

Oak Park Retirement

Gracious Retirement Living

548 White Oaks Drive • Salisbury, NC 28147 • Phone (704) 636-4600 • www.seniorlivinginstyle.com

FEBRUARY 2020

OAK PARK STAFF

Managers..... CHUCK & CHARLENE TURNER
Assistant Managers ...RANDY & ROBINN COOK
Executive Chef..... JUSTIN GRIER
Activity Coordinator KAREN LEONARD
Maintenance PETE TOWNSEND

TRANSPORTATION

Monday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

Tuesday, 9 a.m.-Noon: Errands

Wednesday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

Friday, 9:45 a.m.: Walmart

HAWTHORN
SENIOR LIVING

2020 Africa Expedition at Oak Park

We have had an amazing trip so far with our kick-off being held on January 21st, 2020, with a Desserts in the Desert event, tea parties in Morocco and Egypt, a trip to see Africa animals at the Lazy 5 Ranch, mummy wrapped hot dogs and Hieroglyph Tablet crafts, to name a few of our events.

The fun continues into February 2020 as we go to Tanzania on our 2020 Africa Expedition at Oak Park. We will continue to experience the food, history and culture of this beautiful country.



Africa Expedition 2020 at Oak Park



Tanzania in February



Chili Cook-Off Time at Oak Park

Oak Park was the place to be for a Chili Cook-Off with lots of great chili! It was a fun-filled event for our residents and many guests. There was certainly stiff competition for everyone who entered the contest.

Participants entering the contest included the City of Salisbury Fire Department, City Tavern of Salisbury, LongHorn Steakhouse, Oak Park Manager Charlene Turner, and Oak Park Executive Chef team of Justin and Ben. They all had amazing chili.

The impressive judging panel included City of Salisbury Mayor, Karen Alexander; City of Salisbury Police Officer, Rebecca Sexton; Dr. Alberta McLaughlin with the City of Salisbury Police Department; Hawthorn Regional Director, Jim Maddox; and Oak Park residents Anne Hollifield, Bill Greenstreet and Gene Plummer.

Each judge was given all five chilis with a score sheet to score each one. After all sheets from the judges were collected and tallied, Regional Marketing Director, Tammy Cole, announced the winning chili.

The First Place winner was the City of Salisbury Fire Department. The City of Salisbury Fire Marshall, Wesley Jackson, made the winning chili. He has been making chili for about five years. He started with the city's Chili Cook-Off four years ago. He made the recipe up after he entered that contest. Wesley said the recipe was all by accident. He ended up winning that contest also. We, of course, had to ask if there was a secret ingredient to his winning recipe. He said it would be a dash of cinnamon and cumin, and that those ingredients really just give it a 3-D flavor.

Wesley won a \$100 gift card for his winning entry.

A close Second Place went to our Oak Park Chef team of Justin and Ben. They were only three points away from a tie for First Place. They cooked their chili ahead so it would have time to simmer the flavors. They said the secret to their excellent chili was Frank's red sauce. They went on to say that is the secret to a lot of their great recipes. They also made chili for all the Oak Park residents and attending guests for dinner, along with a potato bar, cornbread and much more.

Oak Park Manager, Charlene Turner, won Third Place. She and her husband, Chuck Turner, are known for enjoying food with a little heat. But the judges said her chili was just right. She said the secret to her chili was ghost pepper hot sauce, which is made by Chuck. All of the Oak Park staff requested to have Charlene's chili that was left from the contest because it was so good. Thank you, Charlene, for supporting the cook-off and making excellent chili.

All of the residents and guests were able to test the different chilis with their meal.

So everyone, start getting your recipes ready for next year's Oak Park Chili Cook-Off. We can hardly wait!



Judges from the City of Salisbury Police Department and Oak Park resident, Anne Hollifield, at the judge's table



Oak Park resident judges, Bill and Gene, taste the chili for judging.



A special thank you to the Oak Park Chili Cook-Off Judges!



Judges City of Salisbury Mayor, Karen Alexander, and Hawthorn Regional Director, Jim Maddox, work on judging the chili.



Wesley takes time to visit with Oak Park resident, Helen Wooten.



First Place Winner, Wesley Jackson of the Salisbury Fire Department



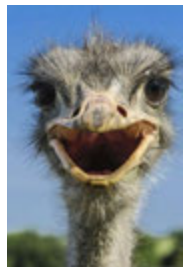
Second Place went to the Oak Park Team of Justin and Ben.



Third Place winner, Oak Park Manager, Charlene Turner, with some chili

Ten Wonderful Facts About African Animals (Beyond the Big Five!)

1. Lions spend up to 20 hours a day at rest, and are most active at dusk and dawn. They are the most social of all wild cat species, living in prides that typically consist of between five and ten adult lions.
2. Elephant babies are often seen sucking their trunks, in the same way that a human baby might suck its thumb. Trunk-sucking is sometimes seen in older elephants, too, especially when they are uncertain of their surroundings. Of course, an elephant's trunk is more than a glorified pacifier. With more than 40,000 different muscles, it is incredibly dexterous. It is used to breathe, smell, touch, drink, eat and communicate.
3. One unique feature of the giraffe is its black tongue! Giraffes use their tongues to strip leaves from the tallest trees, and the color comes from a high melanin content, which helps to prevent them from getting sunburned.
4. As well as being the largest bird on Earth, the ostrich is also the fastest two-legged runner in the Animal Kingdom. On average, ostriches can sprint at speeds of up to 45 mph.
5. Despite having a mostly herbivorous diet, hippos are often cited as the most dangerous of all African animals. Male hippos



(Continued on Page 6)

FEBRUARY 2020

Birthdays

Wilber Boltz, 1st
Lorraine Davis, 2nd
Micki Rhodes, 5th
Senora Smith, 7th
Ruth Morgan, 11th
Mable Fleming, 15th
Becky Lowery, 19th
Doris Tuttle, 21st
Art Pore, 25th

Locations

Activity Room
(First Floor), AR
Art Studio (Second
Floor), AS
Chapel (Third Floor), CH
Dining Room (First
Floor), DR
Game Room (Second
Floor), GR
Library (Second
Floor), LIB
Lobby, Lobby
Screen Porch
(First Floor), SP
Television Lounge
(Second Floor), TVL

“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
					1	
9:10 Catholic Rosary, CH 2 9:40 Catholic Communion, CH 10:00 Coffee Chat, AR 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH 6:00 Super Bowl Tailgate Party, TVL 	Local Doctor Appointments 3 Tanzania Week 9:15 Exercise with Legacy, AR 12:00 Singalong, DR 12:30 Searching for the Big Five, DR 2:00 Bridge, GR 2:00 Bingo, AR 3:00 Great Lectures, TVL 3:00 Stitch and Knit, AR 3:30 Word Search, AR	9:00 Errands, Lobby 4 9:15 Exercise, AR 9:45 Devotions, CH 10:30 Balloon Volleyball, Lobby 12:00 Resident Activity Chat, AR 2:00 Numbered Dominoes, AR 2:00 Bridge, TVL 3:30 Art at the Park with Betty Sedberry, AS 3:30 Safari Silhouettes, AS 7:00 Poker Night, AR	Local Doctor Appointments 5 9:15 Exercise, AR 10:00 Band Practice, DR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Bible Study, CH 3:00 Stitch and Knit, AR 3:00 Tanzania Coffee Tasting, AR 6:30 Canasta, TVL 	9:00 Mean Mug Coffee Shop, Lobby 6 9:15 Tai Chi, AR 11:00 Chef's Meeting, AR 11:30 The Spices of Zanzibar, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 2:30 Great Lectures, TVL 7:00 Poker Night, TVL	9:15 Exercise, AR 7 9:45 Walmart, Lobby 11:00 Learn to Play Chess, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 	8 9:15 Exercise, AR 10:00 Bridge, TVL 4:00 Saturday Singalong, DR 7:00 Classic Movie Night, TVL
9 9:10 Catholic Rosary, CH 9:40 Catholic Communion, CH 10:00 Coffee Chat, AR 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	Local Doctor Appointments 10 9:15 Exercise with Legacy, AR 12:00 Singalong, DR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Great Lectures, TVL 3:00 Stitch and Knit, AR 3:30 Word Search, AR	9:00 Errands, Lobby 11 9:15 Exercise, AR 9:45 Devotions, CH 10:30 Balloon Volleyball, Lobby 12:00 Resident/Manager Meeting, DR 1:30 Blood Pressure Check by Legacy, Lobby 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:30 Art at the Park with Carolyn Kirkman, AS 7:00 Poker Night, AR 	Local Doctor Appointments 12 9:15 Exercise, AR 10:00 Band Practice, DR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Bible Study, CH 3:00 Stitch and Knit, AR 6:30 Canasta, TVL	13 9:15 Tai Chi, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 2:30 Great Lectures, TVL 7:00 Poker Night, TVL	VALENTINE'S DAY 14 9:15 Exercise, AR 9:45 Walmart, Lobby 11:00 Learn to Play Chess, AR 12:30 Desserts Showcase, DR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR	15 9:15 Exercise, AR 10:00 Bridge, TVL 3:00 John Hall Music, Lobby 4:00 Saturday Singalong, DR 7:00 Classic Movie Night, TVL 
16 9:10 Catholic Rosary, CH 9:40 Catholic Communion, CH 10:00 Coffee Chat, AR 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	PRESIDENTS DAY 17 Local Doctor Appointments 9:15 Exercise with Legacy, AR 12:00 Singalong, DR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Great Lectures, TVL 3:00 Stitch and Knit, AR 3:30 Word Search, AR	9:00 Errands, Lobby 18 9:15 Exercise, AR 9:45 Devotions, CH 10:30 Balloon Volleyball, Lobby 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 7:00 Poker Night, AR	Local Doctor Appointments 19 9:15 Exercise, AR 10:00 Band Practice, DR 1:30 Rowan County Library Bookmobile, Lobby 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Bible Study, CH 3:00 Stitch and Knit, AR 6:30 Canasta, TVL 	20 9:00 Cheap Joe's Art Stuff and Lunch, Lobby 9:15 Tai Chi, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 2:30 Great Lectures, TVL 3:00 New Resident Social and Monthly Birthday Party, AR 7:00 Poker Night, TVL	21 9:15 Exercise, AR 9:45 Walmart, Lobby 11:00 Learn to Play Chess, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 	22 9:15 Exercise, AR 10:00 Bridge, TVL 4:00 Saturday Singalong, DR 7:00 Classic Movie Night, TVL
23 9:10 Catholic Rosary, CH 9:40 Catholic Communion, CH 10:00 Coffee Chat, AR 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	Local Doctor Appointments 24 9:15 Exercise with Legacy, AR 12:00 Singalong, DR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Great Lectures, TVL 3:00 Stitch and Knit, AR 3:30 Word Search, AR	9:00 Errands, Lobby 25 9:15 Exercise, AR 9:45 Devotions, CH 10:30 Balloon Volleyball, Lobby 12:30 Mardi Gras, DR 1:30 Blood Pressure Check by Legacy, Lobby 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 7:00 Poker Night, AR 	ASH WEDNESDAY 26 Local Doctor Appointments 9:15 Exercise, AR 10:00 Band Practice, DR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Bible Study, CH 3:00 Stitch and Knit, AR 3:30 Chocolate Tasting with Davidson Chocolate Co., AR 6:30 Canasta, TVL	27 9:15 Tai Chi, AR 9:30 Davidson Chocolate Co. and Lunch at the Soda Shop, Lobby 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 2:30 Great Lectures, TVL 7:00 Poker Night, TVL	28 9:15 Exercise, AR 9:45 Walmart, Lobby 11:00 Learn to Play Chess, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR	29 9:15 Exercise, AR 10:00 Bridge, TVL 12:30 Leap Year Trivia, DR 4:00 Saturday Singalong, DR 7:00 Classic Movie Night, TVL



Ten Wonderful Facts About African Animals (Beyond the Big Five!)

(Continued)

fiercely protect their section of the river, and will often attack those who unwittingly encroach upon their territory. Females are also quick to attack anyone who comes in between them and their calves.

6. Hyenas are more closely related to cats than dogs. They live in matriarchal clans, with some groups numbering over 70 members. Hyena cubs are usually born in pairs, and if they are the same sex, they may try to kill each other.
7. Nile crocodiles can hold their breath underwater for over 10 minutes and can go for months at a time without food. Their armor-like skin protects them from injury, and their immune system is so well-developed that they can feed on decaying flesh without getting sick.
8. The aptly named Goliath Frog is the largest in the world and can be found in the country of Cameroon. They are a foot long!
9. For the amount of dead and decaying animals they eat, it might be common knowledge that a vulture's stomach acid is strong. However, you may not know that it's so strong that it can combat diseases like cholera and anthrax.
10. Because a giraffe has to bend over so far to drink water, it is naturally equipped with special vein structures and valves in its neck so that it won't faint. These valves stop the blood from flowing to certain areas so do this.

Ten Fast Facts about Spices



1. Peppercorns have been used to spice up foods for more than 4,000 years. As early as the 4th century B.C., texts describe pepper being used as a seasoning for Indian feasts.
2. In Taoist mythology, black garlic, a fermented Korean product, was associated with immortality. While we're not sure it will endow you with supernatural powers, we can assure you that it will add richness and memorable flavor to eggs, dips and meats. Unlike white garlic, the black variation isn't at all harsh. It tastes almost like a savory version of a fig.
3. Saffron is one of the most expensive spices in the world! This is because the vibrant thread-like spice has to be harvested by hand. Saffron comes from the stigma of the crocus sativus, and each crocus contains only three to five stigma. This means one hundred flowers are needed to produce only one gram of saffron.
4. Nutmeg was once so exotic that the Dutch traded the entire island of Manhattan to the British for the islands that grew nutmeg.
5. The Scoville scale was created by Wilbur Scoville. It measures the heat of a chile. The hottest chile known to exist for sale is the Carolina Reaper, which measures 2.2 million on the Scoville Scale.
6. Allspice was originally named Pimento. Columbus was the man who originally named the spice pimento, but once it ended up in Europe, it was renamed allspice. Also, many people aren't aware that the key ingredient in allspice is Jamaican Jerk Seasoning.
7. Despite being synonymous with blandness, vanilla is one of the most complex spices in the world and the second most expensive, next to saffron.
8. A teaspoon of paprika contains 37 percent of the recommended daily intake of vitamin A, and also contains some iron.
9. Cayenne has many health benefits and can improve the absorption of other nutrients in foods. It has been shown to increase circulation and reduce the risk of heart problems. Though available in capsule form, it is also a great addition to many foods. In small amounts, it can be added to practically any dish, meat, vegetable or sauce.
10. Trinidad Moruga Scorpion chili, the world's hottest chili pepper, can burn its way through protective latex gloves.



Life at Oak Park



Here is to a great 2020!



A special thank you to all who took part in the gingerbread house contest.

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Salisbury, NC 28147



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.

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