

AMBER PARK

ASSISTED LIVING COMMUNITY

401 Hill Road North • Pickerington, Ohio 43147 • Phone (614) 834-3113 • www.seniorlivinginstyle.com

MAY 2020

AMBER PARK STAFF

Administrator.....KELLI LOVE
Assistant Administrator.....MALCOLM CAMPBELL
Director of Health Services.....ZACK BROWN
Resident Services Coordinator.....IVA WOODRUFF
Executive Chef.....SAMANTHA BROWN
Marketing.....AMBER TIERNEY
Sous Chef.....ERICA WIECHERS
Activity Assistant.....GRACE CLARK
Administrative Assistant.....MINDI MAYLE
Maintenance Coordinator.....DALE MITCHELL
Bus Driver.....PETER FANELLI

MEAL TIMES

8 a.m.: Breakfast
12:30 p.m.: Dinner
5:30 p.m.: Supper

PARK MART

STORE HOURS

Friday: 4-5 p.m.

TRANSPORTATION

Monday-Wednesday, 8 a.m.-5 p.m.: Doctor
Appointments & Anywhere In The Surrounding Area

**Thursday & Friday, 8 a.m.-5 p.m. (appointment
needed):** Anywhere In The Surrounding Area

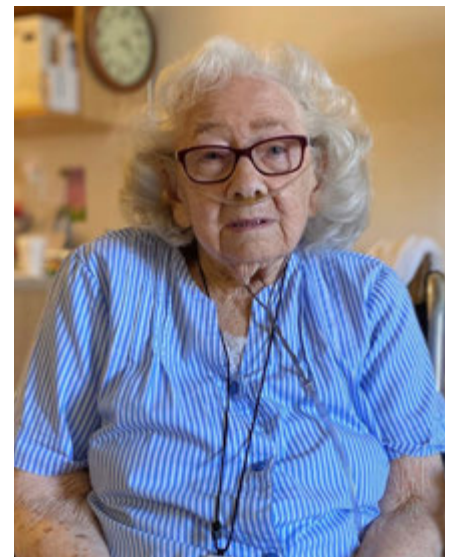
Sunday, 9 a.m.: Epiphany Lutheran and Seton Catholic Church

Sunday, TBD (appointment needed): Church Services

HAWTHORN
SENIOR LIVING

Resident of the Month

The Resident of the Month for April is Millie Jewell. Millie has been a part of the Amber Park family for two years. Millie was born on February 19, 1923, and grew up in Southern Ohio. Millie went to Gahanna Lincoln High School, along with her five brothers and two sisters. Millie was 21 years old when she married the love of her life, Dale. They were happily married for 61 years and lived in Blacklick, Ohio. They had a daughter named Janelle and a son named Paul. She had a dog named Mitzi, and she loved to work, be a housewife, and spend time with her family. She worked at Gold Circle in the returns department. She also enjoyed going to church and singing in the choir. Millie has five grandchildren and three great-grandchildren. She still loves flowers and reading books.



Millie Jewell

Volunteers

Interested in volunteering at Amber Park? Contact Ravon Pierce, our Activities Coordinator, today at 614-834-3113.



National Days of May

- | | |
|--|---|
| May 1st: National Space Day | May 15th: National Pizza Party Day |
| May 2nd: National Fitness Day | May 16th: National Armed Forces Day |
| May 3rd: National Lemonade Day | May 17th: National Take Your Parents To The Playground Day |
| May 4th: National Bird Day | May 18th: National Visit Your Relatives Day |
| May 5th: Cinco De Mayo | May 19th: National Devil's Food Cake Day |
| May 6th: National Nurses Day | May 20th: National Rescue Dog Day |
| May 7th: National Day of Prayer | May 21st: National Strawberries And Cream Day |
| May 8th: National Coconut Cream Pie Day | May 22nd: National Solitaire Day |
| May 9th: National Butterscotch Brownie Day | May 23rd: National Lucky Penny Day |
| May 10th: Mother's Day | May 24th: National Scavenger Hunt Day |
| May 11th: National Eat What You Want Day | May 25th: National Brown-Bag It Day |
| May 12th: National Nutty Fudge Day | |
| May 13th: National Receptionists' Day | |
| May 14th: National Dance Like a Chicken Day | |



- May 26th:** National Paper Airplane Day
- May 27th:** National Senior Health and Fitness Day
- May 28th:** National Hamburger Day
- May 29th:** National Paperclip Day
- May 30th:** National Water A Flower Day
- May 31st:** National Smiles Day

The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.





Employee of the Month

Mindi Mayle is the employee of the month for March. Mindi started working at Amber Park this February and has become a huge asset to our team. Although her title is Administrative Assistant, you'll see Mindi helping in various roles such as activities, housekeeping, and caregiving. Mindi has been an STNA in long-term care settings for over 26 years. She has a passion for helping others to live their best life. Mindi lives in Zanesville with her four dogs and enjoys playing cards, gardening, and spending time outside.



Mindi Mayle

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.



Keukenhof, "Garden of Europe"

Keukenhof — Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

Fun Facts About May

The month May was named for Maia, the Greek goddess of fertility. The birthstone for May is the emerald which represents success or love. The zodiac sign for May are Taurus (April 20th-May 20th) and Gemini (May 21st-June 20th). The birth flower for May is the Crataegus monogyna and the Lily of the Valley. May was once considered a bad luck month to get married. In any given year, no month ever begins or ends on the same day of the week as May does. In the Northern Hemisphere the month of May is known for its vigorous comfort as late spring changes to the early summer warming of June while plant life, flowers and trees bloom and birds whistle. In the Southern Hemisphere autumn with cooler to cold temperatures set in as winter approaches.

May Birthdays

Janice Cox, 8th

Snodgrass, 12th

Harold McCreary, 11th

Boots Miller, 16th

Emma Jean

Phyllis Lantis, 22nd

Service Anniversaries

Beverly Peterson, 5/7/2019

Christine Whetstone,
5/28/2019

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

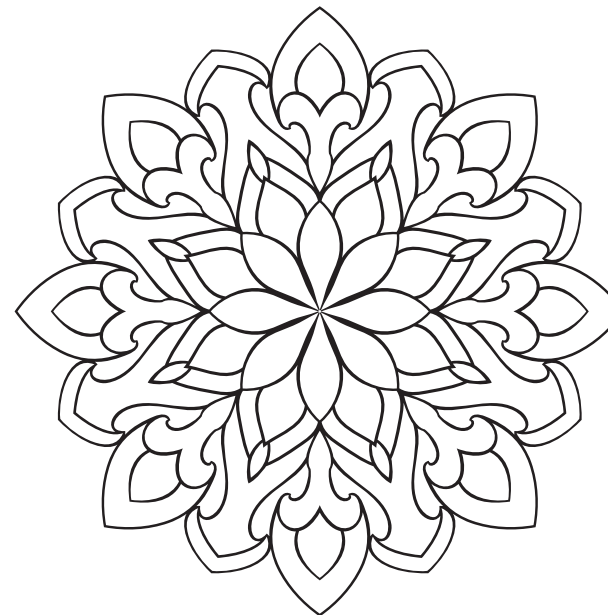


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

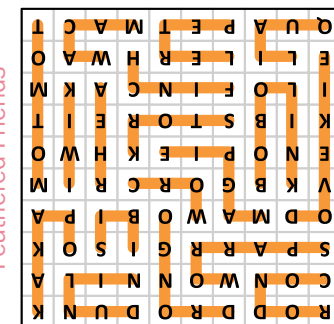
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

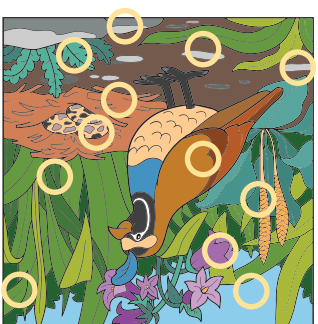
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America



Women in Military Service for America Memorial

Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.



The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.

Protect Yourself from COVID-19

Don't forget to wash your hands often with soap and water for 20 seconds. If you don't have access to soap and water, use 60%+ alcohol-based hand sanitizer. Wear a mask in public if you have access to one. If you don't have a mask, a bandanna will work better than wearing

nothing at all as long as you make sure that it's covering your mouth and nose. Wear protective eye-wear. Do not touch your face as much as possible. Monitor yourself for signs and symptoms. If you have a cough, shortness of breath, and/or a fever of 100.4°F or greater, please self-isolate and seek advice from a medical professional.

Symptoms	Coronavirus <small>(symptoms range from mild to severe)</small>	Cold <small>(gradual onset of symptoms)</small>	Flu <small>(rapid onset of symptoms)</small>
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common* (usually dry)	Mild	Common* (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention



Activities During COVID-19

The Coronavirus is still a hot topic in the news and a huge part of each and every resident and employee's life. We know how much it hurts all of us to be apart from our families and friends during these tough times. We must join together and keep our spirits up. We all know the saying, "This too shall pass," but it's something we must keep in mind during this crisis.

Our activities department has the ability to use technology for the residents to speak with and video chat with loved ones. Loved ones are visiting residents by talking to them through the windows. Creativity is key and Amber Park is ensuring we're being extra creative during these times. Grace is our Activities Assistant, and she's coming up with creative activities to keep the residents involved and engaged while still following the social distancing order. She has created a rolling activities cart to take to the apartments so the residents can choose which activities they want to do in their apartments. Grace is also making sure to sit and talk with the residents so they're not feeling so lonely. Kelli brought in her dogs to entertain the residents. Beverly painted flower pots with the residents and planted flowers with them. Sam baked a birthday cake for a resident and our staff sang to her in the hallway ... We're all in this together and our staff are dedicated to making sure the residents are well cared for and that they all feel like a part of the Amber Park family.



Mollie enjoyed a day of visiting the residents.



Marjorie's birthday cake prepared by Chef Sam



Marjorie and Chef Sam celebrating Marjorie's birthday

Culinary Creations



Sous Chef Erica dressed up for the 1950 TV Dinner.



George, Sam, Niki, and Erica, ready to send Chinese take-out to the residents



Chinese take-out



Amber Park pizza delivery



Marie, George, and Kelli enjoying Amber Park pizza delivery

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401 Hill Road North
Pickerington, Ohio 43147



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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