

StoneRidge

Gracious Retirement Living

105 Convention Drive • Cary, NC 27511 • Phone (919) 460-0560 • www.seniorlivinginstyle.com

MAY 2019

STONERIDGE STAFF

Management Team ..PAUL & COLLEEN RONGEY
Management Team BOB & DAWN NESSL
Executive Chef.....CARL STEPHENS
Activity Coordinator JOSHUA QUACKENBUSH
MaintenanceBUTCH FINCH
Bus Driver DOMINIC GIANNASCOLI

TRANSPORTATION

Monday, 9:30-11 a.m.: Target Area

Tuesday, 9 a.m.-3 p.m.: Doctor Visits

Wednesday, Activity Outings: Activity Outings

Thursday, 9 a.m.-3 p.m.: Doctor Visits

Friday, 9:30-11 a.m.: Walmart Area

HAWTHORN
SENIOR LIVING

Memorial Day Ceremony Scheduled for Monday, May 27th at 10 a.m.

This Memorial Day at StoneRidge a parade and ceremony are scheduled to honor those who paid the ultimate sacrifice. This inspirational event will also celebrate the lives of our living veterans. The guest speakers and performers include:

- WWII veteran Bill Simpson
- Korean War veteran Jim Kernam
- Vietnam veteran Dick Goudie
- The NC State pipers and drummers
- 2017's Miss North Carolina Victoria Huggins



NC State pipers and drummers



*The 80th Miss
North Carolina,
Victoria Huggins*



Experiencing the Culture of India

In March, South Indian Dancers delighted a large audience of StoneRidge residents. A good number were eager to learn more about the history and culture of India. In History's Amazing Stories they learned about the inspirational leader who inspired Martin Luther King, Mahatma Gandhi. At Gandhi's funeral American broadcast journalist Edward Murrow said the following:



Joyce and Dollie taking in an Indian sculpture several hundreds of years old

"The object of this massive tribute died as he had always lived — a private man without wealth, without property, without official title or office. Mahatma Gandhi was not a commander of great armies nor ruler of vast lands. He could boast no scientific achievements or artistic gift. Yet men, governments and dignitaries from all over the world have joined hands today to pay homage to this little brown man in the loincloth who led his country to freedom. Pope Pius, the Archbishop of Canterbury, President Truman, Chiang Kai-shek, The Foreign



The Temple Tour. From Left: Juanita, Maryanne, Utusmi, Lorraine, Maria, Robert, Josh, Doris, Anna, Sallie Ray, Joe, Irene and Raye



Legacy Occupational Therapist Kiran in her Indian kurta enjoyed the outing and answered interesting questions about the temple.



Minister of Russia, the President of France ... are among the millions here and abroad who have lamented his passing. In the words of General George C. Marshall, the American Secretary of State, 'Mahatma Gandhi had become the spokesman for the conscience of mankind, a man who made humility and simple truth more powerful than empires.'" And Albert Einstein added, "Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth."

A group of 12 of our StoneRidge residents took in some Indian culture on some recent outings. From a Hindu Temple, to an Indian vegetarian restaurant, to the Ackland Museum, they enjoyed experiencing something different.

Informational Seminars Scheduled for May

Outsmart the Scammers

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. Anastasia Council from Edward Jones will be with us Thursday, May 9th at 11 a.m. in the theater room to discuss strategies to protect yourself from scams.

Medication Seminar: Lifestyle Changes and Medication Management

Greystone Village Pharmacy owner Dr. Bryant McGaughey will join us Thursday, May 16th at 2 p.m. to discuss strategies for effectively managing medications to reduce falls and other negative side effects associated with polypharmacy.

A report from the National Institute of Health states:

Nearly 50% of older adults take one or more medications that are not medically necessary. There is some evidence, mostly from observational studies, that polypharmacy in older adults is associated with a number of negative health outcomes such as decreased functional and cognitive health status, increased risk of falls, adverse drug events, hospitalizations and mortality. However, not all studies found these associations.

While the National Institutes of Health (NIH) funds vital basic academic research, globally, it's the private sector driving applied research and development of new medications. Private companies and investors now spend five times what the U.S. federal government does every year on basic medical research. Almost 75% of U.S. clinical trials in medicine are paid for by private companies.

In a perfect world, money wouldn't matter — all scientific studies (regardless of funding source) would be completely objective. But of course, in the real world, funding may introduce biases — for example, when the backer has a stake in the study's outcome. A pharmaceutical company paying for a study of a new depression medication, for example, might influence the study's design or interpretation in ways that subtly favor the drug that they'd like to market. There is evidence that some biases like this do occur. Drug research sponsored by the pharmaceutical industry is more likely to end up favoring the drug under consideration than studies sponsored by government grants or charitable organizations. Similarly, nutrition research sponsored by the food industry is more likely to end up favoring the food under consideration than independently funded research.

So, what should we make of all this? Should we ignore any research funded by companies or special interest groups? Certainly not. These groups provide invaluable funding for scientific research. Furthermore, science has many safeguards in place to catch instances of bias that affect research outcomes. Ultimately, misleading results will be corrected as science proceeds; however, this process takes time. Meanwhile, it pays to scrutinize research studies funded by industry or special interest groups with extra care.

MAY 2019


Birthdays

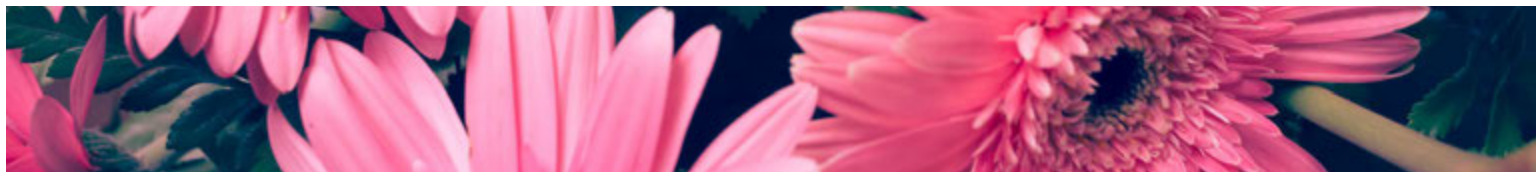
Helen Cole, 3rd
Lisa Hawkins, 3rd
Dixie Gardner, 4th
Bob Rosenbush, 5th
Phillip Bucy, 7th
Evelyn Felice, 10th
Jane Huffman, 10th
Marie Dickson, 18th
Deborah Bryan, 20th
Sarah Almblad, 31st

Locations

3rd Floor Exercise Room, 3rd. ex.
Activity Room, AR
Atrium, AT
Billiards Room, BR
Bistro, BI
Chapel, CH
Dining Room, DR
Fire Pit, FP
Library, LB
Lobby, L
Media Room, MR
Patio, P
Theater, TH
Tree House, 4th FL
TV Room 2nd Floor, TV/2ndFL

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

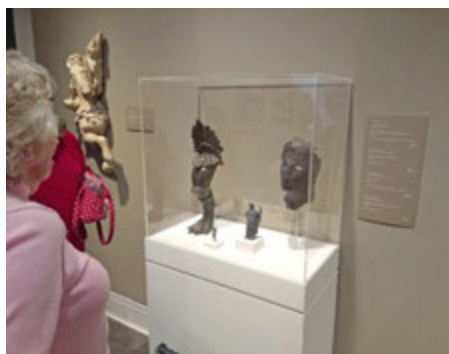
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>MAY DAY1</div> <div>9:00 Duke Gardens</div> <div>9:30 Get Fit, AR</div> <div>10:00 Sunlight Walk, L</div> <div>2:00 Mah Jong, BR</div> <div>3:30 Virtual General, TH</div> <div>6:45 The Rosary, CH</div> <div>7:00 Catholic Service, CH</div> <div>7:00 Movie, TH</div>	<div>2</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Creative Arts, AR</div> <div>11:00 Chef/Resident Meeting, AR</div> <div>2:00 Bible Study, LB</div> <div>2:00 Bridge Brigade, BR</div> <div>3:00 Crossword Capers, AR</div> <div>4:00 Buffalo Bingo, AR</div>	<div>3</div> <div>10:00 Canasta, TV/2ndFL</div> <div>10:30 Tai Chi and Yoga, P</div> <div>11:00 Jerry/Joyce, Service, CH</div> <div>2:00 Rush for Berlin, AR</div> <div>3:00 PowerFlex, AT</div> <div>4:00 Buffalo Bingo, AR</div> <div>6:30 Serenaders, L</div> <div>7:00 Movie, TH</div> <div></div>	<div>4</div> <div>10:30 Boggle, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>7:00 Bridge, BR</div> <div>7:00 Movie, TH</div> <div></div>
<div>5</div> <div>10:00 Sunlight Walk, L</div> <div>11:00 Games of Your Choice, AR</div> <div>2:00 Yahtzee, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Tales of Mystery, LB</div> <div>2:00 Cornhole with Henry, P</div> <div>3:30 Sunday Service, CH</div> <div></div>	<div>6</div> <div>9:30 Get Fit, AR</div> <div>10:00 TED Talks, TH</div> <div>11:00 Bible Service, CH</div> <div>11:00 Pokeno, TV/2ndFL</div> <div>2:00 Mah Jong, BR</div> <div>2:00 Volleyball, AR</div> <div>2:00 Mat Making, AR</div> <div>3:00 Love on a Leash, AT</div> <div>4:00 Bingo, AR</div>	<div>7</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Residents and Managers, AR</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 History: Victory Europe, TH</div> <div>4:00 Buffalo Bingo, AR</div> <div>7:00 Poker Night, BR</div> <div></div>	<div>8</div> <div>9:30 Get Fit, AR</div> <div>9:30 Crabtree Lake Hike</div> <div>2:00 Mah Jong, BR</div> <div>3:00 Razzmatazz Dancers, AR</div> <div>4:00 ABC Book Club, LB</div> <div>6:45 The Rosary, CH</div> <div>7:00 Catholic Service, CH</div> <div>7:00 Movie, TH</div>	<div>9</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Creative Arts, AR</div> <div>11:00 Outsmart Scammers, TH</div> <div>2:00 Bible Study, LB</div> <div>2:00 Bridge Brigade, BR</div> <div>3:00 Crossword Capers, AR</div> <div>4:00 Buffalo Bingo, AR</div>	<div>10</div> <div>10:00 Canasta, TV/2ndFL</div> <div>10:30 Tai Chi and Yoga, P</div> <div>11:00 Jerry/Joyce, Service, CH</div> <div>2:00 History’s Amazing Stories, AR</div> <div>3:00 Bocce Ball, AT</div> <div>4:00 Buffalo Bingo, AR</div> <div>6:30 Serenaders, L</div> <div>7:00 Movie, TH</div> <div></div>	<div>11</div> <div>10:30 Checkers, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>7:00 Bridge, BR</div> <div>7:00 Movie, TH</div>
<div>12</div> <div>MOTHER’S DAY</div> <div>10:00 Sunlight Walk, L</div> <div>11:00 Games of Your Choice, AR</div> <div>2:00 Yahtzee, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Tales of Mystery, LB</div> <div>2:00 Cornhole with Henry, P</div> <div>3:30 Sunday Service, CH</div>	<div>13</div> <div>9:30 Get Fit, AR</div> <div>10:00 Professor Clark, AR</div> <div>11:00 Bible Service, CH</div> <div>11:00 Pokeno, TV/2ndFL</div> <div>2:00 Mah Jong, BR</div> <div>2:00 Volleyball, AR</div> <div>2:00 Mat Making, AR</div> <div>3:00 Love on a Leash, AT</div> <div>4:00 Bingo, AR</div>	<div>14</div> <div>9:00 Blood Pressure Check, BI</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Korean War History, TH</div> <div>4:00 Buffalo Bingo, AR</div> <div>7:00 Poker Night, BR</div>	<div>15</div> <div>9:00 North Carolina Zoo</div> <div>9:30 Get Fit, AR</div> <div>10:00 Sunlight Walk, L</div> <div>2:00 Mah Jong, BR</div> <div>6:45 The Rosary, CH</div> <div>7:00 Catholic Service, CH</div> <div>7:00 Movie, TH</div>	<div>16</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Creative Arts, AR</div> <div>2:00 Bible Study, LB</div> <div>2:00 Bridge Brigade, BR</div> <div>2:00 Medication Seminar, TH</div> <div>3:00 Crossword Capers, AR</div> <div>4:00 Buffalo Bingo, AR</div>	<div>17</div> <div>10:00 Canasta, TV/2ndFL</div> <div>10:30 Tai Chi and Yoga, P</div> <div>11:00 Jerry/Joyce, Service, CH</div> <div>2:00 Korean War History, TH</div> <div>3:00 PowerFlex, AT</div> <div>4:00 Buffalo Bingo, AR</div> <div>6:30 Serenaders, L</div> <div>7:00 Movie, TH</div>	<div>18</div> <div>10:30 Boggle, AR</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>7:00 Bridge, BR</div> <div>7:00 Big Red Dancers, AR</div> <div></div>
<div>19</div> <div>10:00 Sunlight Walk, L</div> <div>11:00 Games of Your Choice, AR</div> <div>2:00 Yahtzee, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Tales of Mystery, LB</div> <div>2:00 Cornhole with Henry, P</div> <div>3:30 Sunday Service, CH</div>	<div>20</div> <div>9:30 Get Fit, AR</div> <div>10:00 TED Talks, TH</div> <div>11:00 Bible Service, CH</div> <div>11:00 Pokeno, TV/2ndFL</div> <div>2:00 Mah Jong, BR</div> <div>2:00 Volleyball, AR</div> <div>2:00 Mat Making, AR</div> <div>3:00 Love on a Leash, AT</div> <div>4:00 Bingo, AR</div> <div></div>	<div>21</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Vietnam War History, TH</div> <div>4:00 Buffalo Bingo, AR</div> <div>7:00 Poker Night, BR</div> <div>7:00 Chapel Singers, DR</div>	<div>22</div> <div>9:30 Get Fit, AR</div> <div>9:30 Pine Lake Hike</div> <div>10:00 Sunlight Walk, L</div> <div>2:00 Mah Jong, BR</div> <div>3:30 Virtual General, TH</div> <div>6:45 The Rosary, CH</div> <div>7:00 Catholic Service, CH</div> <div>7:00 Movie, TH</div>	<div>23</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Creative Arts, AR</div> <div>2:00 Bible Study, LB</div> <div>2:00 Bridge Brigade, BR</div> <div>3:00 Crossword Capers, AR</div> <div>4:00 Buffalo Bingo, AR</div>	<div>24</div> <div>10:00 Canasta, TV/2ndFL</div> <div>10:30 Tai Chi and Yoga, P</div> <div>11:00 Jerry/Joyce, Service, CH</div> <div>2:00 Vietnam War History, TH</div> <div>3:00 Bocce Ball, AT</div> <div>4:00 Buffalo Bingo, AR</div> <div>6:30 Serenaders, L</div> <div>7:00 Movie, TH</div>	<div>25</div> <div>10:30 Checkers, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>7:00 Bridge, BR</div> <div>7:00 Movie, TH</div>
<div>26</div> <div>10:00 Sunlight Walk, L</div> <div>11:00 Games of Your Choice, AR</div> <div>2:00 Yahtzee, TV/2ndFL</div> <div>2:00 Movie, TH</div> <div>2:00 Tales of Mystery, LB</div> <div>2:00 Cornhole with Henry, P</div> <div>3:30 Sunday Service, CH</div> <div>6:30 Gospel Singalong with Paul, DR</div>	<div>27</div> <div>MEMORIAL DAY</div> <div>10:00 NC State Pipers and Drummers, FP</div> <div>10:15 Memorial Day Ceremony, DR</div> <div>11:00 Bible Service, CH</div> <div>2:00 Mah Jong, BR</div> <div>2:00 Mat Making, AR</div> <div>3:00 Love on a Leash, AT</div> <div>4:00 Bingo, AR</div>	<div>28</div> <div>9:00 Blood Pressure Check, BI</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>2:00 Scrabble, TV/2ndFL</div> <div>2:00 History’s Amazing Stories, TH</div> <div>4:00 Buffalo Bingo, AR</div> <div>7:00 Poker Night, BR</div>	<div>29</div> <div>9:30 Beach/Oceanic</div> <div>9:30 Get Fit, AR</div> <div>10:00 Sunlight Walk, L</div> <div>2:00 Mah Jong, BR</div> <div>6:45 The Rosary, CH</div> <div>7:00 Catholic Service, CH</div> <div>7:00 Movie, TH</div>	<div>30</div> <div>9:30 Get Fit, AR</div> <div>10:30 Gardening, P</div> <div>11:00 Creative Arts, AR</div> <div>2:00 Bible Study, LB</div> <div>2:00 Bridge Brigade, BR</div> <div>3:00 Crossword Capers, AR</div> <div>4:00 Buffalo Bingo, AR</div>	<div>31</div> <div>10:00 Canasta, TV/2ndFL</div> <div>10:30 Tai Chi and Yoga, P</div> <div>11:00 Jerry/Joyce, Service, CH</div> <div>2:00 History’s Amazing Stories, TH</div> <div>4:00 Buffalo Bingo, AR</div> <div>6:30 Serenaders, L</div> <div>7:00 Movie, TH</div> <div></div>	



Field Trip to the Ackland Museum

To supplement the history and travelogue programs on India, China, Japan, Italy, and Mesopotamia, a group of our residents took a field trip to the Ackland Museum in Chapel Hill. After enjoying a driving tour of UNC and seeing the students going from class to class, they entered into the halls of this amazing museum.

Also featured at the Ackland were the drawings of the Nobel Prize winning Father of Modern Neuroscience, Santiago Ramon y Cajal. He made the path-breaking discovery that the brain is composed of individual neurons that communicate without being structurally connected. Field trips like this are excellent ways to fire up your brain cells and keep mentally sharp.



Juanita gazes at the Greek and Etruscan artifacts dated at 500 BC.



Dollie and Joyce near gate handles from the time period of China's Han Dynasty



Dollie and Joyce gazing at a horse sculpture from the time period of China's Tang Dynasty.



From left: Debbie, Juanita, Maria, Madelaine and Lorraine. The three-dimensional image on the wall showed the human brain with neurons firing.



Utusmi with the Japanese collection



Dollie and Utusmi at the Birthplace of Civilization Exhibit — Mesopotamia. In background: Debbie, Lorraine, Juanita, Joyce and Maria



The Irish Cultural Experience

After taking a virtual tour of Ireland and learning about its history, our StoneRidge residents enjoyed a young group of dancers. Three of these dancers went on to compete in the Irish Dancing World Championships held in Greensboro, North Carolina in April this year.





105 Convention Drive
Cary, NC 27511

A photograph of an older couple hiking in a field at sunset. The man is in the foreground, wearing a dark jacket and glasses, looking towards the right. The woman is behind him, wearing a yellow and black backpack and a striped shirt, also looking towards the right. They are both wearing backpacks. The background shows a field of tall grass and trees under a bright, orange, and yellow sky with some clouds. The overall mood is peaceful and active.

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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Gracious Retirement Living

919-460-0560