

Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

MAY 2019 SCHOLL CANYON ESTATES STAFF

Managers..... WILLIAM & RENEE RAUSCHER
Assistant Managers ..ROBBIE & VIKKI MORRIS
Executive Chef.....VICTORIA MAITIA
Sous ChefZOILA VAZQUEZ
Activity CoordinatorMARYBETH
MALONEY THICKE
MaintenancePAUL GONZALES
Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only
Hair, Nails, Facials
First Floor, Scholl Canyon Estates
818-551-1949

HAWTHORN
SENIOR LIVING

Adventures With Doug

Havasupai

Tuesday, May 7th at 3:30 p.m.

Activity Room

Havasupai means “people of the blue green water,” and they dwelled in the northern central Arizona (including the Grand Canyon) for over 1,000 years. There is no road into this incredible area, so we’ll trek eight miles down the magnificent Havasu Canyon (a large tributary on the south side of the Colorado River) to Supai village. From there, we’ll head downstream to see some of the most beautiful waterfalls in the world. Join us for our slide show filled with fun stories and spectacular scenery as we take a once-in-a-lifetime trip into this amazing area.



Havasupai Falls



What's Cookin' In The Kitchen

Chef Victoria has done it again! Three years in a row, our amazing Chef has made her kitchen the cleanest and most organized kitchen in the Hawthorn Region. The Culinary Pride Award, given to Victoria and her team, was handed out by our Regional Chef, Irma. Eleven kitchens in the region compete for this top award, and Victoria and her staff won it once again.

Chef Victoria had her first Kitchen Tour last month, and it was a huge success with the eight residents who were lucky enough to sign up. They were given not only a tour of our amazing kitchen but also learned about the inner working of preparing and plating the food for mealtime. Residents even got to make bread for dinnertime. Victoria will be holding monthly tours, so check in the Activity Room for the next sign-up sheet.

The Health Department made a surprise visit to Scholl, and we passed with flying colors!. Go Team Scholl!



Congratulations to Chef Victoria and her team!



Regional Chef Irma awards the Culinary Pride Award to Chef Victoria.

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In case you missed any of our great day trips or daily activities last month, here's a recap:

Night-Out With the Managers was a fun night that started off at a delicious Mediterranean restaurant in Eagle Rock called Aslan. We then took a drive to Griffith Park Observatory to



Hale entertaining our residents with his native stories.



Loving the warm sunlight at Palos Verdes Park



Night out with the Managers to dinner and then Griffith Park Observatory



..... Scholl's Happy Happenings

see the spectacular city lights. It was such a great night, you don't want to miss the next one which will be on Tuesday, May 28th. Check the schedule for more details.

Native American Culture and Dance with Benjamin Hale was a great treat. The Activity Room was packed while Benjamin told stories about his native Navajo tribe history. He explained the meaning behind the POW WOW ceremonies, customary clothing and the meaning behind their tribal dances. Hale, who grew up in two different worlds, his native world and the modern world, shared how he found a way to balance it all. He now encourages his own children and

grandchild to carry on the dance of his native people. He danced the Eagle Dance and the Fancy Feather Dance, among others.

We took a scenic drive to Palos Verdes Peninsula on a gorgeous April day while the sun was shining and wildflowers dotted the hillside. It was a relaxing and beautiful day driving along the coast.

Wanting to see more of our gorgeous "Super Bloom" wildflower season, we packed a yummy lunch made by Chef Victoria and took a day trip to the Lancaster, California, Poppy Reserve. It was an amazing sight! The poppies were in full bloom, and were so bright and rich in color, we needed our sunglasses.

Mrs. Vigil's Kindergarten Class from Glendale Academy came back again

this year for a Easter Egg Hunt. Residents got together to fill plastic eggs and hid them for the adorable children. We even made a bunny craft for them to take home. This month, stay tuned for information about our Residents going to their school for a visit.

These activities were a great start to spring!



Enjoying the beautiful poppies!



California Poppy Reserve



Nene with Benjamin Hale



Catching some of the ocean breezes along the PV Peninsula



Easter crafts for the Kindergarten Class



Hale showing us his Bald Eagle Headdress.

MAY 2019

Birthdays

Esther Levine, 3rd
Kaline Rogers, 10th
Bruce Folkart, 12th
Florence Dilbeck, 21st
Donna McClellan, 22nd
Carol Locke, 27th
Lowell Beezley, 30th
Susana E, 31st

Transportation

Monday, 9:30 a.m.
1st, 3rd and 5th —
Ralphs and Post Office
2nd and 4th — Vons
and Rite Aid

Monday, 11 a.m.
1st, 3rd and 5th —
Vons and Rite Aid
2nd and 4th — Ralphs
and Post Office

Monday, 2 p.m.
CVS Pharmacy

Tuesday and Thursday,
By Appointment Only
Doctor & Medical
Appointments

Friday, 10:15 a.m.
1st — 99 Cent Store
2nd — Big Lots
3rd and 5th —
Trader Joe’s/Walgreens
4th — Walmart

Friday, 2 p.m.
1st — Trader Joe’s/
Walgreens
2nd — Target and Macy’s
3rd — Dollar King
4th — T.J. Maxx, Ross,
Nordstrom Rack

“Age is not how
old you are, but
how many years of
fun you’ve had.”
—Matt Maldre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1	9:30 Exercise with Julie 2 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	Shopping Day 3 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Smoothies, Snacks & Chit Chat 4:30 Praise Singalong 6:45 Cards 	9:30 Exercise 10:00 Donuts & Coffee 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
	10:00 First Congregational Church of Glendale Service 5 11:00 Adult Coloring with Renee 12:30 Cinco De Mayo Celebration with Mariachi Band 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 6 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting Class with Hazel 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:30 Stretch Chair Exercise with Marybeth 8 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 9 11:00 Beading Class 2:00 Residents/Chef Meeting 2:30 Residents/Activity Meeting 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	Shopping Day 10 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Music Hour with Sherri Canon 3:00 Smoothies, Snacks & Chit Chat 4:30 Praise Singalong 6:45 Cards 
MOTHER'S DAY 12	10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 11:30 Mother's Day Brunch with Entertainment 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards 	Shopping Day 13 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Residents/Managers Meeting 3:00 Arts & Crafts 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:30 Stretch Chair Exercise with Marybeth 15 10:00 Day Trip 12:30 Monthly Birthday Celebration 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 16 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	Shopping Day 17 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Smoothies, Snacks & Chit Chat 4:30 Praise Singalong 6:45 Cards
10:00 First Congregational Church of Glendale Service 19 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 20 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting Class with Hazel 6:45 Cards	9:30 Exercise with Julie 21 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 5:00 Night Out with the Managers 	9:30 Stretch Chair Exercise with Marybeth 22 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn 	9:30 Exercise with Julie 23 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Culinary Series: Hydrating Drinks & Snacks 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	Shopping Day 24 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Smoothies, Snacks & Chit Chat 4:30 Praise Singalong 6:45 Cards	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 26 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	MEMORIAL DAY 27 Shopping Day 9:30 Tai Chi with Marybeth 11:15 Brain Train 12:30 Memorial Day Celebration with Entertainment 2:00 Game of Taboo 3:00 Arts & Crafts 6:45 Cards 	9:30 Exercise with Julie 28 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:15 Day Trip: San Manuel Casino 29 9:30 Stretch Chair Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 30 11:00 Beading Class 1:00 Resident Raffle Prizes 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki 	Shopping Day 31 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Smoothies, Snacks & Chit Chat 4:30 Praise Singalong 6:45 Cards 	



Carl's Corner

- "I slept like a baby."
"You mean you woke up every two hours screaming?"
- Cop says, "And where were you between 5 and 6?"
"In Kindergarten, like everyone else."
- "Have you lived here all your life?"
"Well, no, not yet."

Culinary Educational Series

During the month of May, many pamper the lovely women in our lives by doing nice things around Mother's Day. For this month's Culinary Education Series, we want to pamper everyone by focusing on meditation, hydrating our bodies and eating healthy and nutritional snacks.

Many of you attend our Meditation Class with Marybeth on Fridays at 11:30 a.m. If you haven't come to the class yet, let's talk about all the benefits it can give you.

Meditation is a process of training your mind to focus and redirect your thoughts. Many use it to increase awareness of themselves and their surroundings and to "live in the moment." The benefits of meditation include reducing stress and anxiety, coping with an addiction, lowering blood pressure, dealing with depression, helping to control pain, improving moods, aiding in good sleep habits and much more.

This month in Cooking Corner, Thursdays at 3 p.m., we will be making healthy snacks with lots of antioxidants and tasty flavored waters and teas. Come explore the wonderful benefits of meditation, hydrating our bodies and eating healthy, yummy snacks between meals.

Idell Moffet

We are thrilled to welcome back Idell Moffet to our community. She and her husband, Isaiah, lived here for over a year around 2014. It was after his passing that Idell decided to move to Valencia to be closer to her daughter. She is thrilled to be back among her Scholl Canyon Family and her Adventist Church family.

Growing up in New Orleans, Louisiana, she was one of



*Welcoming back
Idell Moffet*

three girls, and her parents were domestic workers. She recalls it being a very hard time for blacks in the South. Idell was nine years old when her uncle suggested that her family move to Los Angeles; her parents jumped at the opportunity.

Idell was educated in Los Angeles. While working at California Lutheran Hospital, she got her training as an LPN and worked in the '50s. Idell met her first husband in high school, and they had three daughters together. She remembers studying for her Civil Service exams and worked as a typist for the City of L.A. She then became a Branch Manager for the City of L.A. Education has always been

important to Idell, and as a career woman herself, Idell encouraged young people to continue their education and get a career. When she worked for the Civil Service, she was so qualified that she was constantly being sent out on interviews. Yet, the moment she got in the door, she was turned away and not even allowed to interview due to the color of her skin. Idell fondly remembers sitting at the kitchen table with her three daughters as they did their homework, and she would practice her shorthand at the same time. Her daughter would read her own school book to her, as they would polish up on her skills. At that time, she remembers her goal was to become an executive

secretary. She certainly did achieve that and much more.

It was at that table she later learned from her daughter she was setting a wonderful example of working hard to achieve her goals. She would remind her daughters they needed to look out for the other kids who were being picked on and bullied at school. They knew what it was like to be rejected, and she always instilled in them the need to befriend those who were left out. Idell encouraged her family to invite people over to their house for meals. Idell became a mother to all her kids' friends and neighbors.



Marvelous May Events

Here's a quick and easy guide to some of the fun new activities and events for the month of May:

- **Friday, May 3rd:** Smoothies, Snacks and Chit Chat at 3 p.m. with Marybeth. It's springtime, which means healthy smoothies are back. Each Friday in May, we will make a different yummy and healthy smoothie, snacks and discuss a weekly topic. In April, Residents talked about their first job, which brought back wonderful memories and funny stories. If you have a suggestion of a good Chit Chat topic, please let Marybeth know about it.
- **Sunday, May 5th:** Cinco De May celebration with authentic home-made Mexican cuisine and an entertaining Mariachi Band. All starting at 12:30 p.m.
- **Sunday, May 12th:** Mother's Day Brunch from 11:30 a.m. to 1:30 p.m. Chef Victoria and her team always out do themselves on Mother's Day, as they provide a spectacular brunch. Invite your friends and family early to join you, and make sure you RSVP.
- **Monday, May 27th:** Memorial Day Celebration at 12:30 p.m. with entertainment. This day marks our first outdoor celebration of the season, and what a wonderful holiday to welcome back this fun Scholl tradition. Let's honor and remember all those who lost their lives serving in our Armed Forces.

She met her true love, Isaiah, who was from Soso, Mississippi, when they both were in their 60s. Idell had moved to the grapevine area of Gorman, California. She owned over 50 acres of land, over 1,400 peach trees and a wonderful house. Idell had all the comforts in the world, but she was lonely. She mentioned this to a friend one day, and her friend mentioned it to her dear friend. They were determined to find a nice man for Idell. That is exactly what they did. Isaiah had worked as a landscaper for the Natchez Trace, but he had since retired and was the Elder at the local Adventist Church.

He happened to tell one of these friends of Idell's that he was looking for a wife. So, the match making began!

Isaiah called her, and they talked each weekend and realized they shared the love of the land, the love of God and their Seventh Day Adventist Religion and much more. He asked her if he could send her a ticket to come see him for a reunion weekend for Oakwood University, which she did. Idell felt comfortable flying south to see him, plus her friends were going to be there as well. Idell later found out she was praying for a husband at the same time Isaiah was praying for a wife. It was certainly Divine intervention. Isaiah

told her he would bring a single red rose to the baggage area, and that is how she would know who he was. Although he was late arriving to pick her up due to traffic, she knew him immediately when he came down the stairs, even if he hadn't had the red rose in his hand. The moment Idell saw Isaiah, he knocked her off her feet, and she was walking on air. They were so taken with each other that Idell recalls, with laughter in her voice, she had forgotten to call her children to let them know she had arrived safely. Boy, did she get a lecture from her daughters.

Later in the weekend, Isaiah asked Idell if she would consider living in Mississippi, and her answer was, "under what

conditions?" He said, "As Mrs. Moffet." They were married soon after in Soso and then later moved to Alabama to be near their church family. Once they were in their 80s, they missed Idell's girls and moved back to the Los Angeles area into Scholl Canyon Estates. Isaiah died just a year later. Idell then left Scholl to be close to her daughter in 2015.

Idell's love for her three daughters, Sharon, Donna and Renee, two grandchildren, two great-grandchildren, her God and her husband kept Idell happy and strong throughout her life. We are honored and delighted to have Idell back into our lives here at Scholl.

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Gracious Retirement Living

1551 East Chevy Chase Drive
Glendale, CA 91206



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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