

July 2022

# GEOCAMCONNECTION

Georgetown & Cambridge Assisted Living 141-151 Port Sheldon Rd. Grandville, MI 49418



## HAPPENINGS

July 4

Independence Day (U.S)

July 6

Music with Dough Smith

July 7

Outing to Boulder Ridge

July 11 & 25

Chaplain Val is here

July 14

Music with Tom & Tom

July 19

Travelogue with Kyle Schippa

July 25

Christmas in July  
&  
Concert at The Senior  
Center

July 28

Music with David Molinari

## What's In Your Life Bag?

A group of women I know camp together every year. They enjoy walking around the campground seeing what people bring. This year, one campsite had a huge motorhome and a full fence for the dog to run in. One had just a small tent and nothing else. And another a humorous statue that made everyone laugh! When traveling, people pack all kinds of provisions for their trips from small items like marshmallows to large grills, electric bikes, and various shelters. Some travel light, some travel heavily loaded. With gas prices high, some even may wonder if they will have what they need to continue their journey.

It got me wondering. What provisions do we want? And what about our journey of life? What do we truly need to thrive? Do we "pack" the right stuff? And what do we need to set aside?

In teaching how to pray, Jesus shared that we are to focus day by day, praying and knowing that God gives what is needed for the day. Also, Matthew 11:28-30 describes Jesus sharing the following: (The Message version) "Are you tired? Worn out? Burned out? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. **Walk** with me and **work** with me- **watch** how I do it. Learn unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Jesus knows that it was and is not an easy world. And Jesus shared the truth with people then and now....that God provides for us and provides what we truly need.

When we follow Jesus and His ways,,when we pack our lives with time with God, with rest each week, with learning the way of love;...we are going to a spiritual gas station of sorts. Jesus shows us how to be filled with God's presence, and how to unhook the heavy things from our lives that weigh us down. And Jesus rides along with us, providing direction along the way.

Chaplain Karen

## NEXT MONTH

**Our Annual Summer Picnic!**

**Tuesday, August 23**

**5:30-7:30p**

**Our theme is Hawaiian**

**There will be delicious food & LIVE music by “Two Dudes in Flip Flops”**

**Games & Prizes for best dressed**

**Silent Auction from 5:30-6:30p**

**50/50 Raffle from 5:30-6:30p**

**Post Cards will be going out to families this month. MUST RSVP to Rachel Rynbrandt- Life Enrichment Director**

**We can't wait to have some fun celebrating Summer!**



## **Welcome to Georgetown & Cambridge!**

Andrew E. to South

Shirley E. to West

Helen M. to North

Martha O. to West

Larry G. to West

## **In Sympathy**

Extending thoughts & prayers to the families of

Maxine Nederhood

## **Saying Good Bye**

Dorothy Tamminga

## **HAPPY BIRTHDAY!**

### **RESIDENTS**

Greg I- 7/5

Grace A- 7/12

Jane S- 7/28

Margie VW- 7/30

### **STAFF**

Carole S.-7/1

Cassandra E.-7/2

Jenica L.-7/4

Tricia VK.-7/6

Tashirell L.-7/13

Kiera VW-7/13

Dominque M.-7/31

## Just Hanging Around

What better way to relax on a hot July than to swing freely in a hammock while sipping on an ice cold-drink or reading a book? If you've never "hung out" in a hammock, why not try it on July 22, Hammock Day?

Christopher Columbus discovered more than a "New World" in 1492; he also discovered hammocks. On October 17, 1492, he recorded in his journal that 'people were sleeping in nets between trees.' These people were the Taino of the Greater Antilles. The Taino fished with nets called *hamaca*. The woven cotton slings were also used as hanging seats, beds, or sacks. The Europeans would eventually turn the word *hamaca* into the word *hammock* and bring hundreds of them back to Europe. Sailors, used to sleeping on the hard, filthy wood floors of sailing ships, quickly adopted the hanging beds as a modicum of comfort. The Taino did not have comfort in mind when they invented their *hamaca*. Sleeping high off the jungle floor protected vulnerable sleepers from venomous insects and reptiles. Hopefully, such dangers don't exist if you enjoy a hammock in your own backyard.

Many hammock lovers tout restorative benefits of sleeping in a hammock. A study in Switzerland concluded that sleeping in a bed that rocks gently offers a deeper and more restive sleep. Hammocks can replicate this rhythmic motion. Others swear that sleeping in a hammock reduces back pain. A relaxing nap in a hammock might reduce overall tension, which might relieve some back pain. Doctors are skeptical, but if snoozing in a hammock reduces stress, then why not go for it?

Cotton hammocks are easy to find in stores and soft to snooze in, but many modern hammocks are made of lightweight nylon, a fabric sometimes called parachute. This nylon is often strong enough to hold 400 pounds or more, making hammocks a hanging bed built for two. Any way you hang them, hammocks are symbols of summer relaxation.

## Summertime FUN!



**We are going to celebrate Christmas in July by dressing up in Christmas colors or festive shirts, playing some music & extra prizes at Bingo! And, maybe a special treat! Monday, July 25!!**

If you would like your loved one to have the Covid Booster or any other vaccination besides our annual flu shot in the Fall; please let Robin Rodgers, our Associate Administrator know. You can give her a call at 616-457-8820 or email;

[robin.rodgers@baruchsls.org](mailto:robin.rodgers@baruchsls.org)

She is able to set this up for you.

*Thank you to the Grand Rapids  
Antique Care Club for a night of fun!  
We enjoyed admiring many different  
cars & enjoyed a tasty treat of ice  
cream! Thanks to all you came out to  
enjoy this beautiful night!*



**Summertime Outing To Boulder Ridge  
Animal Park  
Thursday, July 7**

**10:00-2:30pm**

*\* We will be gone all day. Picnic lunch will be  
provided.\**

*Bus will be leaving at 9:20am.  
See Rachel for questions & to sign up!*



