



# CLARK MEADOWS MESSENGER



JUNE 2022 - NEWSLETTER  
1 Clark Meadows  
Canandaigua, NY 14424

JUNE 2022 NEWSLETTER

### JUNE BIRTHDAYS:

3-Arlene Phillips  
19-Nancy Tewksbury



### Flag Day

On June 14, Americans celebrate the adoption of the first national flag, also known as the "Stars & Stripes" or "Old Glory." The first American flag was approved by the Continental Congress on June 14, 1777. In 1818, after 5 more states joined the Union, Congress passed legislation fixing the number of stripes at 13 and requiring that the number of stars equal the number of states.



### 1950 TOP BOYS NAMES:

1. JAMES
2. MICHAEL
3. ROBERT
4. JOHN
5. DAVID
6. WILLIAM
7. RICHARD
8. THOMAS
9. MARK
10. CHARLES



OUR SHINING STAR  
"LAURA"



### A WHIRLWIND WEEK FOR THE NURSING STAFF!

### TOP GIRLS NAMES:

1. MARY
2. LINDA
3. PATRICIA
4. SUSAN
5. DEBORAH
6. BARBARA
7. DEBRA
8. KAREN
9. NANCY
10. DONNA

### "FATHER'S"



"F" AITHFUL  
 "A" LWAYS THERE  
 "T" RUSTWORTHY  
 "H" ONORING  
 "E" VER LOVING  
 "R" IGHTEOUS  
 "S" UPPORTIVE



FATHER'S DAY JUNE 19

**NOTES FROM THE NURSING STAFF:**



**If you are taking any medications (including over the counter medicines) Please inform the nursing staff as all medicine requires a physicians order. Thank You!**

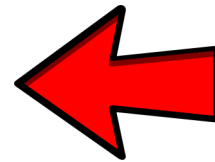
**FLOWERS IN BLOOM...**



**WHAT DID THE GOLD DIGGER WISH TO DO? (Marigold) (Marry Gold)**



**A GOOD TIME TO PAINT... INDOORS OR OUTDOORS!**



**FATHER'S DAY QUOTES:  
I GAVE MY FATHER \$100 AND SAID, "BUY YOURSELF SOMETHING THAT WILL MAKE YOUR LIFE EASIER."  
SO HE WENT OUT AND BOUGHT A PRESENT FOR MY MOTHER...  
RITA RUDNER**

**A FATHER IS SOMEONE WHO CARRIES PICTURES IN HIS WALLET WHERE HIS MONEY USED TO BE...**



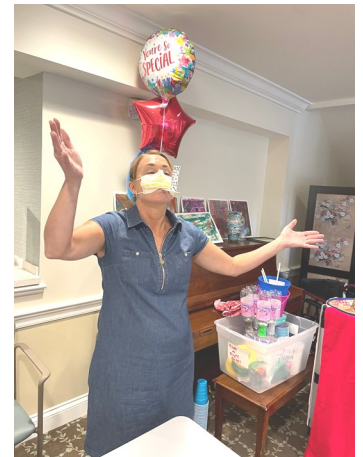
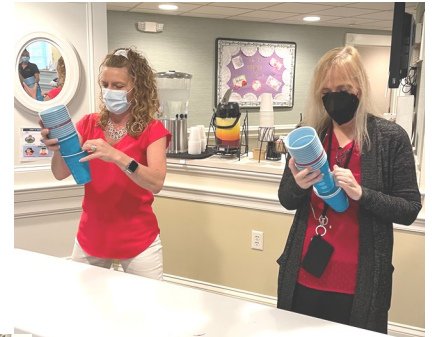
**HOLD ON TIGHT.... NEW DRIVER**



**HAPPY FATHER'S DAY**



**FUN GAMES FOR NURSES WEEK**

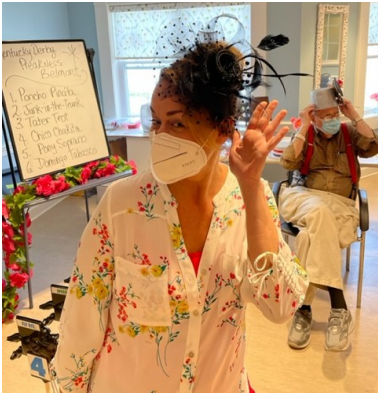
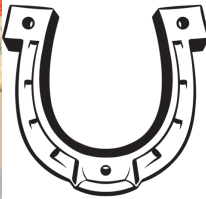




# WHAT'S THE BUZZZZZZZ AT CLARK MEADOWS



## DAY AT THE RACES



**MINUTE AND MINUTE  
SHOULDN'T BE SPELLED THE SAME.**

**I'M NOT CONTENT WITH THIS CONTENT.**

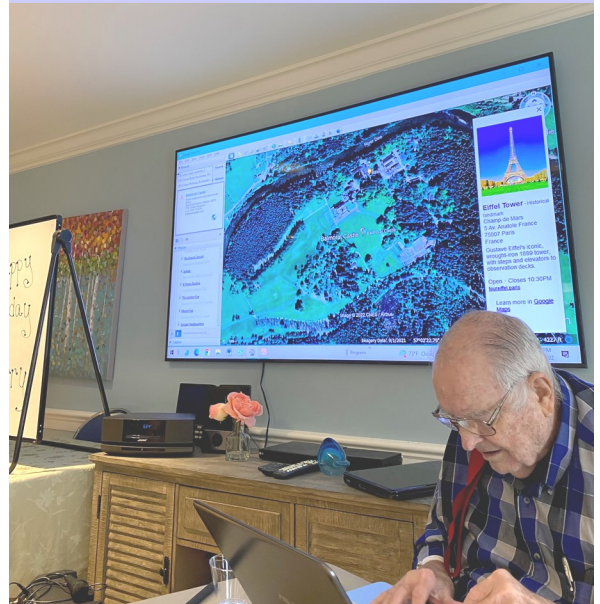
**I OBJECT TO THAT OBJECT.**

**I NEED TO READ WHAT I READ AGAIN.**

**EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.**

**SOMEONE SHOULD WIND THIS POST UP  
AND THROW IT IN THE WIND.**

**STAY TUNED, AL IS UP TO  
SOMETHING!!**



**A LOVELY VISIT FROM THE  
YOUTH CHORUS OF THE FINGER LAKES,  
UNDER THE DIRECTION OF  
KRISTY INGERSOLL.  
THEY BROUGHT AND PLANTED  
BEAUTIFUL FLOWERS AND  
SANG SOME SONGS FOR US.**

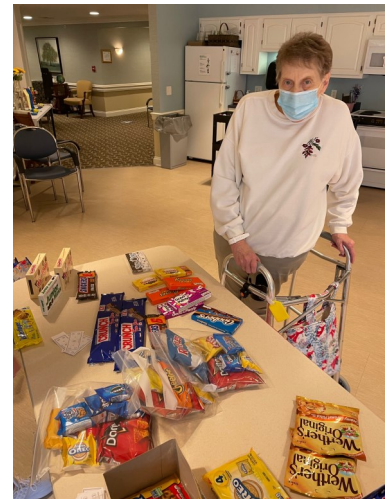




**BINGO  
BUCKS  
SHOPPING**

**COME GET  
YOUR  
LOOT!!**

**IT PAYS  
TO GO TO  
BINGO!!**



## PARTY TIME AT CLARK MEADOWS



"Nothing's working." said Rabbit.  
 "Have you tried unplugging?" asked Bear.  
 "I don't plug in anywhere." said Rabbit.  
 "Yes you do." said Bear. "You're plugged into the world around you."  
 "Oh." said Rabbit, giving this some thought.  
 "How do I unplug then?"  
 "Close your eyes, let your muscles relax and listen only to the sound of yourself breathing in and out." said Bear.  
 "After a while, when you feel ready, plug back in, and try again."



SO LONG FOR NOW  
 DEAR FRIEND!  
 STOP IN ANYTIME!  
 WE WILL MISS YOU!

