

## FRIENDSHIP MANOR

## NEWSLETTER

J. M. ALEXANDER, EDITOR

## The Beat Goes BBQ

*Hot Dogs and Music make a good combination!*

Chris our Activities Director always delivers. In May he hosted another Hot Dog BBQ in the Promenade, with live music from Snapshot. It was another sparkling day, and summer isn't here yet!

Don't miss all the Activities the Manor offers by consulting the monthly Calendar and the weekly activity reminders which you'll find on the back of the weekly menu.

And get ready for our Annual Jazz by the Pool in July. Hopefully the pool will be finished by then – and if you want to get in on the fun, buy a \$2 “Pool Pool” chance to predict the date the pool will open, and make a little money as well. For details, see page two of this newsletter. Good Luck!



*[Editor's Note: Thanks to Laura for Pool and Rose copy & photo and Richard for the photo above.]*

## June Highlights

**June 3, 10, 17 & 24**

Book Mobile – Promenade

**June 4**

Ice Cream Social – Dining Room

**June 9**

Robert Cassidy – Jamison Hall

**June 11**

Hot Dog BBQ – Promenade

**June 16**

Keith Bush – Jamison Hall

**June 23**

RSC General Meeting – Dining Room

**June 23**

Treble Clef – Jamison Hall

**June 25**

Pizza Party – B Lounge

**June 30**

Renee Hamaty – Jamison Hall

**Resident Resource Committee**

**Open House** – Fridays at 11:00am  
in the E Lounge Conference Room  
(adjacent to Library)

**Local Walks & Joy Rides and Shopping & Medical Van Trips with Chris and Richard** – Sign up on the slant boards in the Lobby (rides) and at Reception (medical).

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## THE BEAUTY SALON — PERSONAL CARE SERVICES

Manor Residents are fortunate to have personal care professionals who come to us, without the hassle of driving and sitting and waiting. The Beauty Salon has long been a great resource and here's a reminder of what the Beauty Parlor can do for you.

**Emily** is the anchor, of course, and she offers **haircuts** for both men and women, **hair coloring, perms, waves** – anything you'd expect from a haircare professional. She also offers **manicures** and **pedicures**, and she does a fantastic job at extremely reasonable prices. To make an appointment for **Tuesdays & Fridays**, call Emily at: **805/252-6495**.

**Mary** Reece-Upton, our own Resident, offers **Reflexology** on **Mondays & Wednesdays** by appointment. Mary is a gifted Reflexologist, and her sessions are praised by those she treats. Make your feet happy and contact Mary for an appointment at **805-448-3455**.

**Michael Leary** (photo right) has just started on **Thursdays**, and he offers relaxing and invigorating **Chair Massage**. He currently also works at Samarkand, where he has a lot of loyal residents, and we're lucky to have him one day a week. He offers 10 (\$15), 15 (\$20) or 20 (\$25) minute sessions (or longer). To Schedule with Michael, call him directly at **805/689-5821**.



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## THE “POOL POOL” – HAVE FUN WITH AN INCONVENIENCE

One might say that it is “anyone's guess” when the pool will be ready for us to use. So, we decided to turn that guessing game into an opportunity for one lucky guesser and the Resident Service Council treasury to make some money. For the sum of \$2, you can pick a date that the pool will be officially open for swimming. Find Laura Dewey with her bag full of envelopes and betting slips, or drop by the Corner Store, and you will have a chance to make a little money. Proceeds will be divided equally between the winner and the RSC general fund.

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## ROSE GARDEN

This month's featured rose is “Double Delight.”

As Shakespeare once said “a rose by any other name would still smell as sweet.” The Double Delight Rose is actually a TRIPLE delight: It has the double beauty of the bloom, which is white/yellow and red/pink, and then the other delight of smelling as sweet as one could ask.

This gorgeous rose was introduced in 1977. It is prolific and hardy, and it is a good choice for even the smallest rose garden due to all of the traits mentioned here. Ours is in the front of the small strip of roses along the C building, across the sidewalk from the main garden.



## **COVID-19 IS STILL WITH US, SO...**

Because we've come a long way in containing and controlling the Corona virus, it's important to remember that it's still with us, and new variants are still an ongoing issue, and probably will be for a long time. Vaccines don't fully deter infection.

**IMPORTANT:** if you or someone you know tests positive, vaccinated or not, it's still vital that certain protocols are followed —

If you test positive, please Quarantine.

Quarantining means staying in your room and not having contact with others. Order meals by calling the front desk. **DO NOT** go through the line for food, or in any way potentially contaminate areas by touching door handles or communal surfaces.

If you need help, or have questions, or there are any maintenance problems during quarantining – call and talk to Patricia Fabing, or leave her a voicemail. (Don't let a leaky faucet cause water damage, for instance.) But just let Patricia know you are quarantining! There's no shame if you're doing the right thing.

If you test positive and have no symptoms at all, and have been fully vaccinated, the rule of thumb is to quarantine for at least 5 full days.

With symptoms or illness, and you have been fully vaccinated, the need to quarantine extends to at least 10 days.

In both instances, you should fully quarantine until you have 2 negative tests.

Friendship Manor is a unique environment, and many residents are immune-compromised. Everyone living here is in the “vulnerable” age group where disease can hit harder and have more serious complications and outcomes.

Please be considerate of your friends and neighbors, and help keep Covid-19 and its variants from infecting the Manor. We're doing a good job, but it's important to remain vigilant and act appropriately if a positive test or infection should occur.

Let's keep the Manor Covid free.

*For full guidelines for quarantine protocols, and other COVID-19 information, visit the official CDC website.*

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## DOROTHY'S CORNER STORE: FEATURING ICE CREAM!

If you like your **ice cream**, then the Corner Store is for you! A generous selection of frozen treats (and sodas) reside in the store's refrigerator, so come in and indulge.



**All profits from every purchase** go to fund movies in Jamison Hall, the B Lounge wi-fi and copier, and much more. Support your Corner Store and shop this valuable resource in the B Lounge, open Monday, Wednesday and Friday from 1:00 to 2:30 pm. Come and shop local!



And for 24/7 snacks and sodas, remember the machines adjacent to the Corner Store. A portion of those proceeds also go into the RSC general fund for Resident services.

## June Birthdays

- 6/1** Eileen Hlinka
- 6/2** Sonia Crestfield
- 6/2** Don Schnauffer
- 6/8** Eric Brotman
- 6/10** Betty Chackel
- 6/13** Annabella Eivazzadeh
- 6/13** Roger Teegardin
- 6/15** Mary Rojas
- 6/16** Josie Skyler
- 6/17** Terrie Beal
- 6/18** Lupe Garza
- 6/21** Butch Kuehn
- 6/23** Stephanie Hopping
- 6/23** Siglind Reid
- 6/25** Richard Adams
- 6/26** Lynn Young
- 6/27** Monica Cuccarese
- 6/27** Laura Dewey
- 6/30** Lawrence Suhr