

THE Lake Wylie *Lifestyle*



LAKE WYLIE
SENIOR LIVING AT EASE

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MEMORY CARE COMMUNITY
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AUGUST 2023

A Sticky Summertime Treat

As the clouds float above the crowds at a carnival or ballgame, down below are people of all ages happily enjoying the fluffy, melt-in-your-mouth confection known as cotton candy. Spin through these fun facts about the sticky stuff:

- Made of pure sugar, cotton candy isn't great for your teeth ... yet it was invented by a dentist! Dr. William Morrison co-created a sugar-spinning machine with candymaker John C. Wharton in 1897. They called their confection "fairy floss."
- In many countries, it's still called fairy floss or candy floss. In the Netherlands, they say sugar spider, and the French call it papa's beard.
- Each fine thread of cotton candy is thinner than a human hair. The strands are made by melting sugar and forcing it through a screen of tiny holes. Modern machines spin the sugar strands thousands of revolutions per minute.
- The treat was first introduced to a wide audience at the St. Louis World's Fair in 1904, where it sold for 25 cents a box.
- In the U.S., cotton candy is usually one of two artificially created flavors: blue raspberry and pink vanilla.
- An amusement park in Turkey holds the world record for making the longest spool of cotton candy. It took 6 hours and 70 staff members to make the confection, which measured over 4,500 feet long.
- Have you tried Cotton Candy grapes? A hybrid of two other grape varieties, the fruit's natural sweetness is compared to the flavor of cotton candy.

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Homemade Pie Day 1 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Baking Class AR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Pie Social AR 3:00 Art Class- AR 6:00 Magazine Scavenger Hunt-AR	National Ice Cream Day 2 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Ice Cream Social -AR 3:30 Kickball-AR 6:00 TV-Time	3 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music	4 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Chocolate Chip Muffins-AR 3:00 Bingo 6:00 Friday Night Movie-AR	5 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Arts And Crafts-AR 6:00 Wind Down With Classical Music
6 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 6:00 Magazine Scavenger Hunt-AR	7 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Ball Toss-AR 6:00 Magazine Scavenger Hunt-AR	8 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Art Class- AR 6:00 Magazine Scavenger Hunt-AR	9 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Kickball-AR 6:00 TV-Time	10 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music	11 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Bingo 6:00 Friday Night Movie-AR	12 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Arts And Crafts-AR 6:00 Wind Down With Classical Music
13 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 6:00 Magazine Scavenger Hunt-AR	14 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Ball Toss-AR 6:00 Magazine Scavenger Hunt-AR	15 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Art Class- AR 6:00 Magazine Scavenger Hunt-AR	16 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Kickball-AR 6:00 TV-Time	17 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music	18 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 2:45 Out On The Bus For Ice Cream 3:00 Bingo 6:00 Friday Night Movie-AR	19 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Arts And Crafts-AR 6:00 Wind Down With Classical Music
20 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 6:00 Magazine Scavenger Hunt-AR	21 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Ball Toss-AR 6:00 Magazine Scavenger Hunt-AR 11:00 Out To Lunch On The Bus	22 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Art Class- AR 6:00 Magazine Scavenger Hunt-AR	23 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Kickball-AR 6:00 TV-Time	24 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music	25 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Bingo 6:00 Friday Night Movie-AR	26 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Arts And Crafts-AR 6:00 Wind Down With Classical Music
27 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 6:00 Magazine Scavenger Hunt-AR	28 Party Time 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Out Back Fun Day 6:00 Magazine Scavenger Hunt-AR	29 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Art Class- AR 6:00 Magazine Scavenger Hunt-AR	30 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Kickball-AR 6:00 TV-Time	31 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Exercise With Therapy-AR2 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music		

Homemade Hummus

Enjoy fresh summer vegetables with this healthy homemade hummus.

Ingredients:

- 1/4 cup tahini
- 3 tablespoons lemon juice
- 2 to 4 tablespoons cold water
- 2 tablespoons olive oil, plus more for drizzling
- 1 to 2 cloves garlic, peeled
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt
- 1 can (15 ounces) chickpeas, drained and rinsed
- Crushed red pepper flakes

Directions:

Add tahini, lemon juice, water, olive oil, garlic, cumin and salt to a food processor. Puree until smooth. Add chickpeas and puree for 3 to 4 minutes, stopping halfway to scrape down sides of bowl. If hummus is too thick, add 1 tablespoon of water and puree; repeat as necessary. To serve, drizzle with olive oil and garnish with red pepper flakes. Refrigerate in an airtight container.

"The winds and the waves are always on the side of the ablest navigators."
—Edward Gibbon



EMPLOYEE OF THE MONTH

Ella has two kids and two grandkids. She is a joy to work with and is always willing to lend a helping hand. She loves to travel and spend time with family and coaching softball. She is also a Big Pittsburgh Steelers fan. We are happy to have her as a part of our team.

Bug Repellent Kit

Summer is meant for outdoor fun! Don't let mosquitos or other pesky bugs ruin a good time; instead, use this portable repellent kit.

Materials:

- Small jar with a lid or cork
- Fresh or dried herbs
- Essential oils
- White vinegar
- Cotton ball

Directions:

You can use any mix of herbs and essential oils, customized to your scent preference. Effective insect-repelling options are lavender, mint, lemongrass, rosemary, basil, sage and citronella.

Place your chosen herbs in the bottom of the jar, followed by 10 drops of each essential oil you are using. Add more herbs or oils to adjust the scent, as needed. Add 2 to 3 tablespoons of white vinegar to the jar. Place the cotton ball on top of the mixture, and then replace the lid or cork. The vinegar will absorb the fragrance of the herbs and oils. You can also gently swirl the jar to mix the scents. Bring the jar to your next outdoor event and use the cotton ball to dab the mixture on your wrists. Alternatively, place the open jar next to you as you sit outside to let the fragrance waft through the air and drive off the bugs.

Sprigs of Mint

Peppermint and spearmint are easy herbs to grow indoors in pots. Use the fresh sprigs to garnish iced tea and lemonade, ice cream and sorbet, and other summery treats.

Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.

Ice pops can be fruity, creamy or both. For purely fruity treats, combine fresh fruits with juice and a sweetener, such as a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice.

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.

Store-bought ice pop molds are handy, but all you need are some wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a 1/4-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.

Remove the frozen pops by dipping the molds into a bowl or sink of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.

