

Eight Helen Keller Quotes to Celebrate Her Birthday

On June 27th, we celebrate the birth of one of the world's most inspiring women, Helen Keller. May these eight quotes remind us how much she overcame, and how we can all — regardless of who we are — learn a little something from her.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved."

"Self-pity is our worst enemy — and if we yield to it, we can never do anything good in the world."

"Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles."

"No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit."

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

"There is no king who has not had a slave among his ancestors and no slave who has not had a king among his."

"The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker."

"A happy life consists not in the absence but in the mastery of hardships."

It's a Bird! It's a Plane! It's Superman!

The blue-tighted, red-caped superhero might be the most famous comic book character ever. But who is he really?

Everyone knows he is the last son of Krypton, sent to Earth before his planet exploded. Living under the alias of Clark Kent, he fights for "truth, justice and the American way." But how did he come to be such a well-known superhero, and what is the real story of Superman?

Jerry Siegel was an aspiring writer living in Cleveland, Ohio, and best friend to Joe Shuster, himself an aspiring artist. With dreams of breaking into newspaper comics or perhaps even pulp magazines, they worked together creating characters and stories on private projects as well as their high school paper. In 1933, they conjured up the first incarnation of Superman for a self-created magazine.

In his early stories, Superman's "super" acts included saving a man from a lynch mob, rescuing people from a fire and stopping robbers. It wasn't until April 1940 that he met his first formidable foe, super-genius Lex Luthor. During that year, Superman also became the star of an enormously popular radio show. In 1948, he made the move to live action films by appearing in the serial *Superman*. Superman would next conquer the silver screen in 1978's *Superman*, which starred Christopher Reeve.

Today, television cartoons and series, video games, books, toys and more have helped cement Superman's place in history. He is, was and forever will be... Superman.

— Excerpts from Noell Wolfram Evans, http://www.essortment.com/all/supermanhistory_ryql.htm



Featured Community Savannah Cottage of Lakeland

Savannah Cottage of Lakeland is a secure memory care residence nestled in a beautiful and peaceful setting. The community was purpose-built and designed specifically for those with memory loss. It is the ideal size offering an intimate atmosphere, a warm and soothing feel throughout, and is full of diverse and stimulating activity. Savannah Cottage provides an enriched lifestyle complimented by the unique architecture of the community. The residence has a security alarm system on the exterior doors, and it features many areas, both indoors and outside, for walking, participating

in activities or relaxing. These areas include inviting living rooms, activity areas, a library, a screened porch, a lovely courtyard and so much more. The associates of Savannah Cottage invite you to stop by for a personal tour!

Your Staff

Renee Ackerman
Executive Director

Lisa Bishop
Resident Programming Director

Doreen Buckmaster
Marketing & Sales Director

Kimberly Lademan
Food & Beverage Director

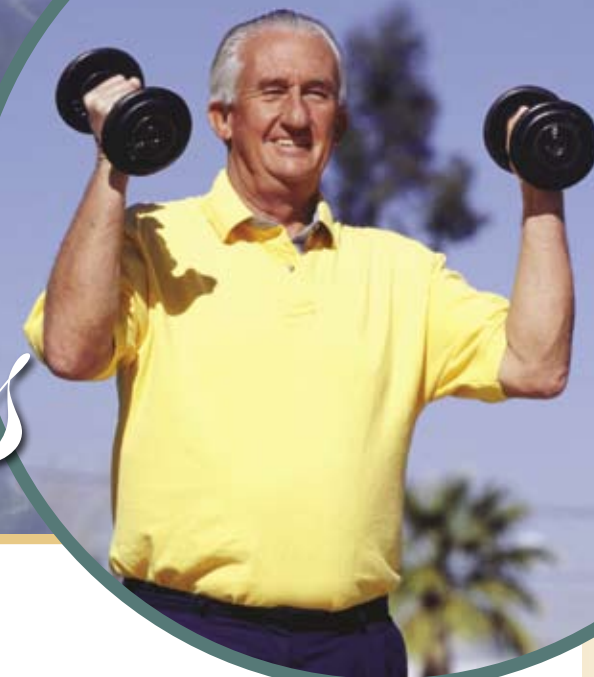
Waldi Wnuczak
Director of Maintenance

Mary Lynne Mizvitowicz, RN
Director of Nursing

Sue Hatton
Business Office Manager

SLM Times

June 2010



Letter from the Executive Director

June is certainly a month to celebrate, complete with weddings, graduations and Father's Day. It is the perfect month to spend time with your loved ones, enjoying the beautiful warm days of early spring. At Willow Lake, we invite you to stop and enjoy the serenity of our location with our ducks and swans gracefully gliding across the lake. It certainly renews our souls.

Several years ago, I wrote an article about Father's Day; but now the day has bittersweet memories. This year, I am experiencing the loss of my own father little by little to Alzheimer's disease. This is the same man who served his country in World War II, graduated from the University of Pennsylvania and dedicated his working years to becoming a successful businessman. Now he spends his days quietly musing over the past, closing his eyes and nodding his head to questions asked by visitors. He still recognizes family and gives me explicit directions, but someday soon, this too will cease. Many of us share these same losses.

We all must nurture those special memories of our fathers. He might have been the one who taught you to ride a bike. He chased away bad dreams, coached the baseball team after he had finished ten hours at work and tutored you in calculus. He grilled steaks on the outside barbecue and waited up when you came home from a date. And it was Dad whose eyes brimmed with tears of pride when you introduced him to his first grandchild.

Thanks, Dad, for being there for us! Your role should certainly be celebrated more often than just on Father's Day.

Warmest regards,
Renee Ackerman

Month at a Glance

June 1st: Name That Timeless Tune with Jackie

June 3rd: Lunch at Maggio's

June 10th: Trip to the Movies

June 15th: Frank D on His Keys

June 17th: Lunch at Ben & Irves

June 20th: Pancake Breakfast with Dad

June 21st: Bible Study with Jack

June 24th: Trip to Atlantic City

June 29th: Birthday Bash

June 30th: Pet Therapy

Birthdays

June E., 2nd

Katherine T., 3rd

Eugene E., 27th

www.WillowLakeAssistedLiving.com



Willow Lake

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Willow Lake

June 2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Locations

3rd Floor Lounge, 3FL
Activity Room, AR
Dining Room, DR
Piano Lounge, PL

	<p>10:00 Let's Get Fit, AR 1 10:30 Current Events Around the Globe, AR 11:00 Trivia, AR 1:00 Rosary Prayer Group, 3FL 2:30 Social Hour, PL 3:00 Name That Timeless Tune, PL 7:00 Jeopardy, 3FL</p>	<p>10:00 Let's Get Fit, AR 2 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Bingo, Bingo, AR 3:30 Card Games, PL 7:00 Wheel of Fortune, 3FL</p>	<p>9:30 Shopping at Walmart 3 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 12:00 Lunch at Maggio's 1:30 Pinochle, PL 7:00 Puzzles, 3FL</p>	<p>10:00 Let's Get Fit, AR 4 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 1:00 Shabbot with Francesca, AR 2:30 Social Hour, PL 7:00 Monopoly, PL</p>	<p>5 10:00 Card Games, PL 2:00 Popcorn and a Movie, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>	
<p>6 10:00 Card Games, PL 2:00 Movie Matinee, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>	<p>7 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Spelling Bee, AR 1:00 Crafts with Michele, AR 1:00 Bible Study with Jack, 3FL 2:30 Bingo, Bingo, AR 7:00 Scrabble, 3FL</p>	<p>8 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Trivia, AR 1:00 Rosary Prayer Group, 3FL 2:30 Social Hour, PL 7:00 Jeopardy, 3FL</p>	<p>9 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Bingo, Bingo, AR 3:30 Card Games, PL 7:00 Wheel of Fortune, 3FL</p>	<p>10 9:30 Shopping at Walmart 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 1:00 A Trip to the Movies 2:00 Baking with Kim, AR 7:00 Puzzles, 3FL</p>	<p>11 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Social Hour, PL 7:00 Monopoly, PL</p>	<p>12 10:00 Card Games, PL 2:00 Popcorn and a Movie, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>
<p>13 10:00 Cards, PL 2:00 Movie Matinee, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>	<p>14 FLAG DAY 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Spelling Bee, AR 2:30 Bingo, Bingo, AR 7:00 Scrabble, 3FL</p>	<p>15 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Trivia, AR 1:00 Rosary Prayer Group, 3FL 2:30 Social Hour, PL 6:30 Frank D on His Keys, PL 7:00 Jeopardy, 3FL</p>	<p>16 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Bingo, Bingo, AR 3:30 Card Games, PL 7:00 Wheel of Fortune, 3FL</p>	<p>17 9:30 Shopping at Walmart 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 12:00 Lunch at Ben and Irv's 7:00 Puzzles, 3FL</p>	<p>18 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Social Hour, PL 7:00 Monopoly, PL</p>	<p>19 10:00 Card Games, PL 2:00 Popcorn and a Movie, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>
<p>FATHER'S DAY 20 8:30 Pancake Breakfast with Dad, DR 10:00 Card Games, PL 2:00 Movie Matinee, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>	<p>21 SUMMER BEGINS 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Spelling Bee, AR 1:00 Bible Study with Jack, 3FL 2:30 Bingo, Bingo, AR 7:00 Scrabble, 3FL</p>	<p>22 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Trivia, AR 1:00 Rosary Prayer Group, 3FL 2:30 Social Hour, PL 7:00 Jeopardy, 3FL</p>	<p>23 9:30 Shopping at Walmart 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Bingo, Bingo, AR 3:30 Card Games, PL 7:00 Wheel of Fortune, 3FL</p>	<p>24 10:00 Let's Get Fit, AR 10:00 Trip to Atlantic City 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:00 Baking with Kim, AR 7:00 Puzzles, 3FL</p>	<p>25 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 2:30 Social Hour, PL 3:00 Music of the Seventies Show, PL 7:00 Monopoly, PL</p>	<p>26 10:00 Card Games, PL 2:00 Popcorn and a Movie, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL</p>
<p>27 2:00 Movie Matinee, PL 2:30 Bingo, Bingo, AR 3:30 Scrabble, 3FL 6:00 Card Games</p>	<p>28 10:00 Let's Get Fit, AR 10:00 Catholic Mass 10:30 Current Events Around the Globe, AR 11:00 Spelling Bee, AR 1:00 Resident Council, AR 2:30 Bingo, Bingo, AR 7:00 Scrabble, 3FL</p>	<p>29 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Trivia, AR 1:00 Rosary Prayer Group, 3FL 2:30 Birthday Bash, PL 3:00 Lenny King, PL 7:00 Jeopardy, 3FL</p>	<p>30 10:00 Let's Get Fit, AR 10:30 Current Events Around the Globe, AR 11:00 Word Games, AR 1:00 Pals for Life, PL 2:30 Bingo, Bingo, AR 3:30 Card Games, PL 7:00 Wheel of Fortune, 3FL</p>			