campus nestled amid trees, pocket parks, a dog park and the Central Park & Pavilion, where a variety of events are normally hosted throughout the year. We look forward to returning to post-COVID gatherings.



Meanwhile, in these days of COVID-19 restrictions one Asbury resident put it best: “I think my son feels sorry for me being ‘all cooped up here’ But what he doesn’t know is... we’re having a ball! You can keep us in, but you can’t keep us down!”



Visit [www.ccyoung.org](http://www.ccyoung.org) for more info about CC Young!



4847 W. Lawther Dr. Dallas, TX 75214  
214-841-2831 / [www.ccyoung.org](http://www.ccyoung.org)