

# WILSHIRE ESTATES

Gracious Retirement Living



13716 New Hampshire Ave • Silver Spring, MD 20904 • Phone 240-257-3601 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

FEBRUARY 2020

## WILSHIRE ESTATES

Managers ..... DEBRA SHONKA-BARTA & RICH BARTA  
Assistant Managers..... TRACY & DENNIS FARMER  
Executive Chef .....SETH CONNOLLY  
Sous Chef ..... LARRY LITTLEFORD  
Activity Coordinator.....LEORA RASKAS  
Bus Driver .....ERIK ROBERTS

HAWTHORN  
SENIOR LIVING

## Hello From Leora Raskas

I am the Activities Coordinator for the Wilshire Estates Community. I joined Hawthorn Senior Living in December of 2019.

I previously worked in the Activities Department at a local Assisted Living facility, where I facilitated one-on-one programming and group programming for residents in three different houses. As a proud Alumnus of the University of Maryland, College Park (Go Terps!) and D.C. area native, I am excited to plan activities in the area I have always called home. Some of my favorite places in the D.C. area include Kenilworth Park and Aquatic Gardens, the West Building of the Smithsonian National Gallery of Art, the Kogod Courtyard (in the National Portrait Gallery), Patapsco Valley State Park and Pike and Rose shopping center.

When I am not visiting art museums and hiking, I can be found baking peach scones, watching reruns of the “West Wing,” listening to country/pop music and playing a mean game of Anagrams.\* Other hobbies of mine include tennis, jewelry making, knitting, graphic design and event planning.

So please stop by the Activities Room at any time and say hello. I draw my inspiration from the people with whom I work, and I am so excited to plan a well-rounded schedule of activities that integrates your current hobbies and encourages you to explore new hobbies as well.

\*A word game like Scrabble and Bananagrams. The first person to beat me gets a beverage of their choice on me from Dunkin’ Donuts.





## Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

**Germany:** Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

**South Korea:** Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14th, when men are the gift-givers. Single friends get together on Black Day, April 14th, and dine on bowls of noodles covered with a black bean sauce.

**Mexico:** The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other with candy, flowers, balloons and stuffed animals.

**South Africa:** The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

**Peru:** Orchids are the flower of choice for valentines here, since they are native to this South American nation.

**Philippines:** Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on February 14th.



## A Blast From the Past: Fats Domino

Antoine "Fats" Domino, Jr. (1928 to 2017) was a singer-songwriter, who is best known for hits "Ain't That a Shame" and "Blueberry Hill." A New Orleans native, Domino started performing at bars when he was 14 years old. For his first job, he played for Solid Senders band and earned \$3 a week. During this time, he received the nickname "Fats" from his bandleader, who recognized his hearty appetite and piano talent, honoring him with the first name of famous pianists Fats Waller and Fats Pichon. From 1949 to 1962, Domino recorded songs for Imperial Records. His songs "Ain't That a Shame" (1955) and "Blueberry Hill" (1965) reached No. 1 on the Billboard R&B chart and No. 1 on the R&B Best Sellers chart, respectively. After leaving Imperial Records, Domino signed on to ABC-Paramount records, and later signed on to Mercury Records. In 1966, he was inducted into the Rock and Roll Hall of Fame, and in 1998, he was awarded the National Medal of Arts by President Bill Clinton. A survivor of Hurricane Katrina, he helped raise funds to rebuild schools and playgrounds in New Orleans.

In honor of Fats Domino's birthday, we are hosting an Ol' Time Karaoke night on February 26th at 6:30 p.m. Residents and employees are encouraged to perform. A sign-up sheet is available in the Activities Room.

## Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:

**Take a walk** — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

**Treat your hands and feet** — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

**Make time for hobbies** — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

**Eat well** — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

**Keep your health a priority** — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.



## Recipe for Red Velvet Brownies: Courtesy of Sous Chef Larry Littleford

### Brownies:

- 3/4 cup all-purpose flour
- 2 large eggs
- 1 stick unsalted butter (melted)
- 1 cup sugar
- 1 tablespoon vanilla extract
- 1/2 cup unsweetened cocoa powder
- 1/8 teaspoon salt
- 1 tablespoon red food coloring
- 3/4 teaspoon white vinegar

### Frosting:

- 8 ounces cream cheese (room temperature)
- 1 egg yolk
- 1/2 teaspoon vanilla
- 1/4 cup sugar

Preheat the oven to 350 degrees. Combine the all-purpose flour, sugar, cocoa powder and salt in a medium-sized mixing bowl. Mix well. In a separate bowl, stir the red food coloring and white vinegar together. Add the liquid ingredients (eggs, melted butter, and the red food coloring solution) to the bowl containing dry ingredients. Grease the baking pan with butter. Pour the brownie mixture into the pan and bake for 25 to 30 minutes. Use a toothpick to determine if the brownies are fully cooked.

While the brownies are cooling, beat together the cream cheese, egg yolk, vanilla and sugar in a bowl until the frosting reaches a smooth consistency. Cut the brownies into squares. Scoop frosting into a piping bag. Wait until the brownies are room temperature to pipe your desired design onto the brownies.

\*Residents are invited to bake brownies with Sous Chef Larry on Thursday, February 13th, at 2:30 p.m. in "Grandma's Kitchen," conveniently located in the Activities Room.

## Rich and Debra, Along With Keely, Would Like to Wish You a Very Happy Valentine's Day

Some thoughts to ponder on such a lovely day!

Did you know that the first valentine on record was sent in the mail in 1806, and the tradition is still going strong today? Not only are Valentine's Day cards and quotes an easy way to show

your love, but they're one of the most personal and beautiful ways to express your feelings. Poets, authors and playwrights have dedicated their work to capturing love in words for thousands of years.

### Candy hearts were originally medical lozenges.

In 1847, Boston pharmacist Oliver Chase invented a machine that simplified the lozenge production process, resulting in the first

candy-making machine, according to The Oxford Encyclopedia of Food and Drink in America. After identifying an opportunity to revolutionize the candy business, Chase shifted his focus to candy production with Necco wafers. It wasn't until 15 years after the creation of Necco wafers that Daniel Chase's brother, Oliver Chase, developed a way to press words onto the candy lozenges with a felt roller pad and vegetable food coloring. According to The Huffington Post, the conversation candies officially became heart-shaped in 1902, and today Necco says about 100,000 of them are sold each year.

### Men and women prefer the same kind of candy.

Both men and women prefer to receive chocolate over flowers, according to the National Confectioners Association. The survey also found that chocolate sales represent 75 percent or more of Valentine's Day candy purchases.



# FEBRUARY 2020

## Birthdays

Aiyaanna Bratcher,  
5th (Employee)  
Kendrick Williams,  
14th (Employee)  
Tyler McPherson,  
15th (Employee)

## Locations

Activities Room, AR  
Chapel, CH  
Dining Room, DR  
Fitness Room, FR  
Game Room, GR  
Library, LI  
Lobby, LO  
Movie Theater, MT

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”  
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 10:00 Board Games, AR 2:00 Sundaes on Sunday, AR 3:00 Bingo, AR 5:30 Souper Bowl Dinner, DR 6:30 Kick-Off, MT	3 9:00 CVS Outing, LO 10:00 Name That Spice, AR 10:30 Pinstripes: Lunch and Bowling Outing, AR 3:30 Bingo, AR 6:45 March of the Penguins, MT	4 9:00 Yoga, AR 10:00 Crossword Puzzles, AR 11:00 Bean Bag Baseball, AR 2:00 Resident Meeting, AR 4:00 DIY: Sea Salt Hand Scrub, AR 6:45 Game Night, GR	5 9:00 Write Your Life Story, AR 10:00 College Park Aviation Museum, LO 2:00 Baseball Trivia, AR 4:00 Seated Cardio, AR 6:45 True Grit, MT 	6 9:00 Fast Walking Group, AR 10:00 Massachusetts Day: Virtual Tour of Boston, AR 11:00 Rummikub, AR 2:00 Volunteering Info Session, AR 4:00 Boston Tea Party, AR	7 9:00 DIY: Safari Silhouettes, AR 11:30 Island Fishing Exercise 2:00 Giant Outing, LO 3:30 Bingo, AR 5:30 Shabbat Dinner, AR	8 10:00 Newz Club, AR 2:00 Poker, GR 4:00 Serial Saturday: “The Crown” Ep 1.1, MT
9 10:00 Board Games, AR 2:00 Sundaes on Sunday, AR 3:00 Bingo, AR	10 9:00 CVS Outing, LO 10:00 Manager’s Tea, AR 2:00 Meditation Monday, CH 3:30 Bingo, AR 6:45 Catch Me If You Can, MT	11 9:00 Balance Training, AR 10:00 Valentine’s Day Centerpiece Workshop, AR 11:30 Chess, AR 2:00 Matinee, MT 4:00 Night and Day Music Performance, AR	12 9:00 Scrabble, AR 10:15 Wheaton Library Outing, AR 2:00 Gardening Club, AR 3:00 Guest Lecturer: Katie Dishman, AR 6:45 The Hateful Eight, MT	13 9:00 Slow Walking Group, AR 10:00 50 Nifty: U.S. Trivia, AR 11:00 Card Games, AR 2:30 Red Velvet Brownies with Sous Chef Larry, AR 4:00 Puzzles and Punch, AR	14 <b>VALENTINE’S DAY</b> 9:00 Wii Friday: Bowling, AR 10:00 Valentine’s Day Giant Outing, LO 2:00 The Not So Newlywed Game, AR 3:30 Bingo, AR 6:45 Valentine’s Day Gala, DR 	15 10:00 Newz Club, AR 2:00 Poker, GR 4:00 Serial Saturday “The Crown” Ep 1.3, MT 
16 10:00 Board Games, AR 2:00 Sundaes on Sunday, AR 3:00 Bingo, AR	17 <b>PRESIDENTS DAY</b> 9:00 CVS Outing, LO 10:00 Seated Boxing, AR 11:00 Presidential Trivia, AR 2:00 Trader Joe’s Outing, LO 3:30 Bingo, AR 6:45 The Pursuit of Happiness, MT	18 9:00 Yoga, AR 10:00 Crossword Puzzles, AR 11:00 Bean Bag Baseball, AR 2:00 Matinee, MT 6:45 Wheel of Fortune (Live), AR	19 8:00 Breakfast with Jimmy, AR 9:00 Air and Space Museum Outing, LO 3:30 Book Club, AR 4:30 Poker Club, GR 6:45 The Good, The Bad and the Ugly, MT	20 9:00 Fast Walking Group, AR 10:00 Intro to the Fitness Room, FR 11:00 Rummikub, AR 2:00 Knitting and Crocheting Club, AR 3:00 Billiards, GR 4:00 Name That Tune, AR	21 9:00 Wii Friday, AR 10:30 The Art on Our Walls Tour, AR 2:00 Giant Outing, LO 3:30 Bingo, AR 6:45 Silent Movie Night, MT	22 10:00 Newz Club, AR 2:00 Poker, GR 4:00 Serial Saturday “The Crown” Ep 1.4, MT
23 10:00 Board Games, AR 11:00 Grand Opening, LO 4:30 Open Studio, AR	24 9:00 CVS Outing, LO 11:30 Seated Cardio, AR 2:30 Cooking Class: Soup with Seth, AR 3:30 Bingo, AR 6:45 The Blind Side, MT	25 9:00 Balance Training, AR 10:30 Guest Lecturer: Ralph Buglass, AR 11:30 Chess, AR 2:00 Matinee, MT 4:00 Resident Meeting, AR 5:30 Mardi Gras Dinner Party, DR	26 <b>ASH WEDNESDAY</b> 9:00 Scrabble, AR 10:00 Mystery Outing, LO 3:00 AMC: Article of the Month Club, LI 4:00 Alice in Wonderland Brainteasers, LI 6:30 Karaoke Night, AR	27 9:00 Slow Walking Group, AR 10:30 Jeopardy, MT 11:00 Card Games, AR 3:00 Performance by Flautist Art Thompson, AR 4:15 Sudoku, AR	28 9:00 Wii Friday: Bowling, AR 10:00 Leap Year Reminiscing, AR 11:00 Modern Music, AR 2:00 Giant Outing, LO 3:30 Bingo, AR	29 10:00 Newz Club, AR 2:00 Poker, GR 4:00 Serial Saturday “The Crown” Ep 1.5, MT



## Local Treasures (Within a 20-Minute Drive)

### Brookside Gardens

Located in Wheaton, Maryland, just an eight-minute drive from Wilshire Estates, Brookside Gardens is an oasis from daily suburban life. Founded in 1969, it spans 50 acres, includes two conservatories and employs a team of fourteen horticulturists. Home to an Aquatic Garden, a Rose Garden, a Japanese Style Garden, a Yew Garden and a Perennial Garden, Brookside Gardens is the perfect spot for an afternoon stroll or a meditative walk. Their seasonal attractions, the Wings of Fancy Live Butterfly and Caterpillar Exhibit and the Garden of Lights, are open to the public from July to September and November to December, respectively.



*A sight to behold, Brookside Gardens has 4.8 stars on Google reviews.*

### University of Maryland Golf Course

At University of Maryland's flagship location in College Park, an 18-hole golf course is open to the public year-round. Par for the course is 71. Senior men, ages 50 and above, can apply for the University of Maryland Senior Golf Association (UMSGA) Membership to gain access to season-long single elimination tournaments, club matches and social events. In addition to the golf course, other amenities include a driving range, locker rooms, a restaurant and bar, and a pro shop.



*The University of Maryland Golf Course opened in 1959 and was renovated in 2008.*

### Olney Theater Center

For over four decades, Olney Theater Center has been bringing high-quality theater to children and adults. Throughout the years, numerous famous actors and actresses have come through their doors, including "Hello, Dolly!"s Carol Channing, "Modern Time's" Paulette Goddard and "Cat on a Hot Tin Roof's" Burl Ives. The Center is currently showing the new musical "Miss You Like Hell" (Main stage), which tells the story of an undocumented immigrant and her daughter, and "The Diary of Anne Frank" (Historic stage) which is based on the true story of Anne Frank and her experience hiding from the Nazis during World War II. Future productions on the Mainstage include "The Humans" (April 1 to May 3) and "Pippin" (June 10 to July 19).



*Olney Theater Center offers acting classes to children and adults of all ages.*



## Wheaton Library and Community Recreation Center

A \$70 million multi-year project, the Library and Community Center opened its doors in September 2019. Open seven days a week and located just a ten-minute drive from Wilshire Estates, the Library offers reservable collaboration spaces, computers for public use, a World Language Collection (offering Chinese, Spanish, and Vietnamese print materials), a DVD collection and Audiobooks. For a very reasonable price, used books can be purchased at the Friends of the Library used bookstore, located down the hall from the Library. The building contains numerous state-of-the-art recreation spaces, including a gymnasium, a pottery studio, a teaching kitchen, a dance studio, a fitness center and an indoor walking track that overlooks the gymnasium. The recreation center offers Exercise classes and Open Gym sessions tailored to seniors ages 55-plus.

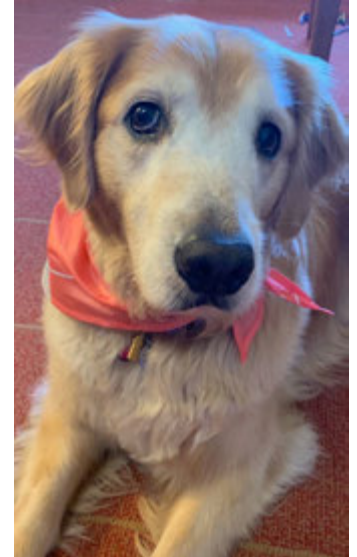


*Featuring abundant natural light and plenty of seating options, the Wheaton Library is the perfect place to get lost in a good book.*

## Keely's Corner

Happy Valentine's Day ♥♥♥

My mom and dad, Debra and Rich, know how much I love food, any kind of food!



However, hold the chocolate! My mom and dad and all my human friends find chocolate to be delicious and can't seem to get enough of it, but it can give me seizures. Did you know that chocolate contains a molecule called Theobromine, which can be poisonous to us canines? So as much as I love my treats and snacks, please do not toss me any chocolate.

Actually, humans have reason to be careful around chocolate as well. The American Heart Association recommends that women consume no more than 25 grams of sugar daily, which is approximately the amount of sugar found in one standard sized Hershey's milk chocolate bar. The recommendation for men is only slightly higher: 36 grams of sugar per day. For seniors with prediabetes and diabetes, the recommended daily consumption is even less, so as Valentine's Day approaches, remember to consume baked goods in moderation and in accordance with your doctors' orders. Our chefs, Seth and Larry, would be more than happy to provide you with nutritional information for our in-house desserts. And of course, be on the lookout for our delicious sugar-free offerings and fresh fruit! Wishing you a happy and healthy Valentine's day filled with love from family and friends, both human and four-legged!

Your four-pawed friend,  
Keely

**WILSHIRE ESTATES**  
Gracious Retirement Living

13716 New Hampshire Ave  
Silver Spring, MD 20904



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

**WILSHIRE ESTATES**  
Gracious Retirement Living

**240-257-3601**