

COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com

MAY 2020

COTTONWOOD ESTATES STAFF

Managers..... JIM & LAURIE KUCKUCK
Assistant Managers.. MICHAEL & ENDIA SIMMS
Executive Chef..... JONATHAN ELAM
Marketing..... SEÁN JOHNSON
Activity Coordinator YOHANNA L.J. STOREY
Maintenance MARK SIMMS
Transportation THOMAS BABER

TRANSPORTATION

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

Windward Pkwy Shopping

Tuesday, 9 a.m.-2 p.m.: Doctor Appointments

Wednesday, TBD: Outing

Thursday, 9 a.m.-2 p.m.: Doctor Appointments

Friday, 9:30 a.m.: Northpoint Pkwy Shopping

HAWTHORN
SENIOR LIVING

Cottonwood's Star of the Month Is Endia Simms

We would like to recognize Endia Simms, Assistant Manager at Cottonwood Estates, at this time.

We have noticed that since the time you have joined Hawthorn at Cottonwood Estates, you have displayed great enthusiasm to learn and grow professionally. You

have been working hard and also worked overtime to gain the maximum benefit from your work. We might not show our appreciation frequently, as the work keeps us busy all the time, but we never fail to notice the hard work of our employees in the long run.

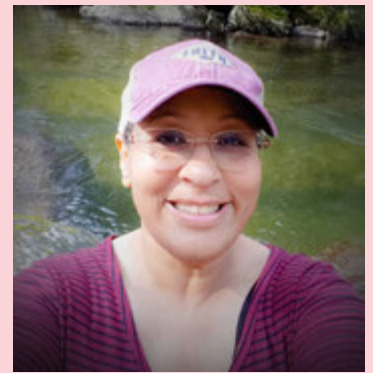
To show our appreciation for your work and conduct, we would like to recognize and show how much we appreciate you.

Let's get to know a little bit about Endia Simms:

Endia loves her cat Harmony, she enjoys hiking through mountains and backwoods, she loves playing the piano, she tells jokes, she loves the Lord and she is passionate about serving others.

Thank you, Endia Simms, for your hard work, dedication, warm smiles and loving personality.

We love you here at Hawthorn.





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 — 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.



Dear Mother

Dear Mother,

There is no other person like you. You held my hand and made me smile, when I had a booboo or an ouchy that was so mild. I can remember all those long lectures on how to behave, now I love to hear you talk about the good old days. Your wisdom, love and protection has carried me throughout the years, reminiscing about you now just bring me tears. Seeing your sacrifice, working long hours, just to raise your family.

I understand you gave up your life just for mine to succeed, how precious you are to me. I would do anything to hold you tight a little longer, make you smile, cook your favorite meal, make you laugh, take you on a vacation and bake you a treat, just to show you how much I appreciate the things you did for me.

There isn't enough time in the whole world to spoil you, but I can show you how much I care by calling you more often, visiting, even sending you a letter with a care package and pictures of the grandkids. I hold you close to my heart, even when we are far apart. If not in this lifetime, in the next I will see you again, and there you will be holding my hand.

I love you Mommy,

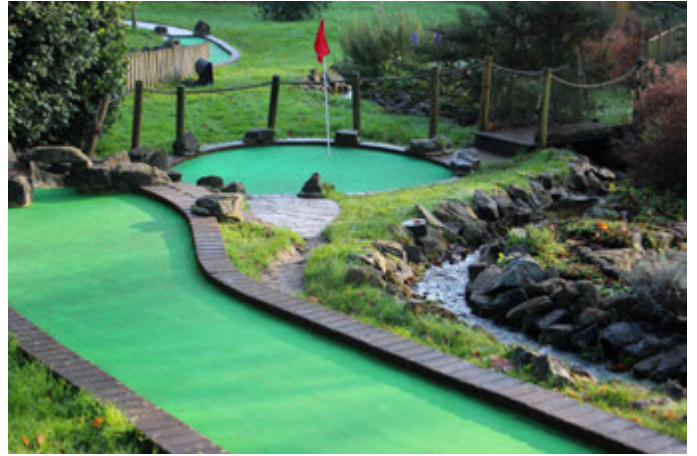
P.S. I might be an adult but you are still my Ouchy Kisser.



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.

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 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.

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.



- | | |
|-----------------|---------|
| BOBOLINK | KIWI |
| CONDOR | MACAW |
| GROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | 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.

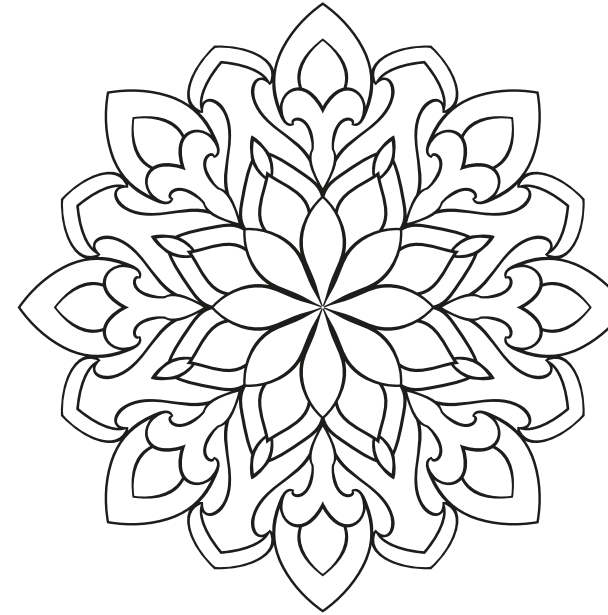


Simple Ways To Practice Mindfulness

- 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

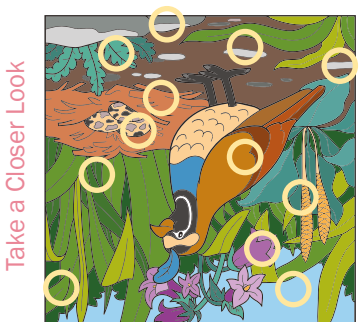
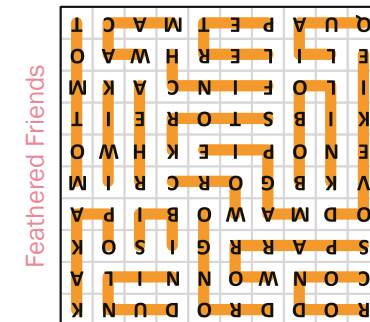
Brain Bender Answers

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.





Words of Encouragement

During this time of uncertainty,

It's important to remember our loved ones, the good times and the laughter we shared.

Hold on to that happy place in your mind, it shall give you comfort and joy through these unprecedented times. We are not to place blame on anyone nor become upset at ourselves; instead, let us keep a positive thought and embrace the changes that the season brings.

“For every negative in life there is a positive soon after.”

Let this be a teaching moment and reminder to show us how valuable we are to one another as humans, “Life is a precious thing.”

I open my heart to all of my residents, staff and remind everyone, “you are loved.” It's because of your needs that we are employed, it's because of your smiles we love to show you hospitality, it's because of your creative minds we love to entertain you and it's because of your safety and health we follow the rules and guidelines.

In the days soon to come, our patience, mentality and spirituality will be tested.

Take heart, have faith and a strong mind that our endurance will get us through. Like my pastor used to say, “This too shall pass!” We are united and strong, together we will overcome.

Sincerely,

Yohanna L.J. Storey

Hawthorn

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.





What Is the Best Gift to Buy for Mother's Day?

At this time of the year, we always find ourselves scrambling around to buy the perfect gift for Mama.

However, it seems to be real easy for the children. They can get away with taking a string, throwing some macaroni on it and saying, "Happy Mother's Day, Mommy."

As an adult, it's not so easy. We have to sit there and think about mom's favorite color, food, place, clothes, purse, shoes and our budget! Here is a nice way to help our sons, daughters, husbands and grandkids get a clue of what we want for Mother's Day.

Just tell them, text them or send them a picture and say I want this for Mother's Day. Don't let them take a guess! Please moms, give them options of inexpensive gifts too. They have to be able to afford it.

At the end of the day, the best gift is time. Spending time with loved ones is never enough.

Fun Things to Do While Standing Still

Nowadays, we are treading some uncertain waters with this pandemic of the Coronavirus. However, we still know how to have fun. Here are a few ways to still keep the good times rolling.

Flower Arranging — Just because your are stuck inside doesn't mean you can't pick a few flowers around the yard and do some flower arrangement.

Spring Cleaning — There is always different sorts of things you can sort out or get rid of.

Virtual Talent Show — You and your finds can put on a virtual talent show.

Family Book Club — Everyone can pick a book to read and summarize their thoughts. If you only have one copy of the book, read it out loud.

Indoor Games — Some ideas are ping pong, card games, board games and more.

Start a collage, start a collection, YouTube D.I.Y. projects, do some photography, learn how to play a new instrument, make a backyard drive-in movie theater, try backyard camping, learn how to paint or draw, do a fun scavenger hunt, build Lego, write in a journal, learn a new language, try new food recipes or do an indoor workout.

There's so much to do, and consult a friend or a family member for more ideas. Remember to get up and stretch your body, and always go for a walk.



Birthdays

Barbara Garmon, 1st

David Alger, 3rd

Pablo Silva, 5th

Becky Barnett, 7th

Joseph Swientoniowski, 10th

Mark Simms, 12th

Meredith Aqler, 14th

Alberta Hovanec, 15th

Betty Coulter, 15th

Janice Popplewell, 17th

David Hall, 19th

Thom Turner, 28th

Barbara Berner, 28th

Bob Dobbs, 29th

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255 Vaughan Drive
Alpharetta, GA 30009



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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