

ASHTON GARDENS

Gracious Retirement Living

830 Ocean Avenue • Portland, Maine 04103 • Phone (207) 541-3999 • www.seniorlivinginstyle.com

MAY 2020

ASHTON GARDENS STAFF

Managers RICK & RACHEL HITCHINGS
Executive Chef TOM JOHNSON
Community Sales..... ANGELA FALL
Activity Coordinator..... JANET TAYLOR
Maintenance Coordinator JEFF PETERS
Transportation..... BLAINE REYNOLDS

TRANSPORTATION

Monday, 10:45 a.m.-2 p.m.:

Errands in Falmouth Shopping Center and Lap Swim

Tuesday, 8 a.m.-3 p.m.:

Medical Appointments — Portland and Falmouth

Wednesday, 8 a.m.-4 p.m.:

Community Outings, St. Pius/Bingo
& Ocean Ave. Elem. Schl

Thursday, 8 a.m.-3 p.m.:

Medical Appointments — Portland,
South Portland and Scarborough

Friday, 8:45 a.m.-3:30 p.m.:

Mass @ St. Pius, Lap Swim & Library Visit—Riverton,
and Errands At Northgate Shopping Ctr.

HAWTHORN
SENIOR LIVING

May

“Tra la, it’s May, the lusty month of May. That lovely month when everyone goes blissfully astray ...”

Who can forget Julie Andrews as Guinevere celebrating the coming of May, after the gloomy days of winter? In many cultures throughout the northern hemisphere, May was a time for festivals to welcome the springtime, with flowers and fertility, feasting and fun. The Celts celebrated Beltane with bonfires and feasting. Our word “May” comes from “Maia,” a Roman fertility goddess. The Romans also celebrated Floralia, in honor of the goddess Flora with all sorts of festivities including dancing, games and even some oddities like releasing rabbits and goats. Our tradition of hanging May baskets with flowers and treats on the door to surprise one’s friends, ringing the bell and then running away may be a vestige of this old custom. Up until today, some of the old pagan customs persist, like dancing around a decorated maypole and selecting a young maiden to be crowned as May Queen.

May is a good time to remember that every winter is followed by spring and that flowers will bloom from the gnarly branches so recently covered with ice, and even under the cold, dark earth, new life is stirring and will soon cover our gardens with blossoms.

Interestingly, although the lily-of-the-valley is the “Flower of the Month” for May, an alternate is the one-seed hawthorn so it is especially fitting to celebrate it in a Hawthorn residence. So get in the spirit of spring and as Herrick recommends:

“Rise: and put on your Foliage, and be seene
To come forth, like the Spring-time, fresh and greene!”





Resident Spotlight: Lara Rachkovsky

Lara's grandfather had to go to China to work on the railroad; that is the reason her mother and father were born in China and Lara, too. They lived in the city of Harbin and she went to Russian schools there. After the Second World War the Soviet economy came into China and they didn't give anybody Chinese passports, so they had to leave Harbin.

Lara met her husband in school and they got married so they could leave the country, which was a very long wait. Her son was born during this time. When they were ready to leave, the concern was for a 3-month-old baby traveling on a ship for six months. The Viking ship proved to be just the right thing — he slept all the way. They stayed in Hong Kong and waited for another ship and finally landed in Brazil. In Brazil without language or profession it was a difficult time. They couldn't come to America because restrictions held them back. Her husband was a musician and played the piano, trumpet and accordion at restaurants and bars to support the family. Lara sometimes worked a few hours at night doing laundry work, but now they had two sons, one born in China and the other in Brazil, so she became a stay-at-home mother. They stayed 11 years in Brazil so her husband took courses to become a draftsman and then worked for Pfizer for the rest of his life. They lived with her sister and brother-in-law, who also had two sons, so four little boys was a job in itself.

In New York their first home was on 42nd street in an area where the Russian language was spoken and an older generation lived. Lara took typing lessons and eventually got a position with the United Nations — Russian section. She worked as a typist, then as a word processor, then on a computer. She was the last American citizen to have this position.

During the years she and her family would vacation in Maine. Coming to America learning the English language was a necessity since the boys spoke Russian. One son now lives near Augusta and the other in Virginia.

Here at Ashton Gardens English is spoken and sometimes is a challenge for her. Being the friendly person that she is that will not be a problem. We welcome this lovely lady here and maybe we all will pick up a bit of the Russian language.



Community Wellness

Kindred at Home

Tina Pedersen,
Home Health Specialist
Office: 207-772-0954
Mobile: 207-894-4642

Individual Care of Maine

Jennifer Rudin
Office: 207-613-9004
Call to make arrangements. Located
on the 4th floor, Room 451

Hair by Melissa

Phone: 207-844-9073
**Tuesday, Wednesday and
Thursday:** 9 a.m.- 3 p.m.
Friday: 9 a.m.-12:30 p.m.



In Celebration of National Nurse's Week, May 6th-12th

From The Florence Nightingale Pledge

I solemnly pledge myself before God, and in the presence of this assembly, to pass my life in purity, and to practice my profession faithfully. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care.

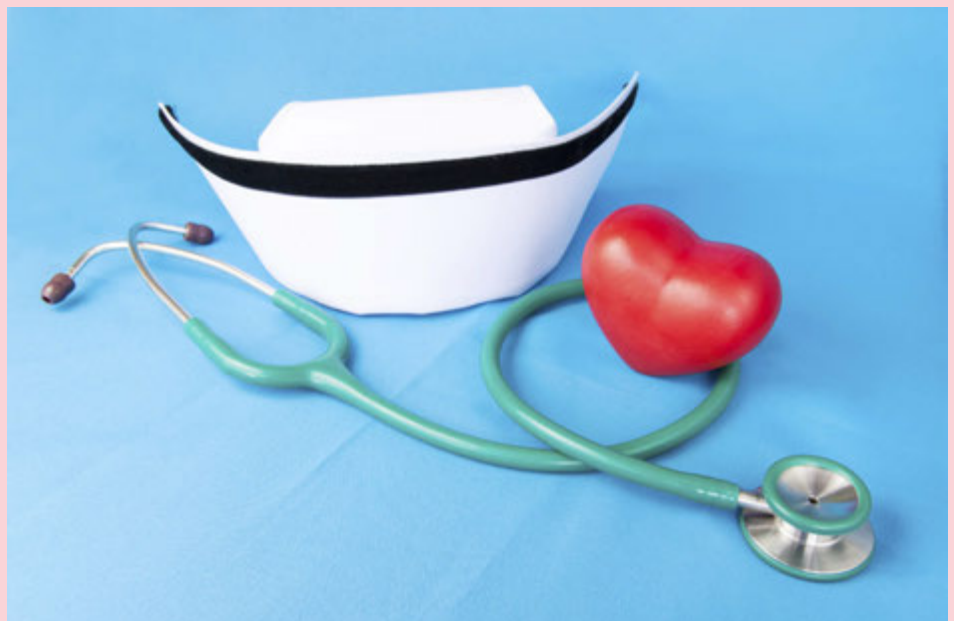
We invite you to recognize a nurse who has made a difference in your life or the life of a loved one.

The history of professional nursing traditionally began with Florence Nightingale, a well-educated daughter of wealthy British parents, who decided to become a nurse. This was not seen as a respectful career for well-bred ladies who were then only expected to do so for sick family and intimate friends. Nightingale believed that these well-educated women could use their scientific principles and education to improve the care of sick patients. This could also provide an ideal independent calling full of intellectual and social freedom for women who at that time at few other options.

In 1854 Nightingale had the opportunity to test her beliefs during Britain's Crimean War when the government asked her to take a small group of nurses to the military hospital of Scutari. Within days walls were scrubbed, windows opened, nourishing food prepared all in accordance with 19th century science and sanitation. The results were immediately noted and the grateful public noted the words of "The Lady of the Lamp." By the end of the 19th century the Western world would share Nightingale's belief in the worth of educated nurses.

During the current pandemic, the unsung heroes are the nurses who step right up to offer their time and expertise to where it is so badly needed. Working long hours and exposing themselves to this highly contagious virus, these highly dedicated professionals never hesitated to appear on the scene of the most dangerous places.

We honor and thank the nurses living here at Ashton Gardens:
Betty Jane (BJ) Shreve, Betty McNeely, Jean Leonard, Joanne Lagerson, Phyllis White, Terry Bryan, Terry Moughalian, Mary O'Malley, Mary Ann Viola, Julie Morrow, Gail Roberts and Pat Huitt.



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.

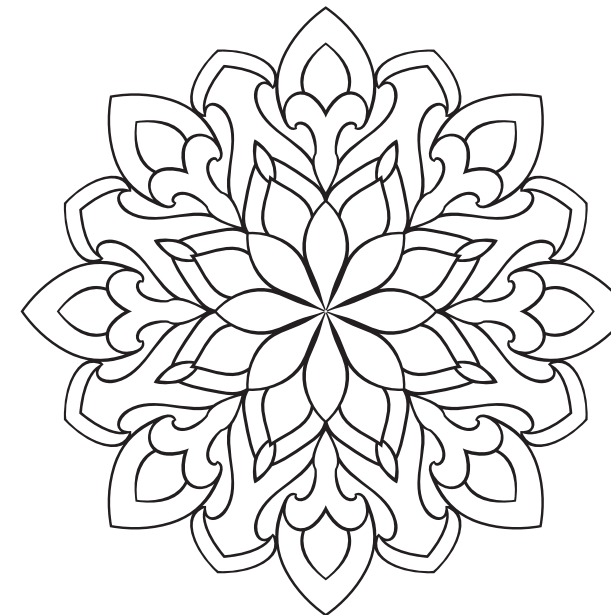


Simple Ways To Practice Mindfulness

- 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.

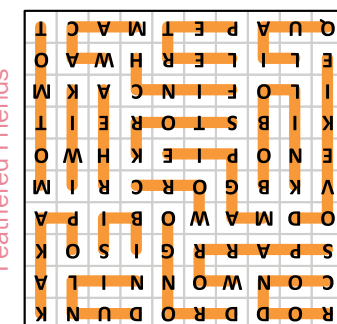
Take a Closer Look

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

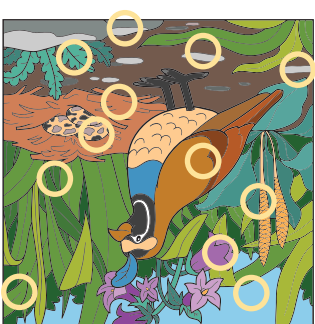
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Happy Birthday!

Residents celebrating
May birthdays:

Don Lafferty — May 1

Sue Shaw — May 3

Mal Frost — May 4

Mary O'Malley — May 9

Linda Worster — May 13

Phil Worster — May 17

Carolyn Keyes — May 17

Bettye McNeely — May 17

Tom Carll — May 28



Here is a special poem for all, written by Grace E. Easley.

Don't Grow Too Old

Don't ever grow too old
for birthdays,
Fun-things that you used to do,
Don't give up your dreams
because you
Feel that they have not
come true.
Don't forget the sound
of laughter,
Or the love in someone's eyes,
Don't trade memories
for pleasures,
All that in a moment dies.
Don't give up your zest for living,
Saying you are much too old,
Is this what you feel, or is it
Something that you have
been told?
There's a valley deep with us,
Where there is eternal Spring,

Where there is no sound
of sorrow,
And the birds forever sing.
Though your gait is not as steady,
Now as once it used to be,
And your vision's clouding over
Things you used to clearly see,
Do not let the weight of decades
Turn you into bitter gall,
For with age there
comes wisdom,
That's a blessing to us all.
Hold your years up like a banner,
Wave it brightly in the sun,
When folks tell you life is over,
Tell them it has just begun.
Loneliness can never touch you,
If you don't allow it to,
And in sharing love with others,
... God will give it back to you.

Mother's Day

Ashton Gardens would like to wish all the mothers out there a very happy Mother's Day! We hope your day is full of joy and may you spend it surrounded by family and loved ones. This is your special day! Enjoy this poem.

Why God Made Mothers

God knew that
everybody needs
Someone to show
the way,
He knew that babies
need someone
To care for them
each day...
He knew they needed
someone sweet
To soothe their
baby cries,
To teach them how to
walk and talk,
And sing
them lullabies...
That's why God
made mothers.

He knew small children
need someone
To lend a guiding hand,
To answer all
their questions
And to smile
and understand,
Someone to read
them storybooks,
To teach them wrong
from right,



To show them wonderful games,
And hear their prayers at night...
That's why God made mothers.
And then throughout their
childhood years,
God knew that children need
Someone to smile at them
with pride,
Encourage each new deed.
As they grow up and all their lives,
God knew that everywhere
All children need a mother's heart
To understand and care,
And that's why God made mothers.



Anniversary in Quarantine

Shared by Phil Worster

My cousin Marty and I have been friends since our mothers walked us together in our hometown of Berwick, Maine. His mother was my father's sister and his father was one of my father's best friends in high school. We are still best friends today. He spent his first year of college at the University of Maine Portland (USM) while I was at the University of Maine Orono. He commuted from Cape Elizabeth to Portland in a Morris Minor convertible. How he managed that for an entire school year I have no idea. For his sophomore year he transferred to Orono and lived down the hall from me in Chadbourne Hall. At Orono he was a music major. I told you that story so I could tell you this one.

Marty needed to make a good impression on the Music Department since he was a year late and many classes short. He agreed to organize a Christmas caroling group for the south campus. Of course, I was his first "volunteer." I wasn't enthusiastic about this to say the least. There is nothing like going out on a cold and sloppy December night in Orono, Maine. To make matters worse I was the one entrusted with the light, which consisted of a Clorox bottle with a candle in it with part of the front cut out. Thankfully, OSHA was nowhere to be found. So whenever we stopped to sing everyone crowded around me. After a couple of stops this girl stayed by my side even when the light was not needed. Finally, wet and hoarse we were invited to Penobscot Hall Lounge for cookies and hot chocolate. All the dorms at the University of Maine were named for Maine counties until they built too many dorms. As you might have guessed it was a very dry campus in 1966.

The girl who had stood by me sat with me and we talked until they threw us out. (There was also a women's curfew in 1966, although it is hard to imagine today.) That was December 15, 1966. We left for Christmas break the next day, but I couldn't help thinking about her. As it turns out she thought of me as well.

As you may have guessed this how Linda and I met. On April 5th we celebrated our 51st anniversary here at Ashton Gardens in quarantine, one of the more unusual we have celebrated. The good news is that we received flowers and wonderful desserts from the Ashton Gardens team. It has been a long, strange road that brought us to this point, the important part is we are together and here where people care about us. In case you are wondering we also celebrated December 15th every year — it's important too.

ASHTON GARDENS
Gracious Retirement Living

830 Ocean Avenue
Portland, ME 04103



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.

ASHTON GARDENS
Gracious Retirement Living

207-541-3999

