

# Lafon Leaflet

August 2016



## August Birthdays Residents

Mary Fuller	8/02
Ora Smith	8/11
Vera Pierre	8/11
Beatrice Pace	8/17
Zenobia Smith	8/20
Grace Harrison	8/22
JD Thomas	8/28

## Employees

Don Buggage	8/03
Royalene Brown	8/04
Rauschanda George	8/05
Nicole Millet	8/05
Brenda Erve	8/09
Ronald Lewis	8/10
Jacqueline Guilds	8/11
Cynthia Foy	8/12
Alisha Bell	8/13
Jessica Sanders	8/13
Sara Byes	8/15
Marie Hampton	8/16
Cynthia Foster	8/18
Shauntell Harvey	8/19
Linda Weaver	8/20
Robert Thomas	8/21
Maria Burciaga	8/26
Daytrell Perkins	8/27
Tracy Comeaux	8/28
Gertrude Pernell	8/29
Raquel Verret	8/30
Darnell Million	8/31
Paulette White Williams	8/31

## Administrator's Corner:

### ALL LIVES MATTER!!!!!!

Search me, O God  
and know my heart;  
Try me, and know my anxieties;  
And see if there is any wicked  
way in me;  
And lead me in the way everlasting.

*Psalms 139:23-24*



## Awesome August

- ☀ Nat'l. Watermelon Day, 3rd
- ☀ Friendship Day, 7th
- ☀ Senior Citizens Day, 21st
- ☀ Women's Equality Day, 26th
- ☀ Family Fun Month
- ☀ National Eye Exam Month
- ☀ Psoriasis Awareness Month

## Summer Olympics in Rio de Janeiro, August 5th-21st



Put your cheering hat on! Here are just some of the many events in the Summer Olympics:

- |              |  |
|--------------|--|
| 🏹 ARCHERY    | 🏓 TABLE TENNIS   |
| 🏀 BASKETBALL | 🏊 TRAMPOLINE   |
| 🚲 CYCLING    | 🏊 TRIATHLON  |
| 🤿 DIVING     | 🏐 VOLLEYBALL   |
| ⚽ FOOTBALL   |  |
| 🏌️ GOLF      |   |
| 🤸 GYMNASTICS |  |
| 🏒 HOCKEY     |   |
| 🏉 RUGBY      |   |
| 🏊 SWIMMING   |  |

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Patricia Clark  
*Director of Nursing*

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*Assistant  
Director of Nursing*

Abir Abdo  
*Medical Director*

Dr. Ronald McLendon  
*Physician*

Ms. Karren A. Sterling  
*Activity Director*

Mr. Michael Boudreaux  
*Business Manager*

Mrs. Phyllis Vindel  
*Dietary Manager*

Mr. Robert Thomas, *Engineer*

Gary Hardy  
*Environmental Services*

Mrs. Deborah Van Norman  
*Social Services*

Mrs. Nicola Pope  
*Human Resources*

Stephen Black, *Admissions*

## August is Best Friends Day

Can you match these famous best friends?



- |                     |                  |
|---------------------|------------------|
| 1. Laurel           | A. Scooby Doo    |
| 2. Abbott           | B. Robin         |
| 3. Lone Ranger      | C. Hardy         |
| 4. Peter Pan        | D. Barney Rubble |
| 5. The Skipper      | E. Boo Boo       |
| 6. Shaggy           | F. Bert          |
| 7. Batman           | G. Costello      |
| 8. Yogi Bear        | H. Tonto         |
| 9. Ernie            | I. Tinker Bell   |
| 10. Fred Flintstone | J. Gilligan      |

Answers: 1-D, 2-G, 3-H, 4-I, 5-J, 6-A, 7-B, 8-E, 9-F, 10-I



Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds. ~Regina Brett



### Recipe Corner ...

#### Watermelon Agua Fresca



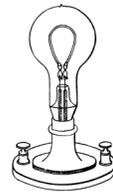
Agua Fresca is a drink made by combining blended fruit, chopped fruit, water and sugar, then letting the mixture macerate. You can use different fruits, make it earlier in the day and keep it chilled until ready to serve.

#### Ingredients:

- 4 cups cubed seeded watermelon, divided
- 4 cups water
- 2 tablespoons sugar
- 2 tablespoons fresh lime juice

#### Directions:

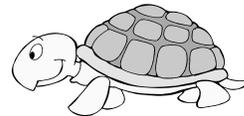
Finely chop 2 cups of watermelon and put aside. Place remaining 2 cups in blender and process until smooth. Pour pureed watermelon through a sieve into pitcher, and discard solids. Add water, sugar and lime juice; stir until sugar dissolves. Stir in the chopped watermelon. Cover & chill at least an hour.



## The Inventor Center

August is National Inventors' Month. The great inventor Thomas Edison is known for inventing the electric light bulb, but he invented many other items that are used in everyday life as well. His many inventions include the phonograph, a movie projector, the first X-ray machine (known as a fluoroscope), a stock ticker, an electric vote counter, a rock crusher, and an electrically charged metal plate that electrocuted rodents.

Surprisingly, Edison did not learn to talk until he was almost four years old. Thereafter, he began pleading with every adult he met to explain the workings of just about everything he encountered.



For fast-acting relief, try slowing down.

~Lily Tomlin

## World Wide Web

The key date is August 6, 1991 — on that day the Web went “world wide.” That was the historic day when links to the fledgling computer code for “www” were made available to a computer discussion group, so that others could download and play with it.



Sir Tim Berners-Lee developed the Web at the CERN physics laboratory near Geneva, Switzerland. Twenty years ago he hatched a plan for an open computer network to keep track of research at the laboratory. That plan became the blueprint for the World Wide Web. While not an overnight success (it took two years for him to set up the first communication between a Web browser and server via the Internet), its significance today cannot be overstated, as it has changed forever the world of human communication.

**Enjoy those lazy, hazy, crazy days of summer!**



## August is American Artist Appreciation Month

After the Declaration of Independence in 1776, the new nation needed an identity, and part of that identity would be expressed through art. America's first well-known school of painting was the Hudson River School, which began in 1825. Thomas Cole pioneered the movement. The Hudson River painters' directness and simplicity of vision influenced and inspired later artists including Winslow Homer (1836 - 1910), who depicted rural America; the sea, the mountains, and the people who lived near them, and John James Audubon, the bird painter and one of America's greatest naturalist artists.

Today, art in America is diverse, experimental and eclectic. Anything goes! Celebrate American Artist Appreciation Month by creating your own piece of art!



Judgment comes from experience, and great judgment comes from bad experience. ~Robert Packwood

## Mother Teresa, August 27, 1910-1997



Mother Teresa told the story of a young Indian boy she met:

"Some years ago, Calcutta experienced a great shortage of sugar. One day, a boy about four years old came to see me with his parents. They brought me a small container of sugar.

When they handed it to me, the little one told me, 'I have spent three days without eating any sugar. Take it. This is for your children.'

The little one loved with an intense love. He had expressed it by a personal sacrifice. I repeat; he was no more than three or four years old. He could hardly say my name. I did not know him; I had never seen him before. Nor had I met his parents. The boy made that decision after he found out, from the grownups, about my situation."

~Mother Teresa

From *Mother Teresa In Her Own Words*, compiled by Jose Gonzales-Balado

## Medical Memo: Tachycardia

Tachycardia is a faster than normal heart rate at rest. A healthy adult heart normally beats 60 to 100 times a minute when a person is at rest. If you have tachycardia (tak-ih-KAHR-dee-uh), your heart rate is increased.

Heart rate is controlled by electrical signals sent across heart tissues. Tachycardia occurs when an abnormality in the heart produces rapid electrical signals.

In some cases, tachycardia may cause no symptoms or complications. However, tachycardia can seriously disrupt normal heart function, increase the risk of stroke, or cause sudden cardiac arrest or death.

Tachycardia occurs when electrical signals in the heart's upper chambers fire abnormally, which interferes with electrical signals coming from the sinoatrial (SA) node — the heart's natural pacemaker. A series of early beats in the atria speeds up the heart rate. The rapid heartbeat does not allow enough time for the heart to fill before it contracts, so blood flow to the rest of the body is compromised.

Tachycardia may produce no symptoms, or

it may result in dizziness, lightheadedness, palpitations, chest pains, or shortness of breath. It is sometimes associated with anxiety, fatigue, coffee, alcohol, or smoking. Less frequently, atrial tachycardia can occur with a heart attack or mitral valve disease.

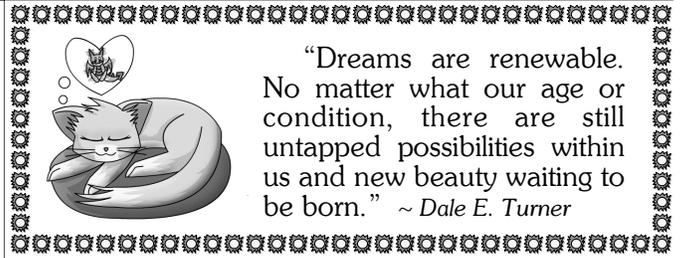
Many people don't need medical treatment for this condition. Treatment is considered if episodes are prolonged or occur often. Your doctor may recommend or try:

- ♥ Carotid sinus massage: gentle pressure on the neck, where the carotid artery splits into two branches. This procedure must be performed by a healthcare professional to minimize the risk of stroke, or heart or lung injury from blood clots.
- ♥ Pressing gently on the eyeballs with eyes closed.
- ♥ Valsalva maneuver: holding the nostrils closed while blowing air through the nose.
- ♥ Dive reflex: the body's response to sudden immersion in water, especially cold water.
- ♥ Sedation.

**Summertime Fun Word Search**

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

BARBECUE	FISH	SWIM	OUTDOORS
BASEBALL	GOLF	TRAVEL	SUNSHINE
BOATING	HIKE	WALK	VACATION
LEISURE	CAMP	PICNICS	ZOO VISITS



**Tell a Joke Day, August 16th**

- ☺ When an employment application asks who is to be notified in case of emergency, I always write, "A very good doctor."
- ☺ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- ☺ A fine is a tax for doing wrong. A tax is a fine for doing well.
- ☺ Dear Couples Who Fight In Public: Stop trying to whisper, and would it kill you to include some backstory?
- ☺ I hate people who use big words just to make themselves look perspicacious.



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