



Mennowood News

Mennowood Retirement Community
13030 Warwick Boulevard / Newport News, VA / 757-249-0355



MANAGEMENT TEAM

Thelma Shaffer
Administrator

Brenda McCullen
Director of Nursing

Kierra Baker
Business Office Manager

Michele Ryba
*Director of
Community Relations*

Tina Kotlark
*Director of
Dining Services*

Emily Bartgis
*Director of
Marketing & Admissions*

Chrissy Bell
*Director of
Life Enrichment*

Curtis Shaw
*Director of
Maintenance &
Environmental Services*

RESIDENT OF THE MONTH



*Join us as we celebrate
June Birthdays,
Resident of the Month,
and New Residents at
the "Monthly Celebration"
on **Friday, June 20th**
at 2:00 in the
Dining Room with
entertainment by
Sentimental Journeys*



We are delighted to announce Carol Adolph as our Resident of the Month!

Carol was born in Takoma Park, Maryland, but lived in Washington prior to moving to Mennowood in March of 2024. She has three children.

Ms. Adolph has a master's degree in Social Work and spent most of her life dedicated to helping others. She is such a gentle, kind, sweet-spirited lady!

Carol enjoys reading and writing poetry and listening to Jazz and Classical music.

CONGRATULATIONS CAROL!

WE LOVE YOU!

Wellness Wins for Men



Is it the doughnuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning in the health arena. Unfortunately, many men put their health last. But June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.

Lucky for men, the top threats to their health aren't secret. The leading threat to men's health is cardiovascular disease—the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruits and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread... if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100 percent more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man's health.

Throughout the month of June, people will be wearing blue in support of men's health issues. For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, weightlifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body. And men don't just ignore physical ailments; they often ignore mental or psychological ailments, too. Activities that exercise the body also reduce stress and provide a social outlet. June 15 is Father's Day, but it may also be a great day to schedule a doctor's appointment.

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH



There are many positive habits that can be adopted for brain health. Two of them are CHALLENGING YOUR MIND and EXERCISE.

Our Life Enrichment (activities) calendar is filled with opportunities to exercise the mind, body, and spirit. Take advantage of these and enhance brain health.

Take charge of your brain health and join in the fight to end Alzheimer's and other dementia.

For more information visit the Alzheimer's Association website at: alz.org/abam/

SIGN LANGUAGE



Learning any new language will stimulate your brain and give you a great cognitive workout. Sign language is no different.

Volunteer Mike Haywood has conducted "Sing, Sign, & Say" at Mennowood every Thursday for decades. He has often said that Thursday is his favorite day of the week because of those visits. For a few years, it was simply called "Mike Haywood Visits" because the "Sign" element to the visit was inadvertently dropped...It's back!

In addition to singing and asking trivia questions ("say"), Mike, now a Mennowood resident himself, is back to teaching sign language. Residents have had a blast learning to sign to "Jesus Loves Me", and they are good at it!

There has been enough interest in learning sign language that, as a supplement to Mike's teaching, we will have 30 minute learning sessions each week.

Learning sign language enhances your cognition which is great for creative thinking, brain function, memory, spatial awareness, and more!

Join us on Tuesdays at 11:00 as we embark on this new adventure!



HAPPY BIRTHDAY

6/2 Mary Barnes

6/2 Peggy Mock

6/18 Paul Soter

6/22 Cathy Hinton

6/27 Teresa Kitts

6/27 Pat Simmons

6/28 Fred Tankard

Birthstone: Pearl
Birth Flower: Rose



Robert Thomas
Renate Platt

Men's Club

Join Volunteer, Jim McLeod,
on **Tuesday, June 10th at 2:00**
in the East Living Room
to view a historical video.

