



## PARSONS HOUSE FRISCO

5850 Ohio Drive • Frisco, TX 75035 • (972) 668-4100

### May Birthdays

2nd Mary Warlick

10th Bill Alexander

12th Delores Alexander

14th Johnnie Mae Dixon

27th Marcia Korstvedt

Birthday Bash Thursday, May 23rd, at 2:00 PM.

Entertainment provided by Mike Nicosia.

Cake provided by Texas Home Health.



### Resident Spotlight - John Pohlman



## May 2019

### Resident Spotlight - John Pohlman

John Louis Pohlman was born in Baltimore, MD, and moved much later in life to Frisco, TX to live with one of his daughters. John married Theresa Duffey (deceased) on August 30, 1952, and had five children. Three still live in Maryland and one in Houston.

After leaving the Army in 1951, where he served in the signal core in Korea, John worked for the Baltimore Gas & Electric company and retired in 1991.

John has 12 grandchildren and 13 great-grandchildren. Throughout his life, John has been an inspiration to his family and friends. He drove home the need to work hard, always tell the truth and be kind to all. He still lives by these rules today, and with his enthusiasm and zest for life, he has lived for an amazing 90 years. His 2 younger brothers and 2 younger sisters love him and look up to him still today.

John's favorite hobby is watching baseball and the Baltimore Orioles. His second hobby is singing and dancing, which at 90 he still enjoys today.

John has lived at Parsons House Frisco since August 2018, and enjoys the people and the many activities, including singing and dancing.

### Happiness Helper: Rise and Shine

Light up your mornings to give yourself a boost of bliss. Exposing yourself to sunlight for a few minutes when you first wake up sends your body and brain an energizing wake-up call. Face a window or step outside for some natural morning light, which scientists say not only benefits mood, but also metabolism, immunity and sleep patterns.



PARSONS HOUSE  
FRISCO

# May 2019

- LO Lobby 1st Floor 2 2nd Floor
- YR Yellow Rose Cafe 1st
- MC Media Center 3rd Floor
- OT Outing - 1st Floor
- GR Game Room 3rd Floor

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>Transportation</b> Transportation for Doctors' Appointments: Tuesday &amp; Thursday 9am - 3pm. Excluding the 3rd Thursday of the month.</p> <p><b>Beauty Salon</b> <b>Open Wednesdays 10:00 - 5:00</b> Call Starr for an Appointment, 214-454-4169.</p>			<p>9:30 <span style="color: blue;">OT</span> Walmart</p> <p>9:30 <span style="color: red;">MC</span> Exercise with Karen</p> <p>10:30 <span style="color: blue;">LO</span> Skip Bo</p> <p>1:00 <span style="color: blue;">LO</span> Gregg on Piano</p> <p>1:30 <span style="color: blue;">OT</span> Errands</p> <p>2:00 <span style="color: blue;">OT</span> Walking Group</p> <p>3:00 <span style="color: blue;">LO</span> Activity Planning with Karen</p> <p>3:30 <span style="color: blue;">LO</span> Poker Game with Wayne</p> <p>3:30 <span style="color: blue;">LO</span> Jovi the Therapy Dog</p> <p>3:30 <span style="color: blue;">LO</span> Health Talk with OsteoStrong &amp; Balance Screening</p> <p>6:30 <span style="color: red;">MC</span> Movie Night with Eric</p>	<p><b>Happy Birthday Mary W!</b></p> <p><b>Holocaust Remembrance Day</b></p> <p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: blue;">LO</span> Health Talk with Michelle - COPD</p> <p>11:30 <span style="color: blue;">OT</span> Out to Lunch Bunch - La Hacienda</p> <p>2:00 <span style="color: red;">GR</span> Sorry With Peggy</p> <p>3:15 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:30 <span style="color: red;">GR</span> Bible Study</p>	<p>9:30 <span style="color: green;">YR</span> St. Francis of Assisi Communion</p> <p>10:00 <span style="color: red;">GR</span> Chess Group with Sadra</p> <p>10:30 <span style="color: purple;">2</span> Thumb Print Craft with Monica</p> <p>11:00 <span style="color: red;">MC</span> BASICS Training with Ron</p> <p>1:30 <span style="color: blue;">LO</span> Mexican Train with Cheri</p> <p>1:30 <span style="color: purple;">2</span> Rummikub</p> <p>3:00 <span style="color: blue;">LO</span> Sing-A-Long with Marge &amp; Don</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:15 <span style="color: green;">YR</span> Book Club with Holden</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: red;">GR</span> Bunco</p> <p>10:30 <span style="color: red;">MC</span> Technology Classes with A.S.K.</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:30 <span style="color: blue;">LO</span> Harmony the Therapy Dog</p> <p>2:30 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:15 <span style="color: red;">GR</span> Sorry With Peggy</p>
<p><b>Cinco De Mayo</b></p> <p>10:00 <span style="color: green;">YR</span> Coffee Social with Friends</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:30 <span style="color: blue;">LO</span> Spoons with Rahul</p> <p>1:15 <span style="color: red;">MC</span> Church Service</p> <p>2:00 <span style="color: red;">GR</span> Bridge</p> <p>2:30 <span style="color: red;">MC</span> Afternoon Movie with Eric</p> <p>3:00 <span style="color: blue;">LO</span> Puzzle Time</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:45 <span style="color: red;">GR</span> Brain Games with Lisa</p> <p>12:45 <span style="color: purple;">2</span> Prayer Group with Wanda &amp; Dolores</p> <p>1:30 <span style="color: red;">GR</span> Bridge</p> <p>1:30 <span style="color: purple;">2</span> Bunco</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:30 <span style="color: blue;">LO</span> Reminiscing with John</p> <p>1:45 <span style="color: red;">GR</span> 10c Bingo</p> <p>3:30 <span style="color: blue;">LO</span> Social Hour with Brandon Perry</p> <p>6:30 <span style="color: blue;">LO</span> Puzzle Time</p>	<p>9:30 <span style="color: blue;">OT</span> Walmart</p> <p>9:30 <span style="color: red;">MC</span> Exercise with Karen</p> <p>10:30 <span style="color: blue;">LO</span> Skip Bo</p> <p>1:00 <span style="color: blue;">LO</span> Gregg on Piano</p> <p>1:00 <span style="color: blue;">LO</span> Visit with Bailey the Therapy Dog</p> <p>1:30 <span style="color: blue;">OT</span> Errands</p> <p>2:00 <span style="color: blue;">OT</span> Walking Group</p> <p>3:00 <span style="color: blue;">LO</span> Chef Chat with Max</p> <p>3:30 <span style="color: red;">MC</span> For the Love of Art</p> <p>3:30 <span style="color: blue;">LO</span> Poker Game with Wayne</p> <p>6:30 <span style="color: red;">MC</span> Movie Night with Eric</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: blue;">LO</span> Toy stuffing for Children in Safe House - with Judy</p> <p>2:00 <span style="color: blue;">LO</span> Music Hour with Mike on Piano</p> <p>3:15 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:30 <span style="color: red;">GR</span> Bible Study</p>	<p><b>Happy Birthday Bill!</b></p> <p>9:30 <span style="color: green;">YR</span> St. Francis of Assisi Communion</p> <p>10:00 <span style="color: red;">GR</span> Chess Group with Sadra</p> <p>10:00 <span style="color: blue;">LO</span> Frisco Garden Club</p> <p>11:00 <span style="color: red;">MC</span> BASICS Training with Ron</p> <p>1:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:30 <span style="color: blue;">LO</span> Mexican Train with Cheri</p> <p>3:00 <span style="color: blue;">LO</span> Hymn Sing with Marge, Don &amp; Pastor Bob</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:15 <span style="color: green;">YR</span> Book Club with Holden</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Chair Yoga</p> <p>10:00 <span style="color: purple;">2</span> Art Class with Manasa</p> <p>10:30 <span style="color: red;">GR</span> Bunco</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:30 <span style="color: blue;">LO</span> Harmony the Therapy Dog</p> <p>2:30 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:15 <span style="color: red;">GR</span> Sorry With Peggy</p>
<p><b>Happy Mother's Day!</b></p> <p><b>Happy Birthday Delores!</b></p> <p>10:00 <span style="color: green;">YR</span> Coffee Social with Friends</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:30 <span style="color: blue;">LO</span> Spoons with Rahul</p> <p>1:15 <span style="color: red;">MC</span> Church Service</p> <p>2:00 <span style="color: red;">GR</span> Bridge</p> <p>2:30 <span style="color: red;">MC</span> Afternoon Movie with Eric</p> <p>3:00 <span style="color: blue;">LO</span> Puzzle Time</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:45 <span style="color: red;">GR</span> Brain Games with Lisa</p> <p>12:45 <span style="color: purple;">2</span> Prayer Group with Wanda &amp; Dolores</p> <p>1:30 <span style="color: purple;">2</span> Bunco</p> <p>1:30 <span style="color: red;">GR</span> Bridge</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p><b>Happy Birthday Johnnie Mae!</b></p> <p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:00 <span style="color: purple;">2</span> Craft Group with Dominique</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:45 <span style="color: red;">GR</span> 10c Bingo</p> <p>3:30 <span style="color: blue;">LO</span> Social Hour with Toney Walsh</p> <p>6:30 <span style="color: blue;">LO</span> Puzzle Time</p>	<p>9:30 <span style="color: red;">MC</span> Exercise with Karen</p> <p>9:30 <span style="color: blue;">OT</span> Walmart</p> <p>10:30 <span style="color: blue;">LO</span> Skip Bo</p> <p>1:00 <span style="color: blue;">LO</span> Gregg on Piano</p> <p>1:30 <span style="color: blue;">OT</span> Errands</p> <p>2:00 <span style="color: blue;">OT</span> Walking Group</p> <p>3:00 <span style="color: green;">YR</span> New Residents' Meet and Greet</p> <p>3:30 <span style="color: red;">MC</span> Wii Bowling</p> <p>3:30 <span style="color: blue;">LO</span> Poker Game with Wayne</p> <p>6:30 <span style="color: red;">MC</span> Movie Night with Eric</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>9:30 <span style="color: blue;">OT</span> Trip to the President George W Bush Library</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>2:00 <span style="color: red;">GR</span> Sorry With Peggy</p> <p>3:15 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:30 <span style="color: red;">GR</span> Bible Study</p>	<p>9:30 <span style="color: green;">YR</span> St. Francis of Assisi Communion</p> <p>10:00 <span style="color: red;">GR</span> Chess Group with Sadra</p> <p>11:00 <span style="color: red;">MC</span> BASICS Training with Ron</p> <p>1:30 <span style="color: blue;">LO</span> Mexican Train with Cheri</p> <p>1:30 <span style="color: purple;">2</span> Rummikub</p> <p>3:00 <span style="color: blue;">LO</span> Sing-A-Long with Don &amp; Marge</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:15 <span style="color: green;">YR</span> Book Club with Holden</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: red;">GR</span> Bunco</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:30 <span style="color: blue;">LO</span> Harmony the Therapy Dog</p> <p>2:30 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:15 <span style="color: red;">GR</span> Sorry With Peggy</p>
<p>10:00 <span style="color: green;">YR</span> Coffee Social with Friends</p> <p>10:30 <span style="color: blue;">LO</span> Spoons with Rahul</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:15 <span style="color: red;">MC</span> Church Service</p> <p>2:00 <span style="color: red;">GR</span> Bridge</p> <p>2:30 <span style="color: red;">MC</span> Afternoon Movie with Eric</p> <p>3:00 <span style="color: blue;">LO</span> Puzzle Time</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:45 <span style="color: red;">GR</span> Brain Games with Lisa</p> <p>12:45 <span style="color: purple;">2</span> Prayer Group with Wanda &amp; Dolores</p> <p>1:30 <span style="color: red;">GR</span> Bridge</p> <p>1:30 <span style="color: purple;">2</span> Bunco</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:30 <span style="color: blue;">LO</span> Knitting Group</p> <p>1:45 <span style="color: red;">GR</span> 10c Bingo</p> <p>3:30 <span style="color: blue;">LO</span> Social Hour with Steve Christians</p> <p>6:30 <span style="color: blue;">LO</span> Puzzle Time</p>	<p>9:30 <span style="color: red;">MC</span> Exercise with Karen</p> <p>9:30 <span style="color: blue;">OT</span> Walmart</p> <p>10:30 <span style="color: blue;">LO</span> Skip Bo</p> <p>1:00 <span style="color: blue;">LO</span> Gregg on Piano</p> <p>1:30 <span style="color: blue;">OT</span> Errands</p> <p>2:00 <span style="color: blue;">OT</span> Walking Group</p> <p>3:00 <span style="color: blue;">LO</span> Town Hall Meeting</p> <p>3:30 <span style="color: red;">MC</span> Wii Bowling</p> <p>3:30 <span style="color: blue;">LO</span> Poker Game with Wayne</p> <p>6:30 <span style="color: red;">MC</span> Movie Night with Eric</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: blue;">LO</span> Knitting Group</p> <p>2:00 <span style="color: blue;">LO</span> Birthday Party with Mike on Piano</p> <p>3:15 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:30 <span style="color: red;">GR</span> Bible Study</p>	<p>9:30 <span style="color: green;">YR</span> St. Francis of Assisi Communion</p> <p>10:00 <span style="color: red;">GR</span> Boys and Girls Club</p> <p>10:00 <span style="color: red;">GR</span> Chess Group with Sadra</p> <p>11:00 <span style="color: red;">MC</span> BASICS Training with Ron</p> <p>1:30 <span style="color: blue;">LO</span> Mexican Train with Cheri</p> <p>1:30 <span style="color: purple;">2</span> Rummikub</p> <p>3:00 <span style="color: blue;">LO</span> Sing-A-Long with Don &amp; Marge</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:15 <span style="color: green;">YR</span> Book Club with Holden</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Chair Yoga</p> <p>10:00 <span style="color: purple;">2</span> Art Class with Manasa</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:30 <span style="color: red;">GR</span> Bunco</p> <p>1:30 <span style="color: blue;">LO</span> Harmony the Therapy Dog</p> <p>2:30 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:15 <span style="color: red;">GR</span> Sorry With Peggy</p>
<p>10:00 <span style="color: green;">YR</span> Coffee Social with Friends</p> <p>10:30 <span style="color: blue;">LO</span> Spoons with Rahul</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:15 <span style="color: red;">MC</span> Church Service</p> <p>2:00 <span style="color: red;">GR</span> Bridge</p> <p>2:00 <span style="color: blue;">LO</span> 7 Notes Children's performance</p> <p>2:30 <span style="color: red;">MC</span> Afternoon Movie with Eric</p> <p>3:00 <span style="color: blue;">LO</span> Puzzle Time</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p>	<p><b>Memorial Day</b></p> <p><b>Happy Birthday Marcia!</b></p> <p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>10:45 <span style="color: red;">GR</span> Brain Games with Lisa</p> <p>12:45 <span style="color: purple;">2</span> Prayer Group with Wanda &amp; Dolores</p> <p>1:30 <span style="color: purple;">2</span> Bunco</p> <p>1:30 <span style="color: red;">GR</span> Bridge</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:00 <span style="color: purple;">2</span> Craft Group with Dominique</p> <p>10:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:45 <span style="color: red;">GR</span> 10c Bingo</p> <p>3:30 <span style="color: blue;">LO</span> Social Hour with Tony Maccaroni</p> <p>6:30 <span style="color: blue;">LO</span> Puzzle Time</p>	<p>9:30 <span style="color: blue;">OT</span> Walmart</p> <p>9:30 <span style="color: red;">MC</span> Exercise with Karen</p> <p>10:30 <span style="color: blue;">LO</span> Skip Bo</p> <p>1:00 <span style="color: blue;">LO</span> Gregg on Piano</p> <p>1:30 <span style="color: blue;">OT</span> Errands</p> <p>2:00 <span style="color: blue;">OT</span> Walking Group</p> <p>3:30 <span style="color: blue;">LO</span> Poker Game with Wayne</p> <p>3:30 <span style="color: red;">MC</span> Wii Bowling</p> <p>6:30 <span style="color: red;">MC</span> Movie Night with Eric</p>	<p>9:30 <span style="color: red;">MC</span> Exercise</p> <p>10:30 <span style="color: red;">MC</span> Current Events with Rabbi Wolk</p> <p>2:00 <span style="color: red;">GR</span> Sorry With Peggy</p> <p>3:15 <span style="color: red;">GR</span> 10c Bingo</p> <p>6:30 <span style="color: red;">GR</span> Bible Study</p>	<p>9:30 <span style="color: green;">YR</span> St. Francis of Assisi Communion</p> <p>10:00 <span style="color: red;">GR</span> Chess Group with Sadra</p> <p>11:00 <span style="color: red;">MC</span> BASICS Training with Ron</p> <p>1:30 <span style="color: purple;">2</span> Rummikub</p> <p>1:30 <span style="color: blue;">LO</span> Mexican Train with Cheri</p> <p>6:00 <span style="color: blue;">LO</span> Dominoes</p> <p>6:15 <span style="color: green;">YR</span> Book Club with Holden</p> <p>6:30 <span style="color: red;">MC</span> Wii Bowling</p>	

# May 2019

## Our Mission Statement



WE SERVE OUR ELDERS.  
WE OFFER UNCONDITIONAL LOVE.  
WE NURTURE PERSONAL GROWTH.  
WE CELEBRATE LIFE.  
WE MAKE A DIFFERENCE.

### YOUR MANAGEMENT TEAM

Executive Director-----Robin Payne  
Office Supervisor-----Angie Galvan  
Marketing Director-----Robin Mewbourne  
Assisted Living Director-----Sam Vaughn  
Dining Services Director-----Max Khan  
Resident Services Director-----Karen Rowlett  
Maintenance Director-----Willie Houston

## "This Month In History" MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

**1935:** Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball's first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

**1977:** With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

**2003:** Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2018:** "The Rivals," a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.