

# Edgewood Point

INDEPENDENT LIVING COTTAGES  
ASSISTED LIVING • MEMORY CARE

7733 SW Scholls Ferry Road • Beaverton, OR 97008 • Phone (503) 671-9474 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

## EDGEWOOD POINT STAFF

Administrator .....MICHELLE WALKER  
Director of Health Services.....DONNA ZINTER  
Resident Services Coordinator..... ELISA LOPEZ  
Memory Care Coordinator ..... GERARDO LOPEZ-MEZA  
Executive Chef ..... DAVID YEE  
Community Sales ..... ANNE ASHLEY  
Activity Coordinator .....KATHY JONES  
Activity Coordinator-MC..... LISA MAYA  
Maintenance .....LEON WOLF  
Bus Driver ..... GLEN CROOK  
Head Housekeeper ..... RONNIE BUTTERFIELD

## TRANSPORTATION

**Monday, Any Time:** Outings for Assisted Living

**Tuesday, 10:15 a.m.-Noon:**  
Shopping At Fred Meyer (Point)

**Tuesday, 2 p.m.:** Outing (Arbor or Point)

**Wednesday, 8 a.m.-3 p.m.:** Doctor Appointments

**Thursday, 8 a.m.-3 p.m.:** Doctor Appointments

**Sunday, 2:30 p.m.:** Scenic Drive (Arbor)

HAWTHORN  
SENIOR LIVING

## Our Wonderful Staff — Our Silent Heroes

This is a thank you to our staff, our version of heroism, of compassion, of dedication, of being a warrior in a time when many of the rest of the population, as well as our residents, are in the middle of sorting through uncertainty. We admire your strength, your passion and your huge hearts! We thank you from the bottom of our hearts for all that you do

and continue to do for our residents who entrust us with their lives! Please feel free to send in an email or card to our staff. Every positive gesture helps for encouragement.



*For our staff*



*Notes for our Wonderful Staff*



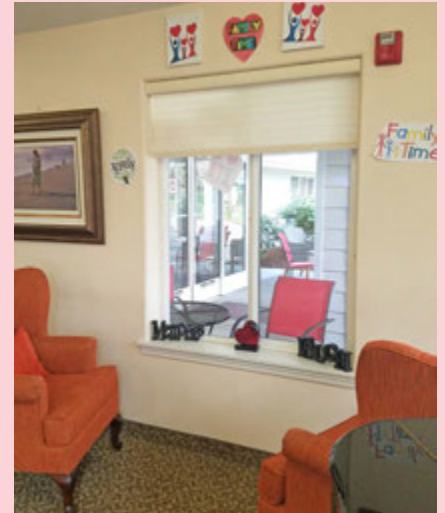


## Family Time During this Challenging Time We Are In Together

During this time of Togetherness, we created a window for the families of our residents to come visit them and talk to them through, while being apart, yet still together. We have had some great visits. We also have the ability for families to be able to visit with each other virtually through FaceTime, Skype or Zoom.



*Al and Richard*



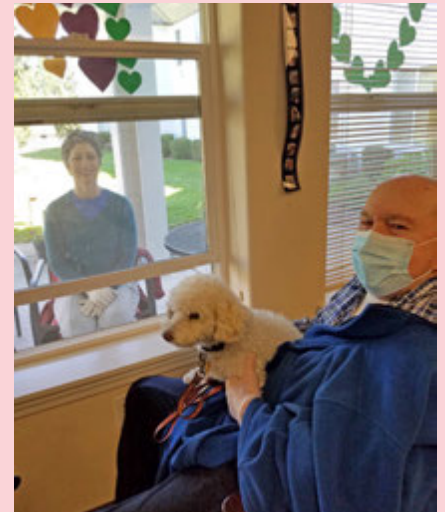
*Family time*



*Lois, Carl and girls!*



*Becky loves family time.*



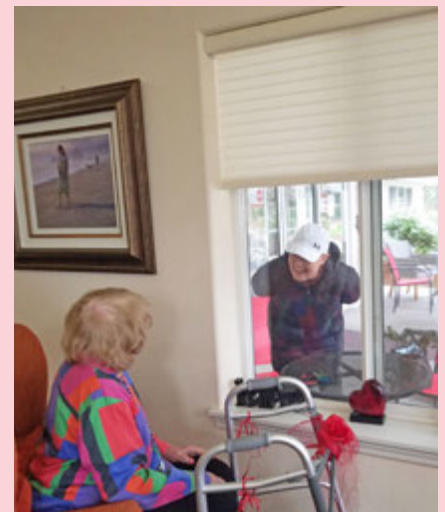
*Brynna, Jeffery and Hal*



*Dale and Carrie*



*Carol and Leslie*



*Jackie and Gail*



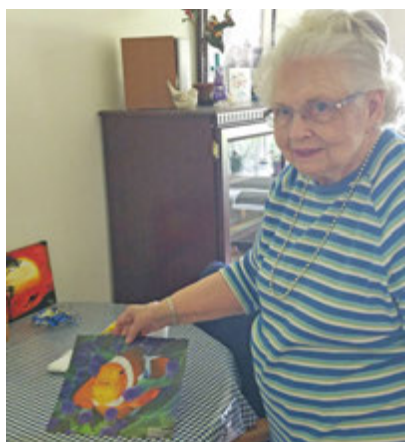


## Creating Memories at Edgewood Point

We have had some fun times during these days of being alone all together. We are all in this together, which makes us all stronger!



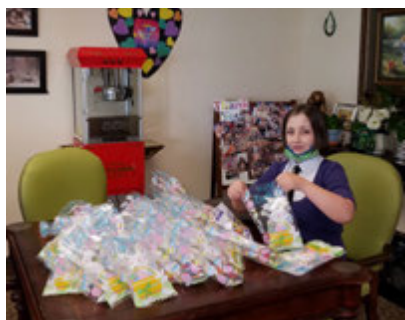
*Marvin, saying Hi and Happy Easter!*



*Phyllis, showing off her puzzle.*



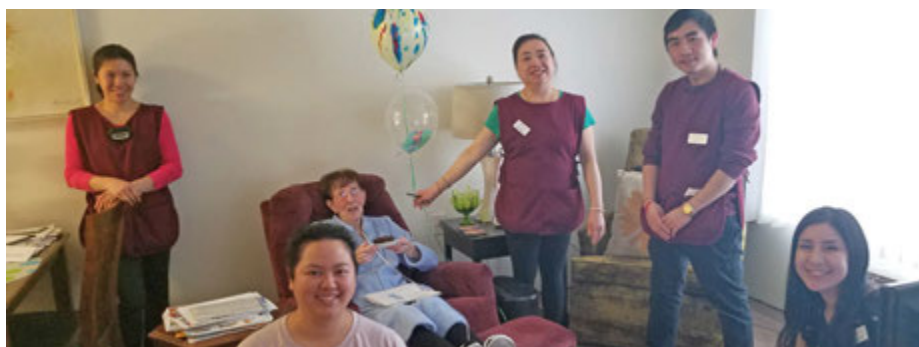
*JoAnn and Norm*



*Tandra, help preparing the Easter Bags.*



*Dick, showing his Exercise List and Easter Bag!*



*Happy Birthday, Marguerite!*

## Dates to Remember for Edgewood Point

We have some Birthdays and Special Days to Remember for the Month of May:

**May 4th:** "May the 4th be with you" Worldwide Celebration of Star Wars

**May 10th:** Mother's Day

**May 11th:** Thelma M.'s Birthday

**May 13th:** Richard H.'s Birthday

**May 15th:** Happy Birthday to Author, L. Frank Baum, and The Wizard of Oz

**May 16th:** Gunta G.'s Birthday

**May 18th:** Happy Birthday to Perry Como, Listen to "Catch a Falling Star"

**May 21st:** Anniversary of Amelia Earhart's flight. Let's look that up.

**May 25th:** Memorial Day Observed for 2020

**May 28th:** International Jell-O Day. Have some!

**May 29th:** Bob Hope's Birthday. Watch some Bob Hope movies!

## May Birthdays

Thelma M., 11th

Gunta G., 16th

Richard H., 13th

## Salon

On-site, full-service salon for men and women.

Please call for an appointment.

Hours: Thursday, opens at 9 a.m.

Phone: 503-642-5568

## Senior Nail Care for the Elderly with Dawn Marks

Enjoy relaxing, soothing comfort for your feet or hands in your room. Call or come to the Front Desk to sign up.

503-997-3703

## 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.

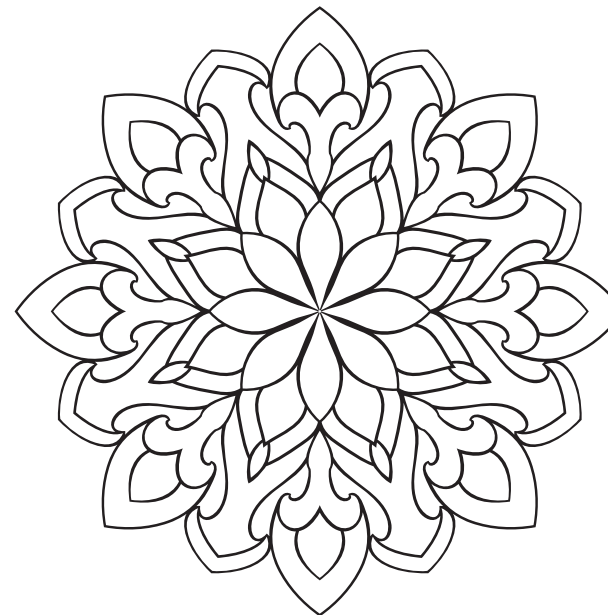


## Simple Ways To Practice Mindfulness

- 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.

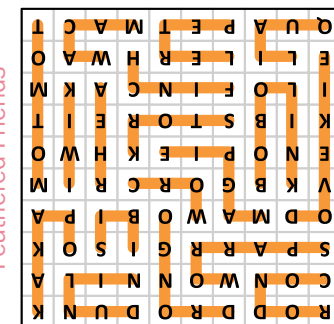
## Take a Closer Look

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

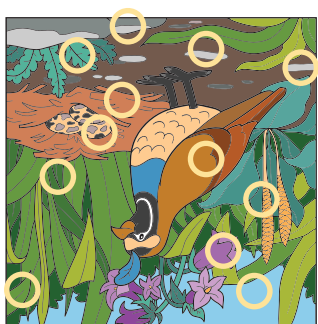
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## We Are Spreading the Love

We have gotten our residents involved in spreading the love through hearts and thank yous on the windows for the essential workers who come to our facility and pass by daily: our grocers, postmen, repairmen, as well as all the First Responders, hospital workers and clinic workers. We also thank the doctors, nurses, and not to mention our very own caregivers, Kitchen staff and Housekeepers. It also makes us think of what we can be grateful for and helps us find beauty in whatever we can, every day.



*One of our thank you signs*

New  
Popcorn  
Machine in  
the Arbor!



*Nanna*



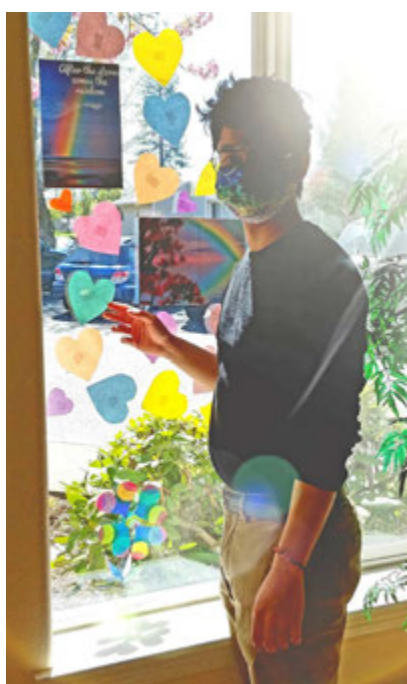
*Joe, making our hearts possible*



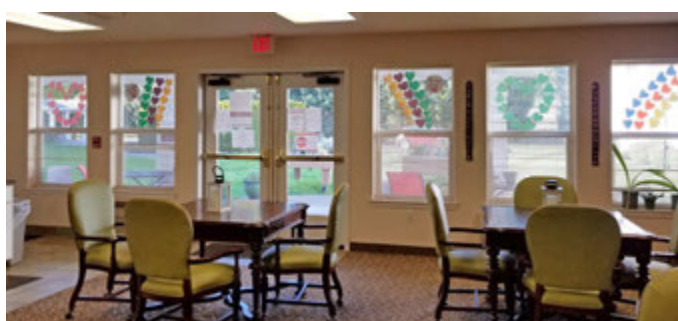
*Nipha, helping to make it happen*



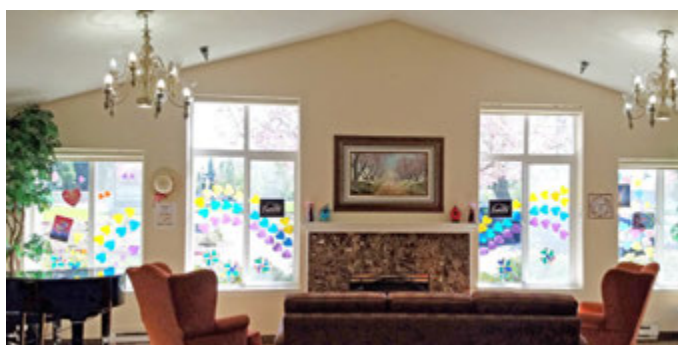
*Candace*



*Ruben, adding hearts to the window.*



*Some windows in our Activity Area*



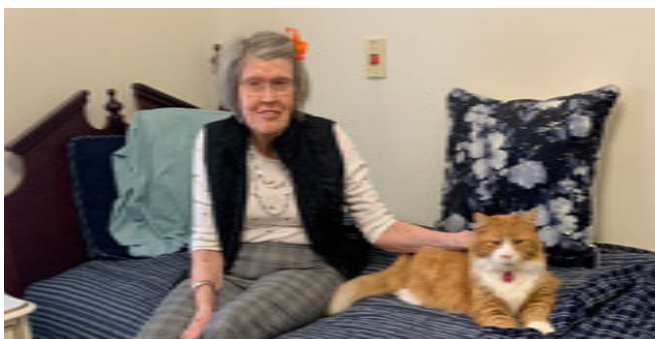
*Some of our thank you hearts*







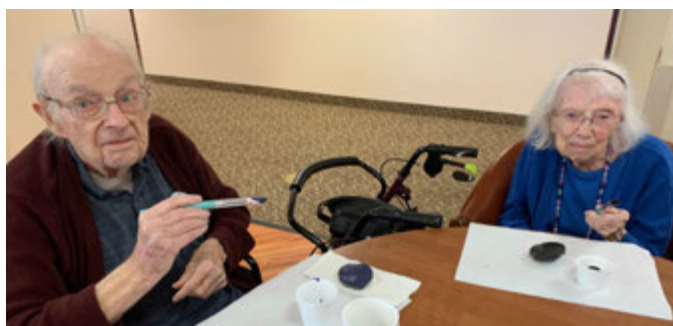
Bailey, the Arbor  
Cat, Continues  
To Be Every  
Resident's  
Friend!



Rocks of Encouragement  
in the Arbor



Suzanne



Charlie with wife, Rita



Suzanne and Nanna

Edgewood  
Arbor's  
Easter Tree!



Cecille



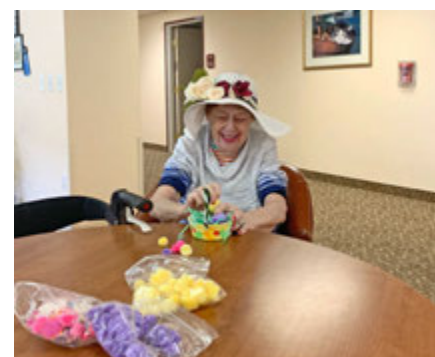
Arne



Cathy, Angel and Arne



Mo



Gwen



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Beaverton, OR 97008



## **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.



**503-671-9474**

