

The Vineyards

CALIFORNIA ARMENIAN HOME

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RCFE#10040070 • PCOA #319

Help Your Pet Stay Hydrated

Summer temperatures and more time outdoors increase our pets' chances of dehydration. Help your pets stay healthy and safe with these hydration tips:

Provide clean water for your pets at all times, changing it frequently to ensure freshness. Provide multiple water bowls throughout your home to encourage pets to drink more often.

Watch your pets to make sure they are drinking throughout the day and to learn what their preferences are. Some pets like shallow bowls, while others would prefer to sip from their owner's drinking glass! Cats often enjoy drinking from running water, which you can provide for them with a water fountain made especially for pets.

Canned food provides much more water than dry kibble, so you may want to offer some as a daily treat or switch over their diet to canned food only. Check with your veterinarian before making any drastic diet changes.

On especially hot days, place an ice cube or two in your pets' water bowls. You can also freeze chicken or beef broth in an ice cube tray and offer the cubes as a refreshing treat. Make sure the broth doesn't contain ingredients that are toxic to pets, such as onions or garlic.

Finally, be aware of the symptoms of dehydration, which include dry tongue and gums; sunken, dull or dry eyes; loss of skin elasticity; and lethargy or depression. Contact your vet right away if your pets show any of these signs.

June 2022

Enjoying the Great Outdoors

June brings the start of summer, a season that beckons many of us to go outside. Grab your sunglasses and a cool drink, then sit back, relax and reflect on your memories of fun in the sun.

- Sunshine, warm temperatures, nature in full bloom ... What do you like most about summertime? Are there aspects of the season that you dislike?
- What summer games or sports did you play when you were younger? What about now?
- Whether it's a pool, pond, lake or beach, water is a big part of summer fun. Did you have a favorite water-related activity—swimming, surfing, fishing, boating?
- What about other outdoor pastimes such as gardening, hiking or camping?
- Are there any memorable encounters you've had with wild animals in the great outdoors?
- Do you have memories of a special summertime trip or vacation?
- Did you go away to summer camp as a kid?
- What's your favorite outdoor entertainment—visiting a park, enjoying a cookout, going to a fair or concert, or something else?



Resident Council Members

Dennis Becker	Chair
Mary Stegall	Vice Chair
Erma Martens	Member
Jan Schmidt	Member
Diana Shirin	Member
Gloria Tolladay	Member
Pat Link	Member
Cy Athans	Member



Lifestyles Drawing

Please clip this ticket and bring to the Lifestyles Office for your chance to win A Patriotic Party Basket!

Name:

Apartment Number:

The Woman Behind Father's Day

It took a mother to bring equity to fathers.

As she sat in church more than 100 years ago in Spokane, Wash., Sonora Smart Dodd listened to a sermon about Mother's Day. It made her wonder why there was no Father's Day. Dodd, one of six children, was determined to find a way to honor her father, who raised the family after Dodd's mother died. That year, 1909, Dodd took her concerns to the Spokane Ministerial Alliance and suggested that fathers have their day. Her idea gained support. On June 19, 1910, Spokane recognized the first Father's Day on record. Dodd, who had a son of her own, must have appreciated it when President Calvin Coolidge approved a nationwide celebration of Father's Day in 1924.

Dodd, an Arkansas native, was 96 when she died in 1978.



Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.

Brain Bender: A Smashing Good Time

The following list contains two-word phrases that are related to summertime fun and activities. But the letters of the words in each phrase have been mixed up and smashed together. Can you finish each phrase with the letters provided?

Example: trrdp: r o a d t r i p

1. stslaned: _ _ _ _ c a _ _ _ _

2. buaititng: _ _ _ h _ _ _ s _

3. JFuyrth: _ u l _ _ o _ _ _ _

4. crceem: i _ _ _ _ a _

5. ocanfgisre: _ _ m p _ _ _ _ s

6. lgamsn: _ _ w _ _ a _ e _

7. awtlre: n _ _ u _ _ a _ k

8. bikd: _ i _ e r _ _ e

(Answers: 1. sand castle; 2. bathing suit; 3. July Fourth; 4. ice cream; 5. campfire songs; 6. lawn games; 7. nature walk; 8. bike ride)

Culinary Corner

Katie is sharing her go-to summer salad, that always tastes amazing and is easy to make.

Cucumber Tomato Salad

Ingredients:

- 1 Long English Cucumber
- 2-3 Large Tomatoes
- 1/2 Red Onion
- 1 Tablespoon of Fresh Herbs (Parsley, Basil, etc.)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Red Wine

Vinegar

Salt & Pepper

Instructions:

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.



June Resident Birthdays

06/01	Maxine S.
06/04	Kimi J.
06/04	Milena V.
06/05	Onnallee Z.
06/10	Helen R.
06/18	Mary S.
06/22	Elizabeth M.
06/29	Marge M.



June Staff Birthdays

Brenda R.	Maria B.
Brian K.	Marisa G.
Kinga B.	Rosario S.
Maria J.	Ronald S.
Angel C.	Clarissa J.
Emilaina O.	Israel C.
Angelica C. U.	Pang H. X.
Maria P.	Shantell L.
Angelica T.	Joshua T.
Eduardo V.	Ntxhiav C.
Paulina C.	Kathleen G.
Alma T.	Amy C.
Esther M.	Maria M.
Ivon P.	



Directory

Executive Director

Paul Rocha (559)835-0802
paulr@vineyardslife.org

Business Office Manager

Valerie Flores (559)835-0803
valerie@vineyardslife.org

Assisted Living Director

Trina Luna (559)835-0813
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Memory Care Director

Ashley Mendoza (559)835-0818
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Lifestyles Director

Katie Jorgensen (559)835-0807
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Executive Chef

Brian Kesanen (559)835-0814
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Hospitality Director

Estella Cano (559)835-0801
estellac@armenianhome.net

Maintenance Supervisor

Ed Smith (559)835-0801
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Sales & Marketing Director

Ren Ramshaw (559)835-0805
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Transportation Director

Rick P (559)981-9699
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Word Search

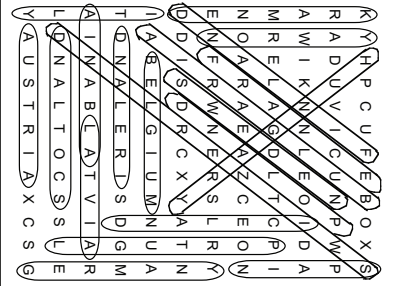
Category: Nations of Europe

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

1. Belgium
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Word Search Solution:

1. Albania
2. Austria
3. Belgium
4. Bulgaria
5. Denmark
6. Finland
7. France
8. Germany
9. Hungary
10. Iceland
11. Ireland
12. Italy
13. Latvia
14. Norway
15. Poland
16. Portugal
17. Scotland
18. Spain
19. Sweden
20. Switzerland



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

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

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