



# HIGHFIELD SENIOR LIVING

MASONIC HOME OF DELAWARE

## A Home and So Much More

We are delighted to announce the recent certification of our Healthcare Unit as a Medicare/ Medicaid Skilled Nursing Facility but what exactly does this mean?

It means that residents requiring skilled nursing services will receive Highfield's excellent quality care in our own healthcare unit. Those who require physical, occupational or speech therapy can also receive these services within our community. The new Therapy Gym on the lower level enables us to rapidly rehabilitate patients following hip surgery, knee surgery and other various health conditions. These services may be covered through residents' Medicare benefits. Each individual case is reviewed by the Nursing and Admissions Department to ensure coverage eligibility.

As Medicare is a federally funded insur-

ance program and Medicaid is an assistance program funded by the federal and state government, there are criteria that must be met in order to qualify.

Should you or a loved one require skilled nursing services or are faced with a pending hospital stay that may require follow-up skilled care, please direct your questions to the Admissions Department.

We welcome the opportunity to assist in your care and rehabilitation.

-Reginald Goring, Executive Director



## Highfield Residents to the Rescue: Stuff-A-Bus 2010

It was three years ago in May that Highfield residents gathered for their regular current events discussion group. The recently reported theft of a truck filled with donations for Food Bank of Delaware was the topic of conversation. It wasn't long before our folks decided to take action and the first, which would become the annual, Stuff-A-Bus Food Drive was planned!

On Wednesday, June 23rd donations will be accepted from 7:00 A.M. to 5:00 P.M. in the front circle of Highfield Masonic Home of Delaware. In addition to the Food Drive, this

year we will have an Open House so guests may tour the facility, featuring our new Therapy Gym which opened earlier this year, and get to know our staff and residents. We will also offer refreshments all day in our Main Building!



Everyone is invited to attend and encouraged to join us in helping those in need by supporting Stuff-A-Bus 2010. All donations benefit the Food Bank of Delaware.

### ISSUE 92

### SPECIAL SUMMER EDITION 2010

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*Are you ready to **MEAT** the need?*

*Make every **BEAN** count?*

*Can we do it? Yes we **CAN!***



## A Summer Reminder from Your Nursing Staff



*Bitten by the “travel bug?” For a day or a week-Nurses need to know.*

The Nursing Department encourages all residents to take advantage of the nice, summer weather by enjoying walks outside or sitting in the comfort of the shade on the front porch.

Please remember to use sunscreen, wear a hat or sunglasses to prevent glare and keep hydrated. Refreshing ice-water is available at all times on the first floor in the front hall and on the second floor near the Solarium. We would also like to remind everyone who may be traveling this summer-for an extended period of time or even for a day-to alert your Nursing Staff so they can provide any

medications you may require during your time away. Advance notice of travel is most appreciated as some medications may require advance ordering.

Your safety is our priority whether inside our community or out visiting your family and friends.

We wish our residents and staff a safe, health and happy summer!



*The Summer heat may be scorching but don't blame the dog!*

## Dog Days of Summer (Sorry Charlie!)

"Dog Days" are the hottest days of summer. In the northern hemisphere, they usually fall between early July and early September but the actual dates vary greatly from region to region. The name comes from the ancient belief that Sirius, also called the Dog Star, was somehow responsible for the hot weather. The brightest of the stars in Canis Major (the big dog) is Sirius, which also happens to be the brightest star in the night sky. In fact, it is so bright that the ancient Romans thought that the earth received heat from it!

During the summer months, Sirius, the “dog star,” rises and sets with the sun. In late July, Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time “dog days” after the dog star.

Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness!



## From Highfield to the World Cup

Resident Shirley Axsom was proud to announce the engagement of her granddaughter to “a very nice boy from Wilmington,” but did you know he’s also the U.S. Men’s National Soccer Team’s head rehabilitation trainer? Many of the country’s top players travel to Delaware to rehab under the care of James Hashimoto.

Hashimoto has been with the U.S. soccer program since earning his master’s degree in physical therapy from the University of Delaware in 1991. Shirley is happy to welcome him to her family-and if we ever need any soccer tips- Shirley just may be able to help out!

## Mental Workouts Keep Brains Healthy

Puzzles, reading, conversations—all these things and many more help keep our brains fit. Just as our bodies need exercise so do our brains. Fortunately for residents of our community, an extensive Activity Program is available 7 days a week! Each month's Activity Calendar offers outings, entertainment and interesting programs. The new Highfield Academy will continue to provide both informative and entertaining seminars. Last month's State Police K-9 Demonstration and the Civil War Presentation were well attended and enjoyed by all. This summer's Academy programs will include a "Travelogue to Brazil" hosted by Volunteer Ombudsman and long-time

friend of Highfield, Carol Shannon. The nation's first president, 'George Washington' will be a special guest at the Academy, regaling us with tales of his time in office and the Alzheimer's Association will share interesting ways to "Maintain Your Brain." Outings and new experiences enhance everyone's lives, why not join your neighbors on one of the many trips scheduled during the summer months? Take a ride on the River Taxi and enjoy lunch at Big Fish Grill, or cool down with some fresh, homemade ice-cream at Woodside Farm. Join residents from other communities and senior centers at the Annual Platinum Picnic for a day of fun. Keep active-physically and mentally. Remember: "Use it or lose it!"

## Masonic Music By Harold J. Heitmann

History has educated us about the political, military and educational leaders who were active Masons but our Masonic heritage has also included great musical composers.

Brother John Philip Sousa (1854-1932) is known throughout the world as the march king. As director of the U.S. Marine Band, his marches and Marine Band concerts became famous throughout the world. When he formed his own Sousa band, his popularity greatly expanded. His band toured the United States and overseas.

As an active Mason he composed several marches dedicated to Masonic activities:

1. The Thunderer—One of the most played marches throughout the world (this was also his wife's favorite.)
2. The Crusader—Sousa was knighted in the Columbia #2 Knights Templar, Washington, DC.

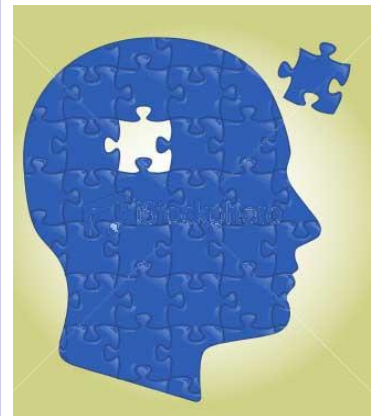
3. Nobles of the Mystic Shrine—He was Honorary Director of the Almas Temple Shrine Band of Washington.
4. March of the Mitten Men
5. Foshay Tower Washington Memorial.

Brother John S. Belius of Finland (1865-1957) is most famous for his work; Finlandia, a symphonic poem that is often referred to as the national anthem of Finland.

He was a charter member of Suomi Lodge #1 in Helsinki and he was also appointed Grand Organist of the Grand Lodge of Finland in 1924.

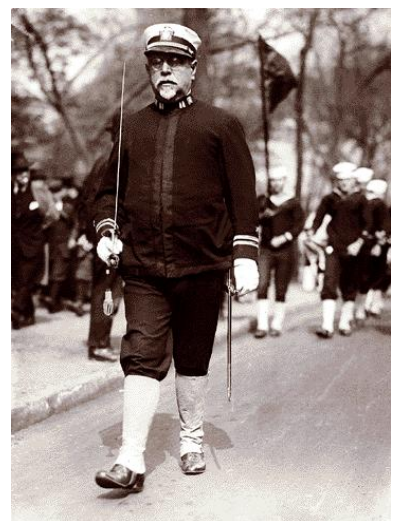
As a composer, he wrote seven symphonies, a violin concerto, piano and chamber music and 100 classical songs. His Musique Religieuse consisted of several pieces for use in Masonic ritualistic work.

(Harold Heitmann resides in our Cottage Community)



*Exercise is an important piece of the puzzle!*

*On the evening before he died in March of 1932 at age 78, Sousa was appearing as guest conductor of the famous Ringgold Band in Reading, Pa. "The Stars and Stripes Forever," his most popular march, was the closing number in this, his final concert.*



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MASONIC HOME OF  
DELAWARE

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## SUMMER MAIL DELIVERY

Residents are advised to please check mailboxes and mail regularly to insure proper distribution. During the summer months frequently there are substitute mail carriers as our regular delivery people often take time off.

If you mistakenly receive a piece of mail intended for another, please return the item to the receptionist. Thank you for your cooperation.

*Wishing our friend Troy Nuss all the best in his future endeavors. Thanks for everything Troy- we sure will miss our "work husband!"*

*-Karen and Jane*



VISIT US ON THE WEB!  
[www.highfieldmasonichomedel.org](http://www.highfieldmasonichomedel.org)

## SUMMER CELEBRATIONS

### Resident Birthdays:

#### June:

Nancy Sturgis 6/1  
Laura Colona 6/11  
June Devaney 6/11  
Romaine Alexander 6/14  
Thelma Hortiz 6/14  
Connie Sabine 6/22

#### July:

Walter "Kent" Schlosser 7/1  
Evelyn Strawbridge 7/2  
John Himes 7/3  
Hannah Finkley 7/13  
Betty Everett 7/17  
George Bumpas 7/22  
Jim Hutchison 7/29  
Mildred Cash 7/29  
Howard Leverage 7/29

#### August:

Dorothy Mason 8/6  
Emma Moore 8/11  
Marion Townsend 8/12  
Edna Kronk 8/12  
Mary Rohling 8/13  
Shirley Axson 8/16  
Earl Marple 8/18  
Muriel Peake 8/25  
John Stocking 8/31

### Staff Birthdays:

#### June:

Myrna Ennis 6/10  
Patricia Richardson 6/13  
Jacque Lawrence 6/15  
Cheryl Coleman 6/20  
Katherine Hardwick 6/25

#### July:

Corine Worthem 7/3  
Josephine Davis-Biah 7/21  
Birlon Gist 7/26

#### August:

Gloria Ayettey 8/3  
Sue Smith 8/6  
Archie Freeman 8/21  
Emmanuel Fellah 8/21  
Virginia Barner 8/23  
Marie Joseph 8/24  
Janay Thompson 8/25



## The Funny Bone

### Submitted by Highfield Residents

#### The Senility Prayer

"Please grant me the senility to forget the people I never liked to begin with, the good fortune to run into the ones I do, and the eyesight to tell the difference."

-Romaine Alexander

A husband discovered a study reporting that women use more words than men. Excited to prove to his wife that he'd been right all along when he accused her of talk-

ing too much, he showed her the study stating that men use about 15,000 words per day and women use about 30,000. His wife remarked, "Women use more words because we have to repeat everything we say." Her husband replied, "What?"

-Mary S. White

You know you're old when your knees buckle but your belt won't!

-John Himes