

### August Fun Facts:

Did you know the actual dates of "Dog Days of Summer," goes from July 3rd-August 11th? We have a feeling with how the Buffalo weather has been this funny "phrase" will be extending to the end of August!

August 26th is declared "Women's Equality Day," which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

August's full moon, the Full Sturgeon Moon, reaches peak illumination on Monday, Aug. 3rd. Cup your hands and filler it up!!!

### Happy August Birthday's, our dear Residents!

Tyler D. 8/04  
Marianne D. 8/10  
Marg N. 8/11  
Betty S. 8/11  
Peter C. 8/14  
Rojene R. 8/25

## Solstice Spotlight

Our SSL at East Amherst Spotlight is dedicated to all of our wonderful news Residents who moved in the past four months!

### We would like to welcome:

Stephen S. #205  
Paul P. #226  
Jay D. #144  
Renee M. #107  
Robert S. #259  
Eva M. #137  
Allen W. #111  
Erwin E. #131  
Peter C. #127  
Marie C. #248  
Mary S. #134  
Karen L. #236  
Dennis D. #253  
Beulah D. #145

# Solstice Senior Living at East Amherst

## August Newsletter

### Operations team:

Margaret Kleinmann, Executive Director  
Katherine Johnson, Business Office Director  
Stephanie Murczek, Sales & Marketing Director  
Harold Johnson, Building Services Director  
Rebecca Rumschik, Vibrant Life Director

## News

Breakfast and Dinner will continue to be delivered to resident apartments, while our Lunch meal will be served to residents at two seating's, 11:30 am & 12:15 pm in DR. Wednesday continues to be our fun- filled Theme Day with cultural food, music and decorations from around the world. If you have any requests, please see us!

Our Vibrant Life dept. will continue to be run smoothly with 10 or less residents wearing masks and social distancing per our guidelines. Check your calendar daily!

We have added "Artistic Class with Becca" on Wednesday's at 2:00 pm.

We have see an increase in number of residents in our "Bible Study" on Tuesday's at 4:00 pm with our very own Tim & Tyler! What a fantastic combo those two have been!

During these hard times, we have been offering "Meditation" every Tuesday and Thursday in the Library at 10 am & 11 am. Why not try something you have never done, that helps create serenity.

Our deepest sympathy to our families of: Olga Rosenthal, Mark Eckert, Virginia Lenhard, Rita Babisz, Lester & Genevieve Collins, Guy Sette, Carole Hoelscher and Bob Cook.  
*They will be missed.*

### Your Executive Director Monthly Memo:

What an unexpected and confusing time we are experiencing in history. The Coronavirus has truly stopped us all in our tracks. The new necessary protocols we are now expected to accept and welcome throughout our country, therefore our community, has taken some getting used to. We understand this is challenging especially when elders have been found to be the most vulnerable.

We could not be more proud of the resilience and caring dedication from residents and associates to help us in our quest to remain Covid-19 free. As your leader navigating through this challenge, please accept my deepest gratitude for your determination to succeed with us. We continue operating our community with CDC recommendations , local and state mandates and SSL guidelines to ensure safety and wellness which will always be first priority.

If you have any questions or concerns, please see me. I am here to help.

Thank you all,  
Margaret Kleinmann  
Executive Director

Put your guesses in for our associates baby pictures and there will be prizes for the winners! The baby pictures and ballots are located next to the atrium elevator. Hand in your guesses to Becca or the Concierge. Guesses are due by Friday, August 7th.

We would like to welcome Daniel Cruse this month as our new Culinary Service Director. Our Congratulations to Stephanie Murczek, Laurie Ouimette and chefs Church Kirk & Jesse Thiel for receiving employee of the month this quarter.

Keep washing your hands, maintaining social distancing and SMILING! We are #SolsticeStrong and we will get through this *together!*

Give us a "Like" on our Facebook page, Solstice Senior Living at East Amherst. You can see what is going on through our fun pictures we capture of the residents!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August cont'd</div> <div>30</div> <div>8:00  Catholic Mass [CH]</div> <div>11:00  Patio Trivia</div> <div>2:00  Social Distance Walk</div>	<div>31</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>2:00  Bottom Line Discussion [AR]</div>	<div></div> <div>6363 Transit Road East Amherst, NY 14051 East Amherst, NY 14051 (716) 688-7880</div>	<div>Location Keys</div> <div>ACTIVITY ROOM AR</div> <div>ATRIUM AT</div> <div>BUS BUS</div> <div>CHAPEL CH</div> <div>DINING ROOM DR</div> <div>LIBRARY LB</div> <div>TELEVISION ROOM TVR</div>	<div> Be Adventurous</div> <div> Be Challenged</div> <div> Be Connected</div> <div> Be Family</div> <div> Be Inspired</div> <div> Be Social</div> <div> Be Well</div>	<div>10:00  Coffee and Convos [AR]</div> <div>2:00  Movin' &amp; Groovin' w/ Harry J [AR]</div>	
<div>2</div> <div>8:00  Catholic Mass [CH]</div> <div>10:00  Cranium Crunches [AR]</div> <div>11:00  Patio Trivia</div>	<div>3</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>2:00  Bottom Line Discussion [AR]</div>	<div>4</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>1:30  Solstice Smile Train [AT]</div> <div>4:00  Bible Study w/ Tim &amp; Tyler [CH]</div> <div>7:00  Cinema Night [TVR]</div>	<div>5</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>11:30  Traveling Around the World, Theme Lunch [DR]</div> <div>2:00  Artistic Class with Becca [AR]</div>	<div>6</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>2:00  Thai Chi</div>	<div>7</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>12:00  Weekly News Review [AR]</div> <div>2:00  Social Distance Walk</div>	<div>8</div> <div>10:00  Coffee and Convos [AR]</div> <div>2:00  Movin' &amp; Groovin' w/ Harry J [AR]</div>
<div>9</div> <div>8:00  Catholic Mass [CH]</div> <div>10:00  Cranium Crunches [AR]</div> <div>11:00  Patio Trivia</div> <div>2:00  Social Distance Walk</div>	<div>10</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>2:00  Grief Support Group [LB]</div>	<div>11</div> <div>9:15  Shopping Outing [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>1:30  Solstice Smile Train [AT]</div> <div>4:00  Bible Study w/ Tim &amp; Tyler [CH]</div> <div>7:00  Cinema Night [TVR]</div>	<div>12</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>11:30  Traveling Around the World, Theme Lunch [DR]</div> <div>2:00  Artistic Class with Becca [AR]</div> <div>2:00  Meet &amp; Greet New Residents [DR]</div>	<div>13</div> <div>9:15  Medical Appointments [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>2:00  Thai Chi</div>	<div>14</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>12:00  Weekly News Review [AR]</div> <div>2:00  Social Distance Walk</div> <div>3:00  Reminisce with Friends [TVR]</div>	<div>15</div> <div>10:00  Coffee and Convos [AR]</div> <div>2:00  Movin' &amp; Groovin' w/ Harry J</div>
<div>16</div> <div>8:00  Catholic Mass [CH]</div> <div>11:00  Patio Trivia</div> <div>2:00  Social Distance Walk</div>	<div>17</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>2:00  Bottom Line Discussion [AR]</div>	<div>18</div> <div>9:15  Shopping Outing [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>4:00  Bible Study w/ Tim &amp; Tyler [CH]</div> <div>7:00  Cinema Night [TVR]</div>	<div>19</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>11:30  Traveling Around the World, Theme Lunch [DR]</div> <div>2:00  Artistic Class with Becca [AR]</div>	<div>20</div> <div>9:15  Medical Appointments [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>2:00  Social Distance Walk</div> <div>2:00  Thai Chi</div> <div>3:00  Cranium Crunches [AR]</div>	<div>21</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>12:00  Weekly News Review [AR]</div> <div>2:00  Social Distance Walk</div> <div>3:00  Reminisce with Friends [TVR]</div>	<div>22</div> <div>10:00  Coffee and Convos [AR]</div> <div>2:00  Movin' &amp; Groovin' w/ Harry J [AR]</div>
<div>23</div> <div>8:00  Catholic Mass [CH]</div> <div>11:00  Patio Trivia</div> <div>2:00  Social Distance Walk</div>	<div>24</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>2:00  Bottom Line Discussion [AR]</div>	<div>25</div> <div>9:15  Shopping Outing [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>1:30  Solstice Smile Train [AT]</div> <div>4:00  Bible Study w/ Tim &amp; Tyler [CH]</div> <div>7:00  Cinema Night [TVR]</div>	<div>26</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>11:30  Traveling Around the World, Theme Lunch [DR]</div> <div>2:00  Artistic Class with Becca [AR]</div>	<div>27</div> <div>9:15  Medical Appointments [BUS]</div> <div>10:00  Meditation [LB]</div> <div>11:00  Meditation [LB]</div> <div>2:00  Social Distance Walk</div> <div>2:00  Thai Chi</div> <div>3:00  Cranium Crunches [AR]</div>	<div>28</div> <div>10:00  Stretch Exercise Class [AR]</div> <div>11:00  Stretch Exercise Class [AR]</div> <div>12:00  Weekly News Review [AR]</div> <div>2:00  Social Distance Walk</div> <div>3:00  Reminisce with Friends [TVR]</div>	<div>29</div> <div>10:00  Coffee and Convos [AR]</div> <div>2:00  Movin' &amp; Groovin' w/ Harry J [AR]</div>
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