

May 2019

# MAIN STREET MESSENGER

Main Street Terrace Care Center \* 1318 East Main Street, Lancaster, Ohio 43130 \*  
Phone (740) 653-8767 \* Fax number (740) 653-8919  
[www.mainstreetterracecarecenter.com](http://www.mainstreetterracecarecenter.com)



## Celebrating May

**Physical Fitness & Sports  
Month**

**Older Americans Month**

**Meditation Month**

**Be Kind to Animals Week**  
*May 5–11*

**Teacher Day**  
*May 7*

**Mother's Day**  
*May 12*

**Nylon Stockings Day**  
*May 15*

**Memorial Day: U.S.**  
*May 27*

**Paper Clip Day**  
*May 29*

# Happy Mother's Day



# FRUIT PIZZA

20 oz. Sugar Cookie Dough  
8 oz. Cool Whip  
8 oz. Cream Cheese  
¼ C. Powder Sugar  
Fruit of Choice

## *Glaze to Go On Top of Fruit*

¼ C. Sugar  
¼ C. Orange Juice  
1 Tbsp. Lemon Juice  
2 Tbsp. Water  
1 ½ tsp. Corn Starch  
Pinch of Salt

## *Method*

Cook cookie dough in ungreased pan, according to directions on package. Let cool down. Spread cool whip, cream cheese & powdered sugar mixture on top then add fruit. If you want to keep fruit from browning, place glaze on.



# Ohio Nursing Home Residents Bill of Rights

**Resident Rights.** The resident has a right to a dignified existence, self-determination, and communication with and access to persons and services inside and outside the facility, including those specified in this section.

1. **Dignity, Respect & Quality of Life.** A facility must treat each resident with respect and dignity and care for each resident in a manner and in an environment that promotes maintenance or enhancement of his or her quality of life, recognizing each resident's individuality. The facility must protect and promote the rights of the resident.
2. **Equal Access.** The facility must provide equal access to quality care regardless of diagnosis, severity of condition, or payment source. A facility must establish and maintain identical policies and practices regarding transfer, discharge and the provision of services under the State plan for all residents regardless of payment source.

Residents' Rights, please visit the Ohio Department of Health website [www.odh.ohio.gov](http://www.odh.ohio.gov)



# Easter Egg Hunt



**MAIN STREET**  
*Terrace*  
**CARE CENTER**  
1318 East Main St  
Lancaster, Ohio 43130



## Dancing *Ghawazee*



May 11 heralds the arrival of World Belly Dance Day. The term *belly dance* is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their

hips and played brass cymbals or castanets with their hands. While audiences enjoyed the art form, it was often frowned upon as improper. In the early 1800s, Europeans became fascinated with all aspects of orientalism, including belly dancing. It was the French who first called it *danse de ventre*, or belly dance. In the 20th century, the dancing of the *ghawazee* evolved into *raqs sharqi*, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt's golden age of film, but despite its popularity, *raqs sharqi* is still considered disreputable.

## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

## Residents

Betty S. 6<sup>th</sup>

Roberta L. 12<sup>th</sup>