

Lebensraum

118 Ingalls Grand Island, Ne 68803



*Get to Know our
Staff*

Deb Halm-Owner

*Megan Corona-
Owner*

*Lasha Hudson-
Manager*

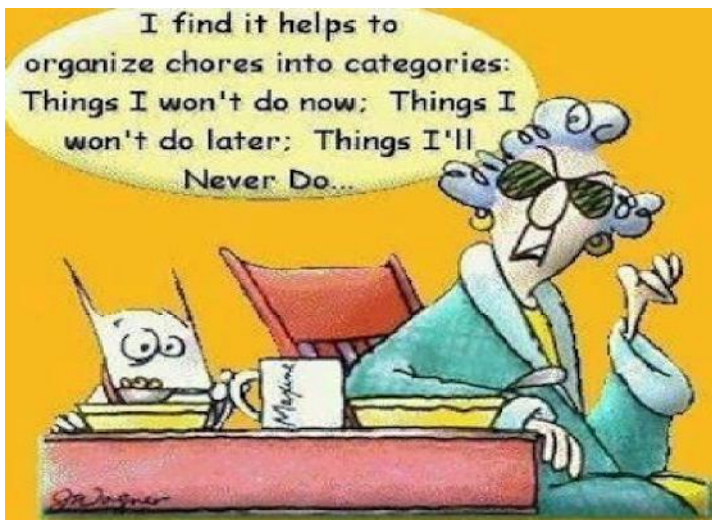
*Giann Callahan-
Activity Director*

Sweet Summer Time

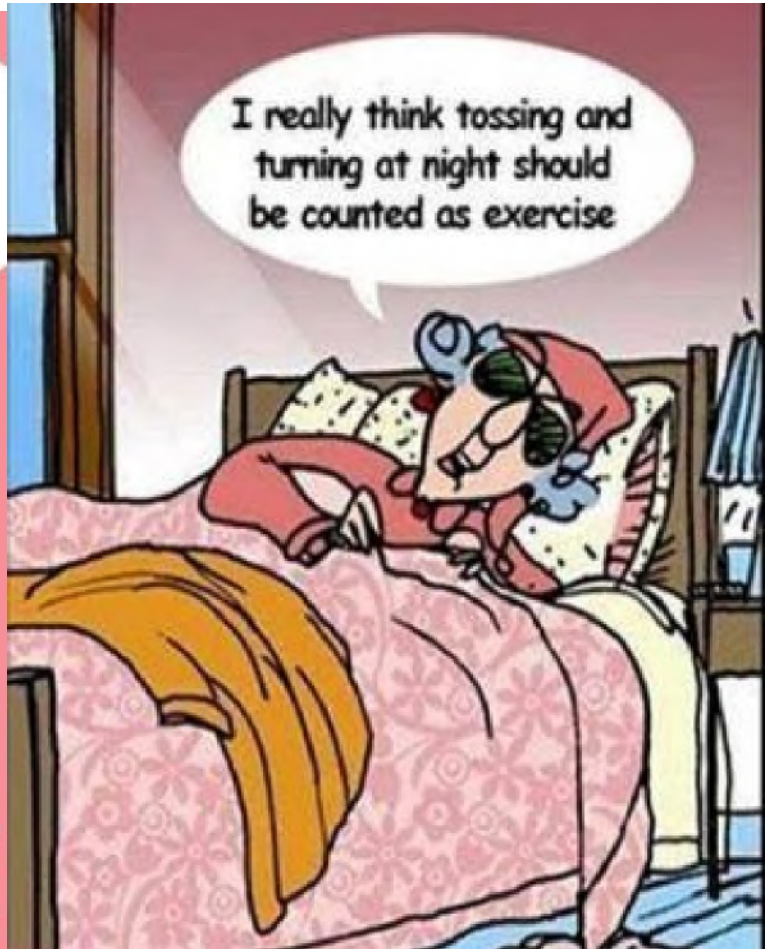
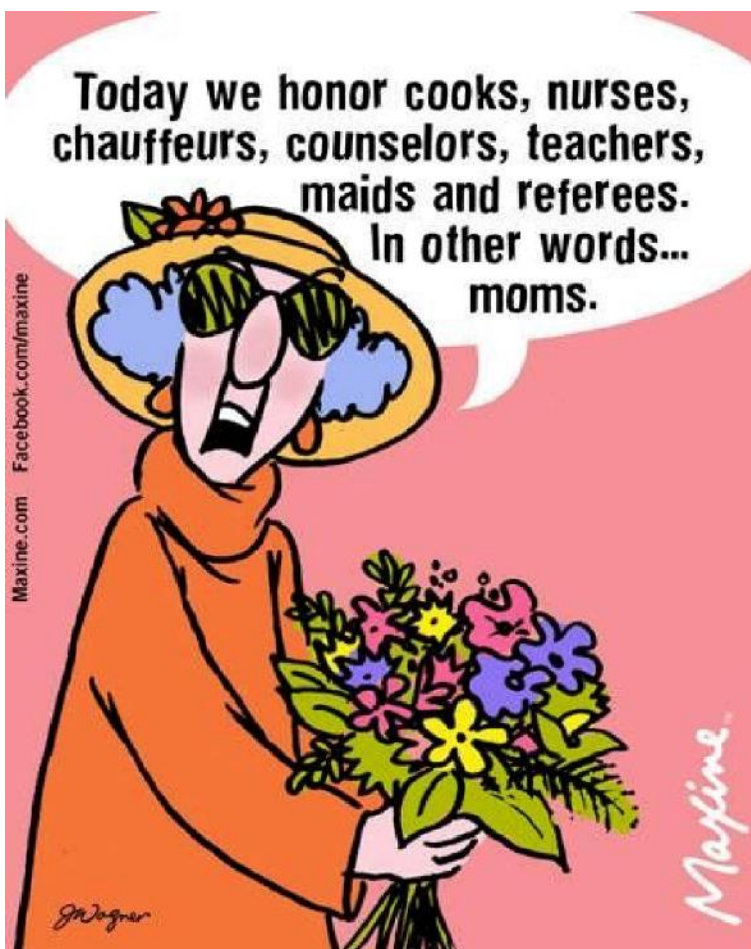
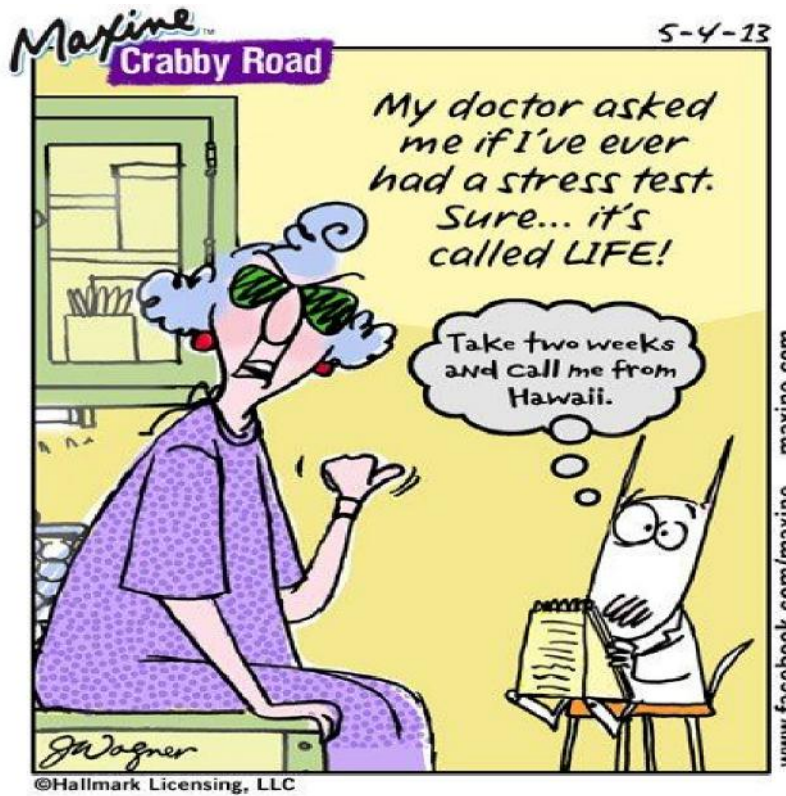
Hello Friends & Family wow, has the year flown by already half way over so hard to believe. We have been enjoying this beautiful weather, walking outside, watching our garden grown, train rides, golfing, and picnics in the park. It has been so nice to get outside and enjoy the sun. We will be having our annual Family Picnic in August just as a reminder. We hope you all have a very safe and Happy 4th of July!

*Summer
MEANS
happy times
& GOOD
Sunshine*





Why it's important to be organized



The Art of Being Bored



July is not the month to sit around twiddling your thumbs: it's Anti -Boredom Month. But wait! Before you decide to spice up your life by taking up a

new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing.

Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.

Enjoying a little gardening



Big Red Treats



A little puppy love



A Canned Classic



Over the past 87 years, Spam—Hormel’s renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but

shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over nine billion cans of Spam have been sold.

Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guamanian eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald’s and Burger King. Spam is so popular in Hawaii that it is called “The Hawaiian Steak,” and other canned meats, such as Armour Treet, are not nearly as popular.

Why has Spam become such a celebrated piece of Americana? Was it the now famous 1970 sketch by Britain’s comedy troupe Monty Python that launched Spam to international stardom? Or is it the curiosity surrounding the meaning of its name or the mystery of its ingredients? We may never know why Spam has become so popular, but the Smithsonian has taken the lead in immortalizing it. Two cans of Spam, one bearing the original packaging and another with an updated design, have been added to the museum’s exhaustive collection. It may satisfy Spam’s devoted followers to know that their favorite canned meat product is a work of art.

Birthdays

July

7th – Cyndie Larson

15th - Teri G.

26th - Pat M.

August

10th –Dean P.

14th –Delores L.

20th Jane M.

September

7th – Ruby W.

8th- Dona Y.

13th – Diane P.

17th – Lois U.

26th Gilbert A.

