

STONEYBROOK

ASSISTED LIVING

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

JULY 2019

STONEYBROOK STAFF

Administrator STEPHANIE DEATHERAGE
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

HAWTHORN
SENIOR LIVING

July's Resident of the Month!

Congratulations to our fantastic July Resident of the Month, Hank! Hank makes every day better with the sweet treats he passes out! For the past six years, Hank has made a point to learn about all the staff and residents to make their birthdays special with his tailored birthday announcements! Hank's involvement in activities is incredible; you can find Hank in the Activity Room calling out bingo, exercising and cooking away. Hank quickly signs up for being our scarecrow in the Wizard of Oz Play, going to the casino, building our award-winning floats, perfecting our gingerbread house, zip lining through the trees, camping and so much more. We love you, Hank!



Thank you, Hank!

Food, Food, and More Food

Photos continue inside.



Just one of our incredible lunch outings!

Water Aerobics!

Please Come and Join Us For Our New Water Aerobics Program on Tuesdays at 2 p.m.

Water, water everywhere! Working out in the water is one of the most therapeutic activities one can take part in. Water aerobics builds cardio, strength and resistance, all while being easy on the joints and in a cool and relaxing atmosphere!

Increases muscle strength: Water is a flowing and constantly changing product of nature, and as such can be every unpredictable in its movements. Since water flows in multiple directions, the resistance in the pool can range from four to 42 times greater than air, ensuring the body's muscles get a rigid workout. In fact, a study conducted in 2007 found that after 12 weeks of regular aquatic aerobic exercise, participants had made significant gains in strength, flexibility and agility.

Builds endurance: Unlike traditional weights, which require the human body to push and pull against the weight plus gravity, water resistance is a more natural resistance, which requires the body to strain through the water rather than against it.

Increases flexibility: As the body is subject to water resistance during water aerobic exercise, which requires movement in various directions while adjusting to the push and pull of water, the joints naturally increase their range of motion. A study conducted in 2013 found a significant increase in flexibility after subjecting a group of older adults to aerobic therapy exercise.



Our first three residents to join water aerobics; Karen, Lynda and Bernie

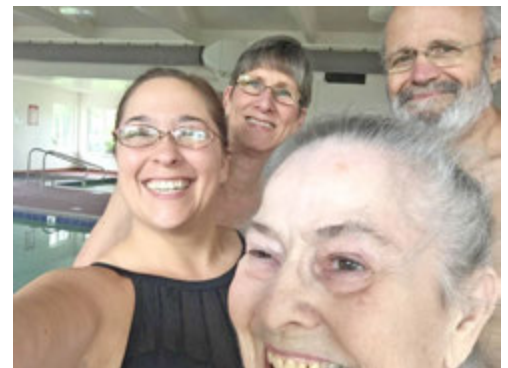
Low-impact exercise: We may not often think of it, but the traditional impact we place on our joints during a "land workout" can be taxing. In water aerobics, the buoyancy of the water helps take off some of the impact we tend to place on our body, due to our own water weight. In layman's terms, our body is not subject to gravity in the water, therefore the impact our joints take on when, say, running in water, is not equal to the impact when running on land. This is particularly appealing to those with joint conditions such as arthritis or those currently undergoing physical rehabilitation.

Alleviates pressure on the joints: Studies have shown water-based exercises such as water aerobics relieve pressure placed on joints from normal wear-and-tear and arthritis. In fact, hydrotherapy is shown to be the leading form of therapy for those suffering from joint problems.

Relieves stress and decreases anxiety: Watching bodies of water in motion can be one of the most soothing activities one can take part in to help relieve stress, which is why vacations to beaches and island paradises are such popular getaways. But being in the water can be just as relaxing! A Polish study conducted in 2007 found that aquatic exercise significantly decreased anxiety and negative mood states in women.

Burns calories: The combination of strength and cardio workouts mixed with water resistance in aquatic exercise ensures the body is getting a full workout. Depending on cardio activity, weight (including additional weights such as dumbbells and weight belts), water temperature, volume and buoyancy, the body can burn between 400 to 500 calories in an hour of exercise.

Reduces blood pressure: Water resistance is not just a buoyancy feature to help work the muscles. In fact, the water pressure actually works with your blood as well and enables one's blood flow to circulate more effectively throughout the body, effectively decreasing blood pressure and, in the long run, decreasing resting heart rate. This benefit means your heart is maintaining its productivity while putting less stress on your heart!



Who doesn't love a good selfie!

Cooling exercise: As temperatures get warmer and the summer heat draws near, the desire to exercise in the burning sun may suddenly not seem so appealing, and so naturally dipping into any body of water becomes alluring. Water aerobics can satisfy that need to feel cool in warmer temperatures while still enabling an athlete to exercise. It's cool, crisp and refreshing, especially knowing you aren't struggling in the heat!

Popular activity: Water aerobics is not limited to any age group or skill level. As a result, water aerobics is known to be one of the most popular bonding activities for friends and family. The sport appeals to all ages, with younger generations naturally enjoying the fun to be had in swimming pools while still appealing to the older generations and their need to maintain a moderate level of physical fitness.

Philomath Middle School Choir

Everyone had an incredible time listening to the musical talents of the students from Philomath Middle School Choir. The students even stuck around and visited with everyone!



Don loved chatting with some of the middle school choir students.



The Philomath Middle School choir students loved visiting with our residents.



Look at all those Choir Students!

Food, Food, and More Food (Continued)



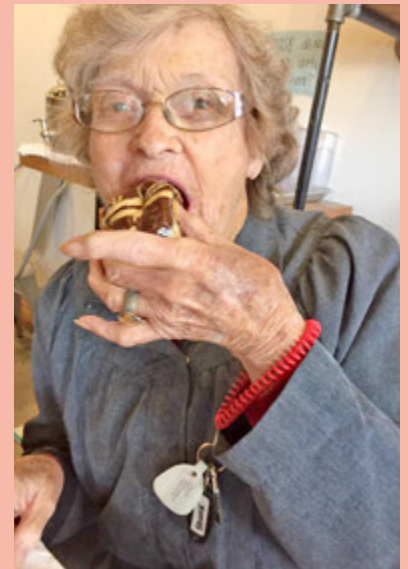
Our Betty Picnic was a huge success!



We had a huge crowd of residents come out to celebrate our "Betty" on National Betty Day.



Bernie and Betty making the crust for our Happy Hour cheesecake!



Arlyse loving her chocolate peanut butter donut!



Enjoying some delicious donuts for National Donut Day.

JULY 2019

Birthdays

Betty Turley, 2nd
Glenda Johnson, 3rd
Charles Beddingfield, 6th
Rita Taylor, 9th
Erica Thurman, 10th (Employee)
Frieda Neeb, 11th
Pratiksha Aga, 15th (Employee)

Anniversaries

Patrick Collins, 7/1/2007 (Service)
Lee Notton, 7/1/2016 (Move-In)
Thomas Nelson, 7/19/2018 (Move-In)
Marion Krotzer, 7/22/2014 (Move-In)

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.

“Every day is a great day to give love, spread joy and sparkle!”
—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Red Hat Society 10:30 Willamette Jetboat Excursion & Lunch Outing 3:00 Trivia 4:00 Wii Sports in TV Room 	2 10:15 Bingo 11:00 Corny Facts 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Flower Arranging with Donna 4:00 Nail Clinic 	3 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers 	INDEPENDENCE DAY 4 9:15 Bible Study 10:15 Independence Day Bingo! 11:30 Fitness: Shape Up! 2:00 Independence Day Activities! 4:00 Happy Hour with Darlene 9:00 Firework Fun!	5 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 2:30 Let's Work on the Float!	6 10:00 Bingo 11:30 Fitness: Shape Up! 2:15 Music Therapy 4:00 Fourth of July Celebration Barbecue 
7 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	8 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room	9 10:15 Bingo 11:00 Sugar Cookie Day 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Nail Clinic 	10 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:00 Shopping Outing: Fred Meyer 3:15 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers 	11 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Resident Council 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Larry 	12 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 2:30 Let's Work on the Float!	13 9:00 Philomath Frolic Grand Parade 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
14 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	15 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room 	16 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:30 Stoneybucks Auction 4:30 Orville Redenbacher Day Popcorn Time!	17 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers	18 9:00 Camping Trip at O'Dell Lake 9:15 Bible Study 10:15 Bingo 2:15 Chef's Corner with Adriel! 4:00 Happy Hour with Matt Summer Songs Day	19 9:00 Camping Trip at O'Dell Lake 9:30 Donuts and Coffee 10:15 Bingo 11:30 Fitness: Shape Up! 	20 10:00 Bingo 11:30 Fitness: Shape Up! 3:00 Moon Landing Anniversary Party 4:00 Board Games
21 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	22 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:00 Trivia 4:00 Wii Sports in TV Room 	23 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Nail Clinic 4:00 Therapy Animals	24 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:00 Shopping Outing: Walmart 3:15 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers	25 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:30 Cooking Demo and Culinary Education 4:00 Happy Hour with Rachel	26 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 3:30 Welcome New Residents Party!	27 10:00 Bingo 11:30 Fitness: Shape Up! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
28 9:30 Church Runs 10:15 Bingo 11:30 Picnic in the Park Sunday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	29 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Chicken Wings Day Buffalo Wild Wings Lunch 3:00 Global Tiger Day Talk 4:00 Wii Sports in TV Room	30 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Nail Clinic	31 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers			

Zip Lining Adventure!

Zip lining was an incredible day of fun! We had a wonderful group of seven who spent the day zooming through the trees. Our fantastic Kitchen staff even packed us a delicious picnic lunch to enjoy!



Our group of daredevils!



Peggy



Karen



Hank

Crazy 'Bout Corn: July Culinary Education Series

A-maizing Corn and All Its Health Benefits!

Since ancient times, corn has played an integral role in human history. Evidence of corn in central Mexico, where it was domesticated from a wild grass, suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the U.S.! Take a look at just a few of the many health benefits of this a-maizing vegetable:

Six Health Benefits of Corn:

1. Corn is a fiber-rich food which is fantastic for digestive health!
2. Corn is Gluten free! Gluten generally can cause bloating, cramping and other metabolic problems.
3. Eating corn may help lower bad cholesterol: Consumption of corn husk oil reduces LDL cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL).
4. Antioxidants found in corn help prevent macular damage, therefore improving eye health.
5. Phenolic phytochemicals found in corn kernels are able to regulate absorption and the release of insulin into the body, which helps to control diabetes.
6. Corn is a rich source of essential minerals such as potassium (8 percent) and magnesium (31 percent) of daily value, which helps to control hypertension.



Four Types of Corn:

You may think that all corn is the same, but in fact there are four distinct types!

Dent Corn: Dent corn, also called field corn, is the most widely grown corn in the U.S. It is used primarily for livestock feed, but it is also used in some food products.

Flint Corn: Flint corn, also known as Indian corn, is similar to dent corn. It has a hard outer shell and is distinguished by a wide range of colors. It is grown mostly in Central and South America and used primarily for decoration in North America around harvest time.

Popcorn: Popcorn is a type of flint corn but has its own size, shape, starch level and moisture content. It has a hard exterior shell and a soft starchy center. When heated, the natural moisture inside the kernel turns to steam and builds up enough pressure that it eventually explodes. Other types of dried corn may burst open slightly when heated, but not like popcorn. Popcorn is unique in its taste and pop-ability.

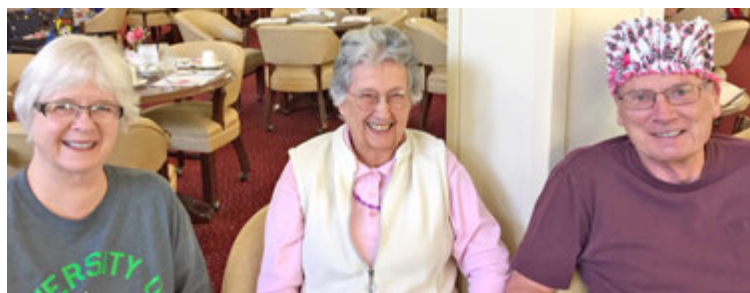
Sweet Corn: Sweet corn, or “corn on the cob,” is almost all soft starch and will never pop. It contains more sugar than other types of corn. Unlike other corns that are picked when the kernels are dry and mature, sweet corn is picked and eaten while the ears are in the immature milk stage and the kernels are tender.

Baby Corn! You may think because of its size that baby corn is grown from mini corn plants, but it is actually just regular corn that has been picked before it's matured! Most baby corn is mini sweet corn, and it is packed with just as many benefits as its fully grown cousins!

Health Benefits:

1. Controls diabetes
2. Full of fiber
3. Good for the skin
4. Good energy, low calorie
5. Helps prevent anemia
6. Abundant in minerals

Mother's Day Fun!



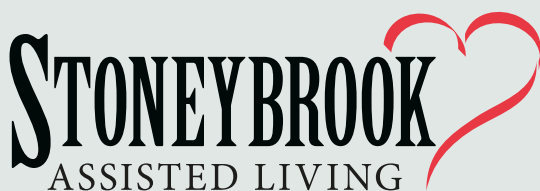


4650 SW Hollyhock Circle
Corvallis, OR 97333



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.



541-758-2026

