

# StoneRidge

Gracious Retirement Living

105 Convention Drive • Cary, NC 27511 • Phone (919) 460-0560 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

NOVEMBER 2019

## STONERIDGE STAFF

Management Team ..PAUL & COLLEEN RONGEY  
Management Team .....BOB & DAWN NESSL  
Executive Chef .....CARL STEPHENS  
Activity Coordinator ....JOSHUA QUACKENBUSH  
Maintenance .....BUTCH FINCH  
Bus Driver .....LYNN JOHNSON

## 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

## Outreach to the Needy, Hungry and Homeless

Many of our residents have been participating in three outreach programs to help the disadvantaged. Recently, a number of our residents participated in an effort to address the needs of children through the Samaritan's Purse International Relief Organization.

The StoneRidge held a food drive in September to help support the Food Cupboard in Holly Springs, to which our residents contributed 50 pounds of food. Some of our residents took a tour of the Food Cupboard in October. Dr. Jerry Dewitt, a guest lecturer at the StoneRidge, took us on the tour.

Many associate the Food Cupboard with the homeless population, but it is a small percentage of the people whom they serve. Hunger looks like middle-class families suffering from joblessness, senior citizens who face the choice of buying

food or medicine, and children who arrive at school hungry because there's no food at home. According to [feedingamerica.org](http://feedingamerica.org), "in North Carolina, 1,503,050 people are struggling with hunger, and of them, 461,630 are children." That turns out to be one out of every five children.

Pat Haggard, Executive Director of the Food Cupboard, says, "I invite you to join us: sorting food, filling bags, carrying bags, working in the garden, organizing food drives, transporting food, raising funds to pay the bills. There are so many ways to help. I can't promise that it will be easy, but I do promise you'll be blessed."



*A tour of the Food Cupboard with Dr. Jerry Dewitt*

*(Continued on Page 2)*



## Outreach to the Needy, Hungry and Homeless (*Continued*)

One of our StoneRidge residents, Rosemary Gray, has been taking an active role in addressing homelessness for the past couple of years. Every Monday at 2 p.m., Rosemary and her merry crew work to make mats for the homeless. The top two states with the highest homelessness rates are California and New York. North Carolina only has about 2 percent of the total number of homeless living in the United States.



*Learning about the Food Cupboard's mission to feed those in need*



*Rosemary and her merry crew working diligently on their mat-making project for the homeless.*

## StoneRidge Employee Veterans

We would like to take the time to pay tribute to a couple of StoneRidge employees who are Vietnam Veterans. Our Executive Chef, Carl Stephens, and Maintenance Director, Butch Finch, have been employed at StoneRidge since its inception over three years ago. Each possess that good old American work ethic. They both work extremely hard in meeting the needs of our residents. Thank you for your service and dedication to duty.



*Executive Chef, Carl Stephens, Left, and Maintenance Director, Butch Finch, Right*

## Veterans Day Program

On November 11th at 11 a.m., our Veterans Day Ceremony will begin in the Dining Room. The Knights of Columbus will be joining us for the ceremony. Then the management team will decorate the StoneRidge resident veterans with patriotic American Flag pins. Paul Rongey will sing some patriotic hit songs. After lunch, at 2 p.m. in the Activity Room, we will be holding a Memorabilia Show for the veterans. We invite all our veterans to join us for the events.



## Love on a Leash Pet Therapy

Every Monday at 3 p.m., several residents congregate in the StoneRidge Atrium to enjoy bundles of furry joy. When the dogs are in the house, the problems of life seem to just melt away. The focus of attention centers on the moment, giving the residents who partake a wonderful respite.



*A dog who can shake hands! (From left-Madeline, Nancy and Josie)*



*Lisa, left, and Betty, right, enjoying the little bundle of joy.*



*Our bingo caller, Phil, absolutely loves to spend time with the dogs each and every week.*

## StoneRidge: A Center for Intellectual Stimulation

In addition to movies every night, our theater has become a center for intellectual activity. Mondays at 10 a.m., residents congregate for TED Talks to learn a new idea that may help them in their lives. Tuesdays and Fridays at 2 p.m., large numbers of residents come for History's Amazing Stories, to learn about the greatest empires ever created and most fascinating people to walk the face of the earth. We are lucky to have recently established a solid connection with North Carolina State University, where we have a wide variety of professors coming in to give lectures. Following each of the programs listed above, residents are encouraged to comment and ask questions about what they learned. So not only are the participants firing up their brain cells, they are enjoying each other's company.



*Guest lecturers with a wide variety of topics*



*History's Amazing Stories, covering from the beginning of recorded history to modern day*

NOVEMBER  
2019

Birthdays

Elma Snipes, 11th  
Dolores Bolgren, 12th  
Wilda Stallings, 12th  
Sondra Epps, 13th  
Clayton Rawn, 16th  
Agnes Blalock, 18th  
Basilia Buenconsejo, 26th

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

“May your thoughts turn to gratitude this holiday season and carry on throughout the next year.”

—James A. Murphy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>DAYLIGHT SAVING TIME ENDS3</div> <div>10:00 Refreshing Walk 11:00 Games of Your Choice, AR 2:00 Yahtzee, TV/2ndFL 2:00 Movie, TH 3:30 Sunday Service, CH</div>	<div>9:30 Get Fit, AR4</div> <div>10:00 TED Talks, TH 11:00 Bible Service, CH 11:00 Pokeno, TV/2ndFL 2:00 Mah Jong, BR 2:00 Memorabilia Show, AR 3:00 Love on a Leash, AT 4:00 Bingo, AR</div>	<div>ELECTION DAY5</div> <div>9:30 Get Fit, AR 10:00 Canasta, TV/2ndFL 10:00 Holiday Gingerbread Project, AR 11:00 Residents and Managers, AR 1:15 Trivia, DR 2:00 Scrabble, TV/2ndFL 2:00 Nat King Cole Milestone Day, TH 4:15 Buffalo Bingo, AR 7:00 Poker Night, BR</div>	<div>9:30 Get Fit, AR6</div> <div>9:30 Durham Museum of Life and Science 2:00 Mah Jong, BR 2:00 Card Games, TV/2ndFL 4:00 Holy Land Travelogue with Nina, TH 6:45 The Rosary, CH 7:00 Catholic Service, CH 7:00 Movie, TH</div>	<div>9:30 Yoga and Tai Chi, AR7</div> <div>10:00 Creative Arts with Jill and Nadine, AR 11:00 Chef Resident Meeting, AR 1:15 Lunchtime Trivia, DR 1:15 Trivia, DR 2:00 Bible Study, LB 2:00 Bridge Brigade, BR 3:00 Crossword Capers, AR 4:00 Buffalo Bingo, AR</div>	<div>9:30 Get Fit, AR8</div> <div>10:00 Health Talks with Lydia and Josh: Pomegranate Juice, TH 11:00 Jerry/Joyce, Service, CH 2:00 75th Anniversary: The Hürtgen Forest, TH 3:00 Bocce Ball, AT 4:00 Buffalo Bingo, AR 6:30 Serenaders, L 7:00 Movie, TH</div>	<div>10:30 Boggle, AR2</div> <div>10:30 Bean Bag Baseball, AR 1:30 First Rate Tribute Artist, DR 2:00 Bingo, AR 2:00 Scrabble, TV/2ndFL 2:00 Movie, TH 4:00 Afternoon Walk 7:00 Bridge, BR 7:00 Movie, TH</div>
<div>1010</div> <div>10:00 Refreshing Walk 11:00 Games of Your Choice, AR 2:00 Yahtzee, TV/2ndFL 2:00 Hope Diamond Day with Coleen, TH 3:30 Sunday Service, CH</div>	<div>VETERANS DAY11</div> <div>9:30 Get Fit, AR 11:00 Bible Service, CH 11:30 Veterans Day Ceremony, DR 2:00 Mah Jong, BR 2:00 John and Abigail Adams, AR 3:00 Love on a Leash, AT 4:00 Bingo, AR</div>	<div>912</div> <div>9:00 Blood Pressure Check, BI 9:30 Get Fit, AR 10:00 TED Talks, TH 10:00 Canasta, TV/2ndFL 1:15 Trivia, DR 2:00 Scrabble, TV/2ndFL 2:00 Dr. Tom McCutchen “Embracing Stress in Your Life,” TH 4:15 Buffalo Bingo, AR 7:00 Poker Night, BR</div>	<div>913</div> <div>9:30 Get Fit, AR 9:30 Duke Chapel and Duke Homestead 2:00 Mah Jong, BR 2:00 Card Games, TV/2ndFL 4:00 ABC Book Club, LB 4:00 Holy Land Travelogue with Nina, TH 6:45 The Rosary, CH 7:00 Catholic Service, CH 7:00 Movie, TH</div>	<div>914</div> <div>9:30 Yoga with Dr. Dianne McQueen, AR 11:00 Chef Carl’s Demo, AR 1:15 Lunchtime Trivia, DR 1:15 Trivia, DR 2:00 Cappuccinos and Lattes, AR 2:00 Seminar: Preparing for a Dr’s Visit, AR 2:00 Bridge Brigade, BR 2:00 Bible Study, LB 3:00 Crossword Capers, AR 4:00 Buffalo Bingo, AR</div>	<div>915</div> <div>9:30 Get Fit, AR 10:00 Holiday Gingerbread Project, AR 11:00 Jerry/Joyce, Service, CH 2:00 History’s Amazing Stories, TH 3:00 Bocce Ball, AT 4:00 Buffalo Bingo, AR 6:30 Serenaders, L 7:00 Movie, TH</div>	<div>1016</div> <div>10:30 Boggle, AR 10:30 Bean Bag Baseball, AR 2:00 Bingo, AR 2:00 Scrabble, TV/2ndFL 2:00 Movie, TH 4:00 Afternoon Walk 7:00 Bridge, BR 7:00 Movie, TH</div>
<div>17</div> <div>10:00 Refreshing Walk 11:00 Games of Your Choice, AR 2:00 Yahtzee, TV/2ndFL 2:00 Movie, TH 3:30 Sunday Service, CH</div>	<div>18</div> <div>9:30 Get Fit, AR 10:00 TED Talks, TH 11:00 Bible Service, CH 11:00 Pokeno, TV/2ndFL 2:00 Mah Jong, BR 2:00 Volleyball, AT 3:00 Love on a Leash, AT 4:00 Bingo, AR</div>	<div>19</div> <div>9:30 Get Fit, AR 10:00 Canasta, TV/2ndFL 10:00 Holiday Gingerbread Project, AR 1:15 Trivia, DR 2:00 Scrabble, TV/2ndFL 2:00 History’s Amazing Stories, TH 2:00 Gettysburg Address Anniversary: Honest Abe, TH 4:15 Buffalo Bingo, AR 7:00 Poker Night, BR</div>	<div>20</div> <div>9:30 Get Fit, AR 10:00 A Medicare Seminar with Thomas Butler, TH 2:00 Mah Jong, BR 2:00 Card Games, TV/2ndFL 2:00 World Kindness Day, TH 4:00 Holiday Gingerbread Project, AR 6:45 The Rosary, CH 7:00 Catholic Service, CH 7:00 Movie, TH</div>	<div>21</div> <div>9:30 Yoga and Tai Chi, AR 10:00 Creative Arts with Jill and Nadine, AR 11:00 World Philosophy Day, TH 1:15 Lunchtime Trivia, DR 1:15 Trivia, DR 2:00 Bible Study, LB 2:00 Bridge Brigade, BR 3:00 Crossword Capers, AR 4:00 Buffalo Bingo, AR</div>	<div>22</div> <div>9:30 Get Fit, AR 10:00 Holiday Gingerbread Project, AR 11:00 Jerry/Joyce, Service, CH 2:00 History’s Amazing Stories, TH 3:00 Bocce Ball, AT 4:00 Buffalo Bingo, AR 6:30 Serenaders, L 7:00 Movie, TH</div>	<div>23</div> <div>10:30 Bean Bag Baseball, AR 2:00 Bingo, AR 2:00 Scrabble, TV/2ndFL 2:00 Movie, TH 4:00 Afternoon Walk 7:00 Bridge, BR 7:00 Movie, TH</div>
<div>24</div> <div>10:00 Refreshing Walk 11:00 Games of Your Choice, AR 2:00 Yahtzee, TV/2ndFL 2:00 Movie, TH 3:30 Sunday Service, CH</div>	<div>25</div> <div>9:30 Get Fit, AR 10:00 TED Talks, TH 11:00 Bible Service, CH 11:00 Pokeno, TV/2ndFL 2:00 Mah Jong, BR 2:00 Volleyball, AT 3:00 Love on a Leash, AT 4:00 Bingo, AR</div>	<div>26</div> <div>9:00 Blood Pressure Check, BI 9:30 Get Fit, AR 10:00 Canasta, TV/2ndFL 10:00 Holiday Gingerbread Project, AR 1:15 Trivia, DR 2:00 Scrabble, TV/2ndFL 2:00 History’s Amazing Stories, TH 4:15 Buffalo Bingo, AR 7:00 Poker Night, BR</div>	<div>27</div> <div>9:30 Get Fit, AR 9:30 Morehead Planetarium and Science Center 11:00 Stockings of Joy Decorating Party, AR 2:00 Mah Jong, BR 2:00 Card Games, TV/2ndFL 4:00 Holiday Gingerbread Project, AR 6:45 The Rosary, CH 7:00 Catholic Service, CH 7:00 Movie, TH</div>	<div>THANKSGIVING DAY28</div> <div>9:30 Yoga with Dr. Dianne McQueen, AR 11:00 Chef Carl’s Demo, AR 1:15 Lunchtime Trivia, DR 1:15 Trivia, DR 2:00 Bible Study, LB 2:00 Bridge Brigade, BR 3:00 Crossword Capers, AR 4:00 Buffalo Bingo, AR</div>	<div>29</div> <div>9:30 Get Fit, AR 10:00 Holiday Gingerbread Project, AR 11:00 Jerry/Joyce, Service, CH 2:00 Mad Hatters Fashion Show, AR 3:00 Bocce Ball, AT 4:00 Buffalo Bingo, AR 6:30 Serenaders, L 7:00 Movie, TH</div>	<div>30</div> <div>10:30 Bean Bag Baseball, AR 2:00 Bingo, AR 2:00 Scrabble, TV/2ndFL 2:00 Movie, TH 4:00 Afternoon Walk 7:00 Bridge, BR 7:00 Movie, TH</div>



## Polka Band and Dance

About 65 residents stayed after lunch on October 3rd to enjoy the live Polka Band. Those who stayed thoroughly enjoyed festive and cheerful music. The fine tunes compelled many to get up and dance. The polka remains a popular folk genre all throughout Europe. Varieties of this dance can also be found in Russia, Hungary, Italy, Romania, Spain, the United Kingdom, Ireland, Canada and the United States.



*Vilma, up and dancing away.*



*Wilda and Josh*



*The Dancing Queen, Maria, has been dancing to polkas from a young age.*



*Assistant Manager, Dawn, dances with Henry and Josie in the back.*



## The Holiday Gingerbread Project

Each year, Hawthorn Retirement Communities throughout America hold a gingerbread project competition. This year, the original plan was to build gingerbread tanks and soldiers to commemorate the 75th Anniversary of America's largest Battle, the Battle of the Bulge. We came up with a prototype of the U.S. Sherman and German Panther tanks. Then one of our residents, Lorretta, suggested we do something that would evoke more peace and tranquility. An idea was floated to do a gingerbread Nativity scene. Lorretta began diligently working on her prototypes for the project. She came up with the cutest sheep (see photo). We do have people of other faiths living at the StoneRidge, so a decision was made for a non-religious theme. Incorporating creativity, a new idea formed around these cute little sheep. A gingerbread shepherd and dwelling will suit anyone of any faith. Moses from the old testament, a shared figure in Christian, Jewish, and Islamic history, actually spent some of his years as a shepherd. Although Christ's occupation was that of a carpenter, he is often depicted as the shepherd watching out after the sheep. For the Buddhist, Hindu or atheist out there, this display can be anything you wish it to be.



*Baa, baa, black sheep*



*Thanks, Jill and Nadine, for all your help and dedication to Arts and Crafts.*

Monday and Friday mornings in the Activity Room, we invite you to make some white sheep or even a black one, if you are feeling a little naughty. One of the criteria used to determine a winner is resident participation in the actual building of the display. Are you ready to have some fun?

## Gifted Entertainer to Perform at the StoneRidge

A gifted tribute artist and lead singer of a famous '60s band who wishes to remain anonymous will entertain StoneRidge residents on Saturday, November 2nd, at 1:45 p.m. This is your opportunity to enjoy the uplifting songs of John Denver, New Christy Minstrels, Peter, Paul and Mary, and Neil Diamond.



105 Convention Drive  
Cary, NC 27511



# *Fall in love...* with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**919-460-0560**

