

STONEYBROOK

ASSISTED LIVING

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

AUGUST 2019

STONEYBROOK STAFF

Administrator.....STEPHANIE DEATHERAGE
Assistant Administrator.....LISA MACDONALD
Executive Chef.....ADRIEL HAMILTON
Marketing.....ALYSSA MONNING
Sous Chef.....KIM JONES
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

Oregon Coast Aquarium: Friday, August 16th

You could read it on our license plates if you couldn't see it for yourself.

Oregon's spectacle of natural nirvana was on display in every direction, an unfair cache of shoreline, forest, mountain, desert and natural fireworks.

No place is that bounty more alive than where the vast edge of Oregon dances with the wide open sea. A meeting of parallels, each otherworldly to the other, where centuries of mapping and exploring have only laid bare more mystery to unfold. Communication occurs differently here. Another language is needed, one of curiosity, study, sharing and consideration. Only then can we become fluent in the highest forms of expression: appreciation and understanding. Speak in a common vernacular of protection and preservation.

This is Oregon's other border, where there is no hard state line. Just an open invitation to come see, come learn, come hear. The coast is calling.

—Oregon Coast Aquarium



OREGON COAST
AQUARIUM
NEWPORT

You won't want to miss this wonderful outing to the Aquarium and picnic lunch!



Father's
Day
Fun!



Bill, enjoying the outdoor barbecue for Father's Day!



Bill is all smiles!



This was Hank's favorite plane!



Dennis loved his gift!

Willamette Jetboat Excursion

One-Hour Scenic Tour: Bridges, Shipyards and Portland Waterfront

This tour was packed with history, fun, and splash as we took a 15-mile tour of the Willamette River, that shows you Swan Island and the shipyards that put the "port" in Portland, as well the history behind the iconic bridges that earned Portland the nickname of "Bridge City."

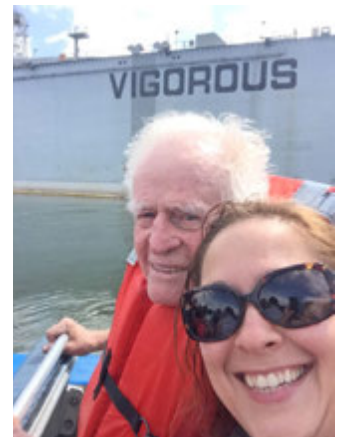
As our jet boat toured Portland, we saw how the car-filled drawbridges of today used to be packed with horseback commuters and farmers who would have to pay a nickel to walk their hogs and sheep across the draw.



Everyone is all ready to go for our Jetboat ride.



We got the special treatment and loaded first!



Tom and Rebecca might be just a wee bit soaked!



Benton County Fair: Thursday, August 1st

Make sure and join us for this amazing night out at the Benton County Fair!

Whirl and Twirl the Day Away!

The Benton County Fair and Rodeo welcomes Rainier Amusements! The new carnival company will bring you bigger and better rides than ever before! There's a full array of family fun, including gentle kiddie rides, tried and true family favorites and over-the-top twisters for older, more adventurous thrill seekers. Enjoy their midway with fair food and fun, and exciting games for all ages and skill levels.

Exhibits

A county fair wouldn't be complete without the competition pies, quilts, paintings, flowers and vegetables. Every year at the Benton County Fair, the community's gardeners, bakers and artisans of all ages come together to share their talents with our fairgoers.

Live Stingray Encounter

Back by popular demand, Benton County will be hosting the world's only traveling "self-contained" stingray exhibit! This free interactive exhibit is fun for the whole family and a great way to learn about these fascinating creatures. (Guests can pay a fee to feed the stingrays.)

Petty Fever: Tom Petty Tribute, 7 p.m.

Petty Fever is a multi-award winning full production tribute to Tom Petty and the Heartbreakers, featuring the captivating Guitarist/Vocalist and 2016 Hollywood Fame Award Winner, Frank Murray. They deliver an amazing and memorable salute to the musical legacy of Tom Petty, performing over four decades of classic Petty hits.

Queen Nation, 8:30 p.m.

Queen Nation's live production of Queen's greatest hits preserves the image, sound and stage persona of Queen. Audiences are amazed at the accuracy of Queen Nation's live retrospective journey through such Queen songs as "We Will Rock You," "Bohemian Rhapsody," "We Are the Champions," and many more. The mission of the show is to carry on the musical torch and pay homage to the golden age of vintage Queen concerts.



Join us at 5 p.m. for a fun-filled night!

Wings and Waves Waterpark



Karen, Esther, Bernie and Rebecca about to go down the biggest slide first!



Bernie may be changing his mind about all these slides!



The wave pool was so much fun!

AUGUST 2019

Birthdays

Linda Lemay, 1st
 Bryce Nurdin, 3rd (Employee)
 Peggy Malcolm, 5th
 Daniel Jewell, 10th (Employee)
 Bernard Altishin, 16th
 Stephanie Deatherage, 29th (Employee)

Move-In

Anniversaries




Jim and Shirley Fry, 8/4/2017
 Janet Wilson, 8/5/2017
 June Burke, 8/6/2018
 Shirley Glenn, 8/8/2016
 Bill and Maxine Fetter, 8/16/2018
 Dolores Gerding, 8/17/2017
 Corinne Kundert, 8/25/2015
 Wayne and Shirley Courtney, 8/30/2013

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.

“Summer means happy times and good sunshine.”

—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:15 Bible Study 10:15 Bingo 11:00 Clowning Around Day! 11:30 Fitness: Shape Up! 4:00 Happy Hour with Darlene 5:00 Benton County Fair 	9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 3:00 Ice Cream Sandwich Day! 4:00 National Coloring Book Day!	10:00 Bingo 11:30 Fitness: Shape Up! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games 
				4 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting 	5 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room  	6 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Flower Arranging with Donna 
11 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	12 10:00 Red Hat Society 11:00 Cool Treats Day! 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room	13 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:30 Nail Clinic 4:00 Afternoon Tea Week!	14 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Fred Meyer 4:15 Stoneybrook Singers	15 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:15 Chef's Corner with Adriel! 4:00 Happy Hour with Matt	16 9:30 Donuts and Coffee 10:00 Outing: Oregon Coast Aquarium Trip 11:30 Fitness: Shape Up!  	17 10:00 Bingo 11:30 Fitness: Shape Up! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Afternoon Tea Week! 
18 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting	19 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room	20 10:15 Bingo 11:00 Lemonade's Birthday! 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:30 Stoneybucks Auction	21 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Bi Mart 4:15 Stoneybrook Singers	22 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:30 Cooking Demo and Culinary Education 4:00 Happy Hour	23 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 3:00 World Daffodil Day! 3:30 Buttered Corn Day!	24 9:00 Northwest Art & Air Festival 10:00 Bingo 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games
25 9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 3:00 Hymns and Church Services 4:00 Therapeutic Painting 	26 10:00 Red Hat Society 11:30 Fitness: Awesome Aerobics! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room	27 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Water Aerobics 3:00 Nail Clinic 4:00 Therapy Animals	28 10:15 Bingo 11:30 Fitness: Drumming to the Beat 2:30 Shopping Outing: Walmart 4:15 Stoneybrook Singers	29 9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Rachel 	30 9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Shape Up! 3:30 Welcome New Residents Party! 	31 10:00 Bingo 11:30 Fitness: Shape Up! 2:15 Music Therapy 3:30 Ice Cream Social 4:00 Board Games



Tropical Getaway Day



Don and Joy loving the gorgeous weather on Tropical Getaway Day!



Vicky and Rebecca are all decked out for the party!



Jean sure knows how to party! You should've seen those dance moves.



Lynda, Bernie and Tom, enjoying the festivities!

Fourth of July



Dolly, enjoying the fireworks!



Bernie and Chef Kim, making some treats.



Karen and Rebecca, rocking some festive glasses.



Citrus Fruits: August Culinary Education Series

Health Benefits of Citrus Fruits

You already know that citrus (think: oranges, lemons, tangerines, limes and grapefruit) is an excellent source of immune-boosting vitamin C, which is why so many people reach for these fruits during cold and flu season. But citrus offers many other impressive health benefits, as well. The juicy, colorful fruits are packed with good-for-you nutrients, not to mention flavor, making them a great addition to a healthy diet. Here are six reasons why our residents should be adding more citrus to their plate.



- 1. Citrus fruits are an excellent source of fiber.** Two-thirds of the fiber in citrus fruit is soluble fiber, which has been linked to lower cholesterol and helps regulate glucose levels. The remaining fiber in citrus is insoluble, which adds bulk to our digestive system and helps keep us regular. Fiber-packed foods like citrus also keep us feeling full and satisfied longer than less-fibrous foods, making them a great snack for weight loss.
- 2. Citrus fruits are good for your heart.** Vitamin C found in citrus fruits has been linked to reduced risk of heart disease.
- 3. Citrus fruits have a low glycemic index.** Citrus fruits have relatively low glycemic index scores on the 100-point scale, meaning they won't spike your blood sugar as much as some other foods. An orange, for example, has a score of 45, and a grapefruit 25. (For comparison, raisins have a score of 64, a white bagel 72, and Gatorade 89.) This means the glucose in citrus fruit is released into your bloodstream slowly, offering you a steady feeling of energy, without a crash later on.
- 4. Citrus fruits may help shorten colds.** It's no secret that citrus delivers a healthy dose of Vitamin C (51 mg in an orange, 38 mg in a grapefruit, and 30 mg in a lemon). And while Vitamin C can't prevent colds, research suggests it might reduce the duration and severity of them.
- 5. Citrus fruits are packed with potassium.** When you hear "potassium," you probably think of bananas. But citrus is also a great source of this mineral, which is important for fluid regulation, mineral balance and muscle contraction. Potassium also works to counter-regulate the amount of salt in your diet by helping your body flush out sodium. While this isn't an excuse to douse your food in salt, it is another good reason to load up on citrus. By eating plenty of potassium-rich foods, you can help lower your risk of stroke by 21 percent, as well as reduce your risk of heart disease.
- 6. Citrus fruits are hydrating:** Like cucumbers, watermelon and tomatoes, citrus fruits have a high-water content (oranges are 87 percent water and grapefruits are 88 percent). Eating plenty of water-rich foods such as citrus can help you stay hydrated, which is important for quenching your thirst as well as helping you consume enough fluids throughout the day to prevent dehydration and help the body's systems function properly.



Betty, June and Lee are all ready to celebrate!



Tom loved our Blue Bombers for our Fourth celebration!



One Bad Granny coming up!

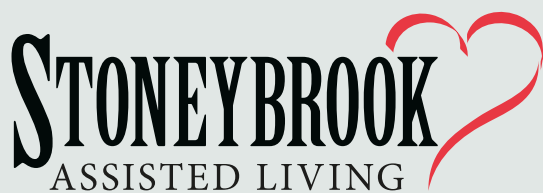


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Corvallis, OR 97333



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

