

Camden Springs

Gracious Retirement Living

8476 Sheldon Road • Elk Grove, California 95624 • Phone (916) 714-6565 • www.seniorlivinginstyle.com

MAY 2020

CAMDEN SPRINGS FAMILY

Managers..... CHRIS & LAURIE BARROW
Assistant Managers STAN & JULIE KOON
Executive Chef MICHAEL CEREZO-FOX
Activity Coordinator CHELSEA ERBE
Maintenance MARTIN PINA
Transportation CARMEN MUNIZ

IMPORTANT PHONE NUMBERS

Beauty Salon: (916) 743-7388

Fax: (916) 687-3587

MEAL TIMES

Breakfast: 8 a.m.

Dinner: 12:30 p.m.

Supper: 5:30 p.m.

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/camdensprings

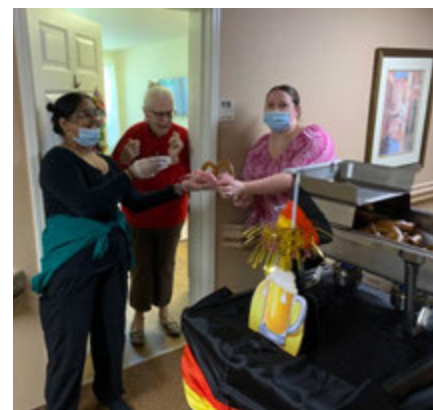
HAWTHORN
SENIOR LIVING

Special Treats

We hope you enjoy receiving the special treats in your apartments throughout the week. By this time, you have received sweet things like ice cream bars, root beer floats, and milkshakes, plus savory things that include soft pretzels, nachos and more. If by the time May rolls around, we are still serving you in your apartments, we would love to know what kind of treats you would like to receive. Please reach out to Chelsea or the management team with your suggestion.



Chocolate milkshakes



Soft pretzels

May Birthdays and Anniversaries

Michael Cerezo-Fox, May 9th
(Employee)

Sam Rinelli, May 16th

Yvonne Gardner, May 17th

Ruth Butterfield, May 20th

Neva Kennelly, May 20th

Don Menasco, May 25th

David Butterfield, May 30th

Happy Anniversary to Bob
and Norma Lane!



Practice Positivity

Having a positive attitude can be tough — especially if you're going through a tough time. But maintaining an optimistic outlook can have many benefits, including health benefits such as: increased life span, lower rates of depression, lower levels of stress, better psychological and physical well-being, reduced risk of death from cardiovascular disease, and better coping skills during hardships. Because of the many benefits positive thinking offers, it's worth the time and effort to attempt to see your world through a positive perspective. Here are some of the best ways you can maintain a positive attitude:



1. Be open to positivity.

Even though we might be aware of the benefits of positive thinking, sometimes we can be resistant to it. It's about seeing what's happening around you and striving to make the best of it. It's much easier to become a positive person if you allow yourself to be open to the idea of positivity.

2. Be aware of your thoughts.

Our minds are amazing things — so amazing, in fact, that sometimes we're not even aware of what we're thinking. Sometimes our minds have a default setting and it's important to make sure the default isn't a negative one. To do that, pay close attention to what you're thinking. Being mindful of your thoughts gives you an opportunity to shift them in a more positive direction.

3. Surround yourself with positivity.

It is very easy to become negative if you're surrounded by negative people and engaging in negative activities. Take a quick inventory of how you spent your time over the past week. Who made you feel good? Who didn't? What did you enjoy doing? What would you rather not have done? The more time you spend with people and activities that make you feel positive and enthusiastic, the easier it will be to maintain a positive attitude.

4. Focus on the present moment.

One of the ways negative thoughts creep into our minds is when we worry too much about what could happen in the future or dwell too much on what has happened in the past. If we want to stay positive, an essential step to take is to focus on what's happening right now. When you allow yourself to stay fully in the moment, negativity has a much tougher time making its way to the forefront of your mind.

5. Cultivate gratitude.

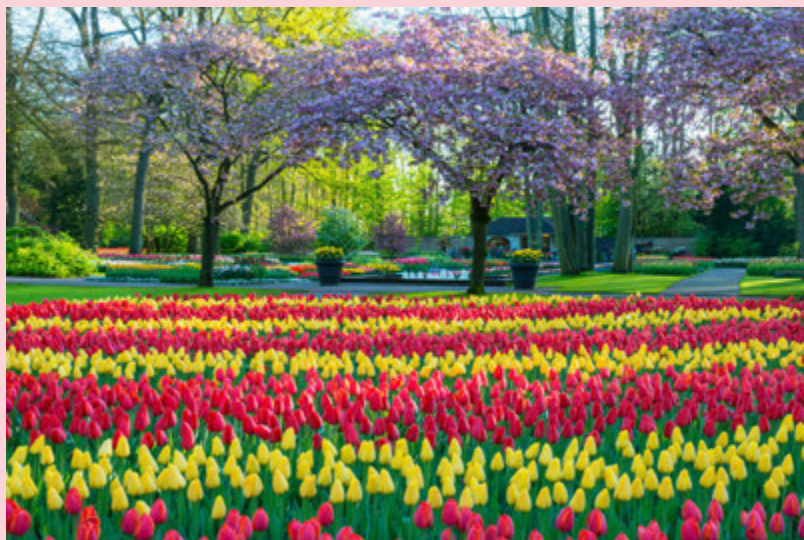
It's probably not the first time you've heard the importance of gratitude in living a more positive life, but it's a vital aspect of having a positive attitude. It's almost impossible to be negative at the same time you're being grateful, so if you want to be positive, focus on what you're fortunate to have in your life right now. If it's useful to you, make a list of what you're most grateful for and keep it in your purse or pocket so you can take a peek at it when you feel negative thoughts arising.



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.

A Mother's Poem to Her Son

Please enjoy the following poem that Jo Ann Gregoire wrote for her son's 60th birthday.

Dear Ronald,
Wishing you a very Happy Birthday!
60 Years, Wow, must celebrate big,
But must stay home!

Party Time! Crowds? No, no. It's 6 feet apart!
Oh! Have lots of fun, but don't forget your mask.
Forgot maybe? Not supposed to roam!

Next year, when I wish you Happy Birthday,



Family, friends together will celebrate
A great guy turning 61.

Remembering all the can't do's, should do's!
With a smile now — it wasn't so bad.
So again, Happy Birthday, Son.

Love, Mom

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.

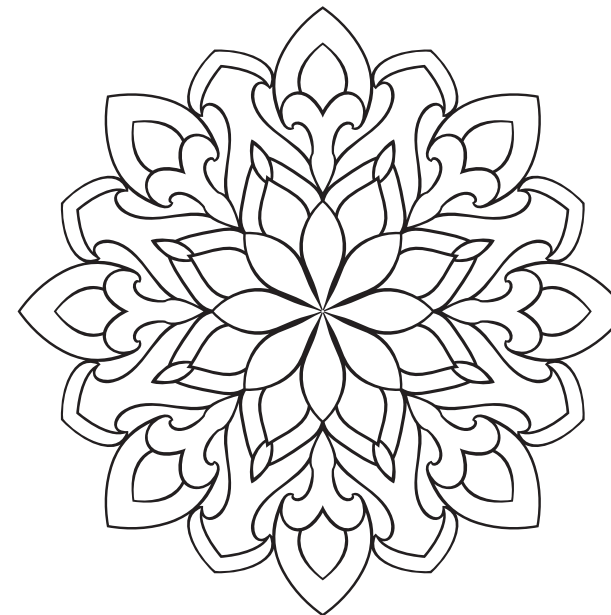


Simple Ways To Practice Mindfulness

- 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.

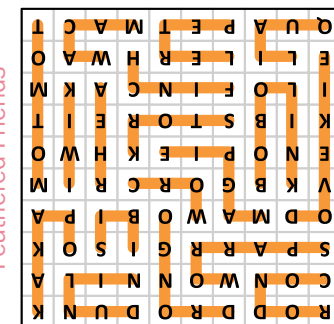
Take a Closer Look

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

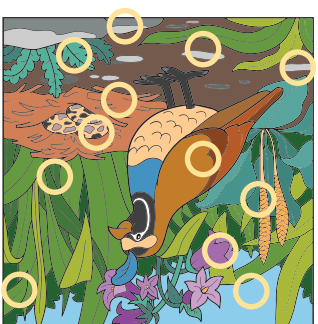
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Gather Round the Fire

In April, we took to the outdoors to roast some marshmallows and have some much-needed conversation. It was a perfect night, and it was just such a breath of fresh air to be outdoors with good friends. Can you believe that this was the first time Virginia Mauch has ever roasted a marshmallow? She's 98, and she had her first roasted marshmallow — ever! She did awesome! We hope to have more campfires through the summer and we hope to make more great memories!



Marve and Arvadell



Virginia

Rock Me To Sleep

By *Elizabeth Akers Allen*

Backward, turn backward, O Time, in your flight,
Make me a child again just for tonight!
Mother, come back from the echoless shore,
Take me again to your heart as of yore;
Kiss from my forehead the furrows of care,
Smooth the few silver threads out of my hair;
Over my slumbers your loving watch keep; —
Rock me to sleep, mother, — rock me to sleep!

Backward, flow backward, O tide of the years!
I am so weary of toil and of tears, —
Toil without recompense, tears all in vain, —
Take them, and give me my childhood again!
I have grown weary of dust and decay, —
Weary of flinging my soul-wealth away;
Weary of sowing for others to reap; —
Rock me to sleep, mother — rock me to sleep!

Tired of the hollow, the base, the untrue,
Mother, O mother, my heart calls for you!
Many a summer the grass has grown green,
Blossomed and faded, our faces between:
Yet, with strong yearning and passionate pain,
Long I tonight for your presence again.
Come from the silence so long and so deep; —
Rock me to sleep, mother, — rock me to sleep!

Over my heart, in the days that are flown,
No love like mother-love ever has shone;
No other worship abides and endures, —
Faithful, unselfish, and patient like yours:
None like a mother can charm away pain
From the sick soul and the world-weary brain.
Slumber's soft calm o'er my heavy lids creep; —
Rock me to sleep, mother, — rock me to sleep!

Come, let your brown hair, just lighted
with gold,
Fall on your shoulders again as of old;
Let it drop over my forehead tonight,
Shading my faint eyes away from the light;
For with its sunny-edged shadows once more
Haply will throng the sweet visions of yore;
Lovingly, softly, its bright billows sweep; —
Rock me to sleep, mother, — rock me to sleep!



Mother, dear mother, the years have been long
Since I last listened to your lullaby song:
Sing, then, and unto my soul it shall seem
Womanhood's years have been only a dream.
Clasped to your heart in a loving embrace,
With your light lashes just sweeping my face,
Never hereafter to wake or to weep; —
Rock me to sleep, mother, — rock me to sleep!



Meet Stan and Julie!

Stan and Julie are excited to be part of the Camden Springs Community. They enjoy working together to serve those around them. They have led together in various leadership capacities, from pastoring a church, to leading international missions and humanitarian trips, chaplaincy, to local speaking engagements, and founding a 501(c).



Stan and Julie have three beautiful daughters and three amazing sons-in-law — and seven delightful grandchildren. They have stated that they are excited to be joining the Camden Springs Family!

Quarantine Pastimes

It has been so much fun to see our residents doing things to pass the time during our stay at home. We have had residents sanding and refinishing benches, creating videos for children, and even going around and serenading our other residents at their doors. If you have any ideas for other activities we can do to pass the time, please reach out at any time.



Dave



Lori

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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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916-714-6565

