



Jones-Harrison is dedicated to continuing our century-long tradition of offering innovative programs and supportive services to older adults in a loving, gracious setting.

SKILLED




- 7/2 Bomb Pops in the Courtyard
- 7/6 Resident Council
Outing: Lake Harriet Band shell
- 7/10 Family Picnic
- 7/12 **Outing:** Nicollet Island
- 7/13 Food Council
- 7/15 Family Night Concert
- 7/16 Bingo
- 7/19 **Outing:** Let's Go fishing
- 7/21 **Outing:** MN Twins Game
- 7/23 Westwood Hills Nature Center
Presents "Backyard Plants"
- 7/26 Primary Election
Order-In: McDonald's
- 7/30 Buddy Walk
Afternoon Matinee
Shabbat

ASSISTED LIVING

- 7/1 Cooking with Connie
Outing: Tour of Arboretum
- 7/6 Artsy Smatsy
Outing: Lake Harriet Band shell
- 7/7 Yoga with Joy
- 7/8 **Outing:** Excelsior Street Car
- 7/9 **Outing:** Galaxy Drive-In
Happy Hour & Billiards
- 7/12 **Outing:** Nicollet Island
- 7/14 Computer/Electronic Help
- 7/15 **Outing:** "Let's Go Fishing"
- 7/16 **Outing:** Lord Fletchers
"Dealing with Change"
- 7/18 **Outing:** Scenic Drive
- 7/21 **Outing:** MN Twins
- 7/22 **Outing:** Malts at Snuffy's
- 7/23 Cooking with Kal
- 7/27 Casino & Happy Hour
- 7/28 Order-In: McDonalds
- 7/28 **Outing:** Showboat "Triumph of Love"
- 7/30 Book Club

Family & Friends are Welcome to Join!

ENTERTAINMENT

-  Strictly Strings 7/1
7pm (Courtyard)
- Colleen Would-Heibler 7/8
7pm
- Mark Stillman 3pm 7/13
-  Wild Goose Chase
Cloggers 7pm 7/15
(Family Night)
-  Jim Berner 3pm 7/20
(Birthday Party)
- Fire & Spice 7pm 7/22

Glika Christofilis



("Let's Go Fishing" Catch on Lake Minnetonka)

The Therapeutic Recreation Department would like to introduce you to third floor resident, Glika Christofilis. This month is Glika's 4 year anniversary living at Jones Harrison. Her son Jules has been here for 9 years. We have had a lot of fun with Glika and Jules on the bus trips, playing Bingo, and at concerts, parties, and worship services. Glika and Jules enjoy socializing with other residents and staff, and Jules volunteers as an usher for church and concerts.

Born in Marsh Harbor, Bahamas, Glika grew up with seven siblings. Her family moved to Nassau, the largest city of the Bahamas, when she was 2 years old. Her father was a boat builder and occasionally got hired to take people fishing or out to an island. Sadly he was killed in a boating accident when Glika was in her twenties and some of her sisters were very young.

Glika's family used to spend summers living on a boat that they docked in front of her aunt's house. There were bunk beds in the cabin, and a few people slept outside every night. They went swimming and fishing and listened to the radio for fun. One summer there was a bad hurricane and water flooded her aunt's living room, so they rowed a boat to her neighbor's house. The neighbor's house had a leaking roof, sending them to the next house. Fortunately they were able to stay with those people for a few days until the storm was over.

Glika worked at a grocery shop for 13 years, getting orders ready and later as a cashier. She did bookwork in the office for the Nassau Yacht Club for 37 years, and also worked in the kitchen and bar at different times. Glika and her ex-

husband had three children together. Jules is the oldest, followed by a sister Jacqueline, and a brother Constantine (Connie). I admire Glika's courage as she has faced the loss of her only daughter.

Glika devoted a lot of her life to serving others. She spent evenings and weekends packing grocery bags for the poor, planning and hosting fundraisers, and serving on committees for Sacred Heart Church. Glika volunteered with a charity organization, the IODE, for over 50 years. Glika and four other mothers of children with developmental disabilities gathered books and supplies together and hired a teacher so their kids could have a school. The school that began with five children in one woman's spare room serves 200 students today. In 1992 Glika was honored with the Golden Heart Award for her outstanding volunteer work and dedication to improving the community. The award hangs in her room, along with Glika's beautiful collection of glass bells, angels, and animal figurines.

Glika's son Connie made a life in Minnesota after attending a Catholic college in St. Cloud. Many of the bishops in the Bahamas had ties to the school. Connie's wife Tracy is a nurse and was working at Jones Harrison when Jules moved here. Glika and Jules had only lived in the Bahamas before they moved to Minnesota.

A favorite hobby for Glika is making and mending clothing. Her aunt was a seamstress and taught Glika how to sew when she was 7 years old. Her first project was a red checkered gingham dress. Over the years she has sewed, knitted, and crocheted for many loved ones.

Glika and Jules have been part of the Jones Harrison family for a long time. We appreciate their participation and enthusiasm at our programs and special events. Glika is a good friend and charitable person, and we are happy to have her at Jones Harrison Residence.

-Laurel Albertini
TR Coordinator

July BBQ Calendar

- | | | |
|------|------------------------|-----------------|
| 7/6 | Rue de France | Assisted Living |
| 7/13 | Devon Court/ Hilltop | Assisted Living |
| 7/20 | Dykman 3rd Floor | Assisted Living |
| 7/27 | Liberty Way/ Cedar Bay | Assisted Living |





Jody's Health Haven

Cut Cholesterol Naturally

Going the "natural" route for treating some of today's most common ailments is becoming increasingly popular. With many people saying "no" to pharmaceutical drugs and "yes" to a more holistic approach to healing, it is no wonder why there is more interest than ever in natural healing methods. Listed below are some drug free methods of reducing cholesterol.

- 1. Eat plenty of fiber-** Fiber binds itself to cholesterol in the digestive system and transports it through the bowels.
- 2. Eat polyunsaturated fats-** These good fats can be found in nuts such as walnuts and almonds.
- 3. Eat omega-3 fatty acids-** This can be found in fish such as mackerel, salmon, trout and herring. This fat not only reduces blood cholesterol levels, but it can also lower triglyceride levels which usually coincide with LDL (Bad cholesterol).
- 4. Eat Chocolate-** Recent studies have found that individuals who ate a

moderate amount of chocolate regularly and were already at risk for developing heart disease, reduced their cholesterol levels by 8mg/dL. This may be because chocolate contains polyphenols. Polyphenols are an antioxidant compound found in many fruits and vegetables which help reduce cholesterol levels. Although chocolate does provide health benefits, it should be consumed in moderation. Lowering cholesterol levels does not always have to mean taking multiple medications. Try consuming some of the foods listed above and see what a difference they can make in your health.

WELCOME to JH

- Ed C. (to AL)
- Marjorie R. (to RDF)
- Alan S. (to D3)
- Janet S. (to CB)



FAMILY NIGHT July 15th 7pm

The Wild Goose
Chase Cloggers
In the Centrum

Gift Shop

Mon 1-4

Hours

Tues 12-4

Wed. 12-4



CHAPLAIN'S CORNER

A while back I introduced you to the Olympic swimmer quoted above. These are the words of a young man who was diagnosed with testicular cancer a week before the 2008 Olympic trials. I have an update for you. After careful consideration, Eric decided to delay treatment and stay on the team in order to fulfill his dream of competing in the Olympics. Eric went to Beijing and made it to the semifinals swimming the 200-meter breaststroke. Something his father Rick said gave guidance to him in this time of uncertainty. Shanteau's father is

fighting his own battle with lung cancer. Rick told his son, "You can look at it one of two ways. You have cancer or cancer has you."

"I was really upset and I got angry when I was diagnosed. And I had a choice - it could either hurt me or help me, and I made sure it helped me."

-Eric Shanteau, Olympic swimmer

Eric underwent surgery when he returned home and was officially declared cancer free two months later. Since then, he has worked with the Lance Armstrong Foundation, where I'm sure he is a powerful voice for young adult

cancer awareness. Oh, by the way, I should tell you that in addition to making the Olympic semifinals, he swam a lifetime best while in Beijing!

May we learn from Eric, that though we may identify with life's tragedies, those tragedies do not identify or own us. His young life is a tribute to the prayer Reinhold Niebuhr gave us when he prayed, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." -Until next time,

Rev. Monica Powers

JULY BIRTHDAYS

- Marie C.
- Mary Kay D.
- Marjorie F.
- Joan F.
- Trudy G.
- Lydia I.
- Marian K.
- Dorothy N.
- Patricia R.
- Eva R.
- Miriam R.
- Mary Lou S.
- Mary S.
- Eva S.
- Connie S.
- Jim T.



Annual Family Picnic

July 10, 2010
12-2pm

BBQ Lunch and Entertainment by
"The Medicine Show"



RSVP JoAnn by July 5th EXT 7275

MEMORIALS

We remember those that have passed away

- Harold Beaver
- Sheldon Greenberg
- Robert Hanson
- Debbie Newhall
- Eugene Sweeney
- Chuck Taylor
- James Watson

