

June 2021



Lansdowne Heights

19520 Sandridge Way
Leesburg, VA 20176

A letter from our Administrator

June is here and there are quite a few announcements for the start of Summer! First, We have our new Director of Personal Care starting on June 7th! Gary Paul comes to us with over 6 years of experience in health care as a Registered Nurse (RN). He has worked in hospital and urgent care settings seeing patients with a variety of physical and mental impairments. Gary will be leading our resident care team of LPN's, medication managers, and caregivers; as well as, working with residents and their family members on individualized care plans. He is a Loudoun County resident that enjoys spending time with his wife and two children. We will be holding a virtual meet and greet later in the month of June to introduce Gary to our family members. A meeting invite will be sent out once a date is confirmed. Next, we have our Alzheimer's Cornhole Tournament on June 19th. It's not too late to sign-up and participate. Tickets are \$150 per team and the event starts at 11AM. Food, drinks, music, and prizes for our participants throughout the event. Finally, we will be holding a Father's Day afternoon social on June 20th from 2:00PM to 3:30PM. Please RSVP with our receptionist for this outdoor event by June 14th.

Thank you to everyone for supporting Lansdowne Heights during our first year! June marks our 1 year anniversary and our entire team is extremely privileged to take care of your loved one. I look forward to seeing year two and the growth we have ahead!

Celebrating June Great Outdoors Month Audiobook Appreciation Month African American Music Appreciation Month

Chocolate Ice Cream Day
June 7

Family Health and Fitness Day
June 12

Flag Day (U.S.)
June 14

Juneteenth
June 19

Father's Day (U.S.)
June 20

Pink Flamingo Day
June 23

Day of the Seafarer
June 25

Tour de France Begins
June 26

Katherine's Korner

Hello and happy Summer! As our community grows and we have more family members in our community I'd like to remind everyone of a few things happening in the recreation department.

1. Memory boxes are available for you to pick up and fill with small trinkets, copies of photos or other mementos that we can use to spend one on one time with your loved one getting to know them a bit better.

2. Wall of Honor. If your loved one served in the military we want to honor them. Please send a picture of them during their term of service and we will add their picture to our wall.

3. Activity boxes are available to borrow so you can have some fun with your loved one while you're here visiting. We have card games, pop up cornhole, puzzle packs, board games and art projects for you to do together!

Lighter Than Air

June may be Give a Bunch of Balloons Month, but there is one person who took a bunch of balloons to the extreme. In 1982, Larry Walters fastened 45 helium-filled weather balloons to a backyard patio chair and rose over 15,000 feet into the air on a 45-minute misadventure that gained him worldwide fame. "Lawnchair Larry, as he came to be known, was inspired by another ballooning mishap that occurred in 1937. Photographer Al Mingalone harnessed himself to 32 weather balloons in the hopes of shooting aerial photographs but was lifted 700 feet into the air when his mooring rope broke. Luckily, a local man spotted the floating photographer and shot two balloons with a 22-caliber rifle, allowing Mingalone to land safely. Lawnchair Larry knew Mingalone's story and had stowed a pellet gun. After 45 minutes, Larry shot a few balloons, but he clumsily dropped the gun overboard and soon found himself drifting over an airport. Larry then descended into power lines and caused a blackout before landing safely. Since then, many have succeeded in replicating Lawnchair Larry's flight, and in 2009 Pixar even created the children's movie *Up*, in which a man uses balloons to lift his whole house into the sky.

Featured Events

Jun 3 - Tell Your Story

Jun 4 - Music Therapy W/Zoe

Jun 5 - Bible Study with Word of Life International

Jun 9 - Happy Hour

Jun 10 - Seated Ballet: Upper body workout

Jun 21 - Monday Music- Bach 2 Rock Kids Recital

Jun 25 - Beginner's Painting Class with Katherine

Jun 28 - Kristin Butke Irish Step Dancers

Jun 29 - Food Around the World

June Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, sociable communicators. Those born from June 21–30 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Morgan Freeman (actor) – June 1, 1937

Prince (musician) – June 7, 1958

Frank Lloyd Wright (architect) – June 8, 1867

Judy Garland (entertainer) – June 10, 1922

Jacques Cousteau (explorer) – June 11, 1910

Burl Ives (singer) – June 14, 1909

Lionel Richie (singer) – June 20, 1949

Clarence Thomas (Justice) – June 23, 1948

Pearl S. Buck (novelist) – June 26, 1892

Pat Morita (actor) – June 28, 1932

Michael Phelps (Olympian) – June 30, 1985

Memories of May

In May we celebrated Mother's Day and Nurse's Week!



Our Nurses are "Super Heroes!"



Our Management Team

Administrator-

Justin Roberts-

JRoberts@HamisterGroup.com

Business Office Manager-

Kristi Bennett

KBennett@LansdowneHeights.com

Maintenance Director-

Marques Dixon

MDixon@LansdowneHeights.com

Recreation Director-

Katherine Eynaud

KEynaud@LansdowneHeights.com

Culinary Director-

John Harder

JHarder@LansdowneHeights.com

Marketing Director-

Bianca Butoi-Patru

BButoi-Patru@LansdowneHeights.com

We are always ready to answer any questions or concerns. Feel free to contact us!

Lansdowne Heights Support Group

Teresa Dunbar, who has a Master's Degree in Gerontology from Virginia Commonwealth University. She is a Care Manager and Advocate with Golden Pond Elder Care Strategies, LLC.

Meeting is held on the 4th Wednesday of every month

6 to 7 pm – Virtual

Lansdowne Heights Memory Care

703.936.7300 x 324 for more information

Caregivers often have questions about how to prepare for changes and next steps as well as manage their anger, guilt, loneliness and isolation. Teresa will offer guidance. Free and open to the public. Tell a friend.

“The things we truly love stay with us always, locked in our hearts as long as life remains.”

– Josephine Baker