STONEYBROOK ASSISTED LIVING

4650 SW Hollyhock Circle • Corvallis, OR 97333 • Phone (541) 758-2026 • www.seniorlivinginstyle.com

MAY 2019

STONEYBROOK STAFF

Administrator ..... STEPHANIE DEATHERAGE
Assistant Administrator ..... JACQUELYN JONES
Resident Services Coordinator ..... MACKENZIE HENDERSON, LPN
Executive Chef ..... ADRIEL HAMILTON
Marketing ..... ALYSSA MONNING
Activity Coordinator ..... REBECCA BOND
Administrative Assistant ..... DEBBIE MUNSEY
Maintenance ..... PATRICK COLLINS

TRANSPORTATION

Monday, 12 p.m.: Lunch Outing
Tuesday & Thursday, All Day: Doctor Appointments
Wednesday Morning: Doctor Appointments
Wednesday, 2 p.m.: Shopping Outings
Sunday, 9:30 a.m.-3 p.m.: Church Runs

The Museum of Natural and Cultural History, May 3rd

The Museum of Natural and Cultural History (MNCH) is Oregon's primary repository for publicly owned collections. Officially created in 1935-36 as the Oregon State Museum of Anthropology and Museum of Natural History, the museum has its roots in the late 1800s, when Thomas Condon joined the University of Oregon as one of its first three professors. Condon brought an extensive fossil collection to the UO, later known as the Condon Museum or Condon Collection. Today, as the premier natural and cultural history museum in the State of Oregon, the MNCH is home to hundreds of thousands of ethnographic and archaeological objects, fossils, and biological specimens from Oregon, the Pacific Northwest, and around the world.

Please join us May 3rd as we tour this incredible museum.

March Madness Fun!

Kentucky Derby, May 4, 2019

Kentucky Derby History

There are few American sporting events with the history and popularity of the Kentucky Derby. Its rich traditions — sipping a mint julep, donning a beautiful hat, and joining fellow race fans in singing “My Old Kentucky Home” — transcend the Kentucky Derby from just a sporting event, making it a celebration of southern culture and a true icon of Americana. The Kentucky Derby is the longest running sporting event in the United States, dating back to 1875. The race is often referred to as “The Run for the Roses” and has continuously produced “the most exciting two minutes in sports”; uninterrupted, even when coinciding with profound historical events like The Great Depression and World Wars I and II.

The Kentucky Derby’s long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark — of the famed pair Lewis and Clark — traveled to Europe. While there, Clark attended the Epsom Derby in England, a well-known horse race run since 1780, and also fraternized with the French Jockey Club, a group that developed another popular horse race, the

Art in the Garden: Mother's Day Festival, May 11th

The Thyme Garden's Art in the Garden Mother's Day Festival, May 11 and 12, 2019 from 10 a.m. to 5 p.m., continues to grow in popularity as new and exciting artists join longtime participants in this exciting weekend event.

The festival, now in its 26th year, features artists from around the region as well as music and dancing against the backdrop of The Thyme Garden's two-acre display gardens and 80 acres of rambling forest paths.

The event brings together artisans from all over Oregon. The music lineup will feature a wide range of musical talents like acoustic guitar and vocals, bluegrass, marimbas and horns. A special belly dancing performance by Bodhi Tribal is set for Saturday afternoon.

Don't miss this opportunity to enjoy Mother's Day in Mother Nature!

Ladies, please join us May 11th as we honor all of you at this wonderful event!

Grand Prix de Paris Longchamps. Clark was inspired by his travels and experiences, and, upon his return, was determined to create a spectacle horse racing event in the United States. With the help of his uncles John and Henry Churchill, who gifted Clark the necessary land to develop a racetrack, and by formally organizing a group of local race fans to be named the Louisville Jockey Club, Clark and his new club raised funds to build a permanent racetrack in Louisville, Kentucky. On May 17, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby. A total of 15 three-year-old thoroughbred horses raced one-and-a-half miles in front of a cheering crowd of approximately 10,000 spectators. Aristides was the first winner of the Kentucky Derby.

MAY 2019

Birthdays

Bryan Oaks, 4th (Employee)
Toni Hall, 5th (Employee)
Barbara Watkins, 6th
MacKenzie Henderson, 7th (Employee)
Esther Sanchez, 11th (Employee)
Jaclyn Schnurbusch, 11th (Employee)
Delores Ervin, 12th
Joyce Wilson, 15th
Shirley Glenn, 15th
Karen Strand, 23rd
Alyssa Monning, 24th (Employee)
Allen Cross, 28th (Employee)
Angelita Pena, 31st
Kayla Johnson, 31st (Employee)

Move-In Anniversaries

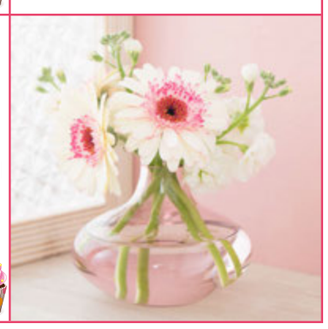
Anna Marie Wilson, 5/8/2015
Pat Obert, 5/10/2012
Mike Marshall, 5/17/2018
Carl Betz, 5/21/2004
Ben LeRoux, 5/28/2014

Service Anniversaries

Naomi Gomez, 5/1/2003
Kim Jones, 5/12/2017
Stephanie Deatherage, 5/15/2017

Brittain's Beauty Boutique

Manicures, pedicures and hair care! Brittain's Beauty Boutique is open Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 4:30 p.m. Call to schedule an appointment at 541-766-8949.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY 1 10:15 Bingo 11:00 Come Learn About Mediation 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers	2 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Yoga **2:00 Activity Meeting** 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Darlene	3 9:30 Donuts and Coffee **10:00 Outing: The Museum of Natural and Cultural History** 4:00 Fun Fitness Friday: Beach Ball Volleyball	4 10:00 Bingo 11:30 Fitness: Lift Those Weights! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
5 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Getting Buff with Bands 3:00 Hymns and Church Services 4:00 Therapeutic Painting **5:00 Cinco De Mayo Party!**	6 10:00 Red Hat Society 11:30 Fitness: Zesty Zumba 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room	7 10:15 Bingo 11:30 Fitness: Awesome Aerobics! 2:15 Fun Games in Activity Room **3:00 Flower Arranging with Donna** 4:00 Nail Clinic	8 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:00 Shopping Outing: Fred Meyer 3:15 Shopping Outing: Bi Mart 4:00 Movie in TV Room	9 9:15 Bible Study **10:00 Mother & Daughter Facials** 11:30 Fitness: Yoga **2:00 Resident Council** 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Larry	10 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fun Fitness Friday: Beach Ball Volleyball **2:30 Mother Ocean Day: Come Learn About the Ocean** **4:00 Let's Make Root Beer**	11 **10:00 Art in the Garden Mother's Day Festival** 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
MOTHER'S DAY 12 9:30 Church Runs **10:30 Mother's Day Tea** 3:00 Hymns and Church Services 4:00 Therapeutic Painting	13 10:00 Red Hat Society 11:30 Fitness: Zesty Zumba 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room	14 10:15 Bingo 11:00 Benefits of Meditation 11:30 Fitness: Awesome Aerobics! **2:30 O.K. Chorale Performance** 4:00 Nail Clinic	15 10:15 Bingo **11:00 Water Infusion!** 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers	16 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Yoga **2:15 Chef's Corner with Adriel!** 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Matt	17 9:30 Donuts and Coffee **10:00 Outing: Spirit Mountain Casino** 11:30 Fun Fitness Friday: Beach Ball Volleyball	18 10:00 Bingo 11:30 Fitness: Lift Those Weights! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
19 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Getting Buff with Bands 3:00 Hymns and Church Services 4:00 Therapeutic Painting	20 10:00 Red Hat Society 11:30 Fitness: Zesty Zumba 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room	21 10:15 Bingo 11:30 Fitness: Awesome Aerobics! 2:15 Fun Games in Activity Room 3:00 Nail Clinic **3:30 Auction**	22 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:00 Shopping Outing: Walmart 3:15 Shopping Outing: Bi Mart 4:00 Movie in TV Room	23 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Yoga **2:15 Cooking Demo and Culinary Education** 4:00 Happy Hour with Rachel	24 9:30 Donuts and Coffee **10:00 Outing: Finley Refuge** 11:30 Fun Fitness Friday: Beach Ball Volleyball **2:30 Baseball Movie Party**	25 10:00 Bingo 11:30 Fitness: Lift Those Weights! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
26 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Getting Buff with Bands 3:00 Hymns and Church Services 4:00 Therapeutic Painting	MEMORIAL DAY 27 10:00 Red Hat Society 11:30 Fitness: Zesty Zumba 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room	28 10:15 Bingo 11:30 Fitness: Awesome Aerobics! 2:15 Fun Games in Activity Room 3:00 Nail Clinic 4:00 Therapy Animals	29 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:00 Shopping Outing: Fred Meyer 3:15 Shopping Outing: Bi Mart 4:00 Movie in TV Room	30 9:15 Bible Study **10:15 Philomath Middle School Choir Performance** 11:30 Fitness: Yoga 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour	31 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fun Fitness Friday: Beach Ball Volleyball **3:30 Welcome New Residents Party!**	

Indy 500, May 26, 2019

The Indianapolis 500-Mile Race (better known as the Indianapolis 500) is an automobile race held annually at Indianapolis Motor Speedway (IMS) in Speedway, Indiana, United States, an enclave suburb of Indianapolis, Indiana. The event is held over Memorial Day weekend in late May. It is contested as part of the IndyCar Series, the top level of American Championship Car racing, an open-wheel open-cockpit formula colloquially known as "Indy Car Racing." The name of the race is often shortened to Indy 500, and the track itself is nicknamed "the Brickyard," as the racing surfacing was paved in brick in the fall of 1909.

The event, billed as The Greatest Spectacle in Racing, is considered part of the Triple Crown of Motorsport, which comprises three of the most prestigious motorsports events in the world, also including the Monaco Grand Prix and the 24 Hours of Le Mans. The official attendance is not disclosed by Speedway management, but the permanent seating capacity is upwards of 250,000, and infield patrons raise the race-day attendance to approximately 300,000.

The inaugural race was held in 1911 and was won by Ray Harroun. The event celebrated its 100th anniversary in 2011, and the 100th running was held in 2016.

Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo, New York was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear — Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890, it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 — 363). This helped ensure a three-day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

Hatfield Marine Science Center and Whale Watching

Meditative May: Culinary Education Series

Benefits of Meditation

1. **Better management of stress, anxiety and depression**
   Several studies suggest that mindfulness meditation can benefit those who struggle with stress, anxiety and depression issues. A literature review conducted in 2014 assessed 47 mindfulness meditation trials that involved around 3,515 participants. The review concluded that meditation is a useful tool that helps relieve symptoms of anxiety and depression. And not only do meditators feel less stressed, their levels of the "stress hormone" cortisol decrease measurably.
2. **Increased immunity**
   One study performed at Ohio State monitored meditation's effects on seniors. The study concluded that mindfulness and relaxation exercises practiced over the period of one month helped boost patients' lymphocytes, those natural killer cells that improve the immune system. Consequently, the subjects demonstrated better resistance to viruses.
3. **Lowered blood pressure**
   Another benefit for people who practice meditation for health reasons is that mindfulness meditation has been shown to help control blood pressure. According to a study reported in the British Medical Journal, patients who practiced meditation-based exercises had considerably lower blood pressure than those in the control group. Experts believe that meditation reduces the body's responsiveness to cortisol and other stress hormones, which is similar to how blood pressure reducing medications work. It's one of meditation's great health blessings.

4. **Better sleep**
   Meditation practice helps the body learn to relax, a benefit that continues when it's time to hit the hay. It also trains the mind to settle the attention on an object such as the breath and allow other thoughts and emotions to float by like clouds on a pleasant day. There are also guided meditations that are designed to promote sleep. Harvard Medical School suggests that focusing on a phrase such as "breathe in calm, breathe out tension" beats counting sheep when it's time to sleep.
5. **Improving happiness and general well-being**
   A study conducted at the University of Utah suggested that "mindfulness may be linked to self-regulation throughout the day, and that this may be an important way that mindfulness contributes to better emotional and physical well-being."

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EQUAL HOUSING OPPORTUNITY