

Birchwoods at Canco

Assisted Living Community

86 Holiday Drive • Portland, Maine 04103 • Phone (207) 772-1080 • www.seniorlivinginstyle.com
Facility License Number ALLS1927

MAY 2020

BIRCHWOODS AT CANCO STAFF

Administrator.....MICHELLE TUFTS
Assistant Administrator..... LISA NIXON
Director of Health Services.....COURTNEY CLARK
Resident Services
Coordinator.....BONNIE HARMON
Executive Chef.....TIM HUNT
Marketing.....MARIE SOUTH
Sous Chef.....JEREMY MCCULLOCK
Activity Coordinator..... LENORE HILTON
Activity Assistant.....SAMANTHA SEEBODE
Administrative Assistant..... PAM HINKLEY
Administrative Assistant..... CAROL PEDLEY
Maintenance Coordinator..... CHRIS SCHAFFER

HAWTHORN
SENIOR LIVING

May Birthdays

Here are our resident birthdays this month — be sure to wish them well!

- **May 3rd** — Florence Disilvestro
- **May 4th** — Pat Field, Rhoda Steepleton
- **May 6th** — Bruce Chandler
- **May 9th** — John Hewitt
- **May 12th** — Anna Tuck
- **May 16th** — Richard Bakke
- **May 18th** — Judy Cohan
- **May 21st** — Kathy Harriman
- **May 26th** — Barbara Gendron, Margaret Uldall
- **May 29th** — Mark Stucki

Here are some facts you may not have known for our May-born friends!

May's birthstone is the emerald, which represents rebirth.

Lily of the valley is May's birth flower, which symbolizes humility and sweetness. Additionally, the hawthorn tree is often recognized in May and it stands for love and protection.

May has two zodiac signs: Taurus (May 1st-20th) and Gemini (May 21st-June 20).

The Taurus is an earth sign represented by a bull; Taurus people are usually seen as being patient, dependable, persistent and stubborn. The Gemini is an air sign represented by a set of twins; Gemini people are usually associated with being flexible, intellectual, enthusiastic and bored easily.





Got Cabin Fever? Try Backyard Birding!

As we move into spring, we are starting to see more wildlife out and about, especially our winged friends! See if you can match the correct name to each picture:

___ Snowy Owl

___ Piping Plover

___ Ruffed Grouse

___ Loon

___ Black-Capped Chickadee

___ Canada Jay

___ Puffin

___ Warbler

___ Black- Backed Woodpecker

___ Cormorant

___ Heron



A.



B.



C.



D.



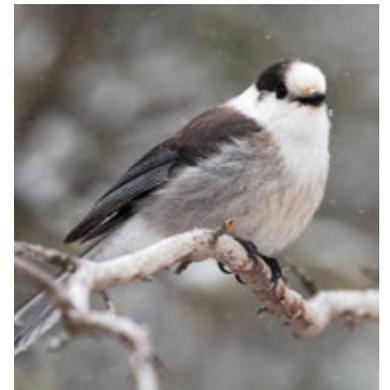
E.



F.



G.



H.



I.



J.



K.



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.



Pandemic Productions

Some of our most well-known pieces of art and literature were produced when their artists were quarantined! While in lockdown during the bubonic plague, Isaac Newton developed his theory of gravity. It was more likely that he watched an apple fall from his window than the age-old tale that an apple fell on his head!

Giovanni Boccaccio wrote "The Decameron" while stuck at home during the bubonic plague. This work was a series of novellas framed as stories a group of friends tell each other while quarantined inside a villa during the plague.

Edward Munch was quarantined after contracting the Spanish Flu in 1919; once he felt capable, he painted a self-portrait of his physical state during the virus — with thinned hair and gaunt faced sitting in front of his bed.

William Shakespeare was born during the bubonic plague, his parents quarantining him at only 3 months after they lost two of their children to the disease. When he was older and the plague struck again, Shakespeare used this time to write "King Lear," "Macbeth" and "Antony and Cleopatra." Even in "Romeo and Juliet," Shakespeare uses the plague to interfere in his own plot, and in "King Lear" the king mentions the plague when cursing his eldest daughter.

Maybe all it takes to make the best of a bad situation is a little creativity!

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 | 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.

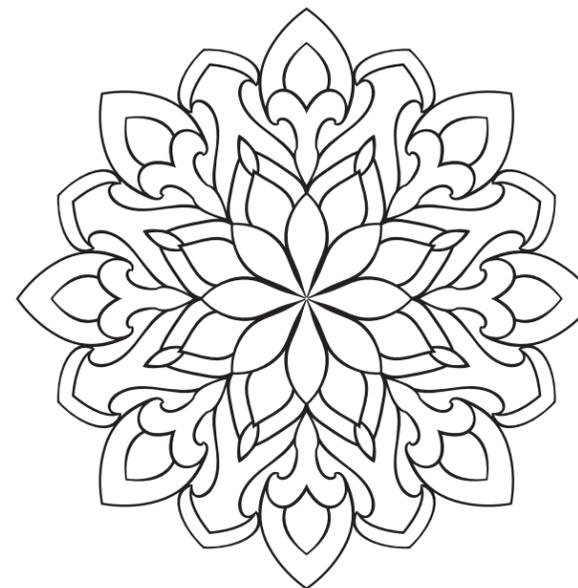


Simple Ways To Practice Mindfulness

- 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.



Feathered Friends

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





National Chocolate Chip Cookie Day

It's National Chocolate Chip Cookie Day on May 15th so we thought we'd share a recipe that you can make right in your microwave—a chocolate chip mug cookie!



1. Melt 1 tablespoon of unsalted butter in a mug for 30 seconds.
2. With a spoon, mix in 1 tablespoon of white sugar, 1 tablespoon of brown sugar, 1/2 teaspoon of vanilla, and 1/8 teaspoon of salt until well combined.
3. Mix in 1 egg yolk until no traces of yolk are seen.
4. Mix in 3 tablespoons of flour.
5. Fold in 1-2 tablespoons of chocolate chips.
6. Microwave for 45 seconds. Serve warm.

Add a scoop of ice cream for an even more delicious treat!

Enjoy!

Mother's Day Limericks

Mother's Day is around the corner and to help celebrate, here is a group of limericks about moms:

There's a lady in each of our lives
Who endured all the lows and the highs

That her children went through
Like the mumps or the flu

Or the joy of a pleasant surprise
She strengthened our family ties
And wiped away tears from our eyes

She forgave all our flaws

And our social faux pas

And she baked really great apple pies

She saw through almost all of our lies

And plied us with soda and fries

When our manners were good

And we did what we should

She was righteous and caring and wise

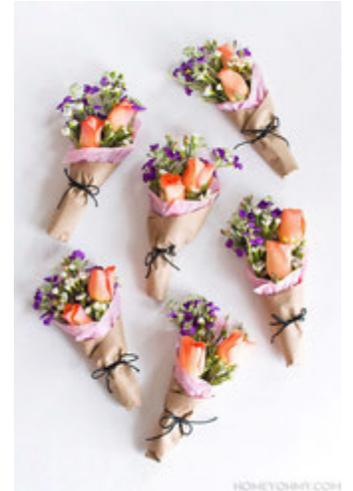
So to mothers, both present and past

For the many good deeds you've amassed

I honor you all

With this verse on my wall

And I hope that your day is a blast



Indoor Scavenger Hunt

May 24th is National Scavenger Hunt Day — see if you can complete this list:

___ something that starts with "B"

___ something that starts with "F"

___ something yellow

___ something purple

___ something smaller than an egg

___ something with three parts

___ something square

___ something flat

___ something silver

___ something with at least
two holes in it

___ something sweet

___ something soft

___ something recyclable

___ something homemade

___ something rubber

___ something wet

___ something that floats

___ something metal

___ something cold

___ something that cost less than \$2

___ something that was a gift

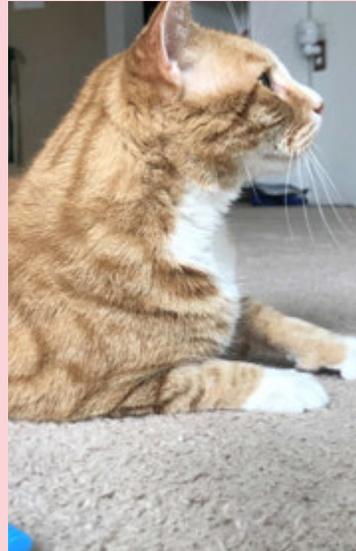


Celebrating Our Favorite Fur Babies

The first week in May is National Pet Week and we wanted to take a moment to recognize some of our residents' pets that enrich our lives and keep us pawsitive!

Judy L. and Heathcliff

- Hobby: Photographer/Pawpurrazzi
- Favorite movie: "Mission Impawsible"
- Favorite day of the week: Caturday



Heathcliff Lombard



Baby Disilvestro

Flo D. and Baby

- Life goal: To be on the cover of "Vanity Fur"
- Favorite flower: Purr-get-me-nots
- Favorite movie quote: "Nobody puts Baby in a corner." — "Purrrty Dancing"

Tim H. and Sammy

- Dream job: Wide retriever, Pawtriots
- Favorite snack: Pupcorn
- Favorite movie: "Wizard of Paws"



Duke Hewitt



Sammy Hunt

Muriel and John H. and Duke

- Dream car: Furrari
- Favorite food: Collieflower
- Favorite movie: "Indiana Bones — Raiders of the Lost Bark"

National Limerick Day

May 12th is National Limerick Day!

Limericks are poems written in AABBA pattern, where the first, second, and last lines rhyme and the third and fourth lines rhyme only with each other and are generally shorter than the other lines.

Most often limericks are humorous and a little absurd, like this:

A wonderful bird is the pelican
 His bill can hold more than his beli-can
 He can take in his beak
 Enough food for a week
 But I'm darned if I see how the heli-can.
 Try writing your own!

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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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