

Carolina Estates

Gracious Retirement Living

4434 Old Battleground Road • Greensboro, NC 27410 • Phone (336) 282-6133 • www.seniorlivinginstyle.com

MAY 2020

CAROLINA ESTATES STAFF

Managers.....PETER & MARY BRETH
Management Team..DENNIS & LOUISE TWIGG
Executive Chef.....GARY BURWELL
Sous ChefTIMOTHY ALSTON
Activity CoordinatorCHANTEL SMITH
MaintenanceRALPH LIPPERT
Bus Driver.....TIMOTHY ELLIOTT

OFFICE HOURS

Daily: 7 a.m.-7:30 p.m.

TRANSPORTATION

Monday, Wednesday & Friday,
9 a.m.-12:30 p.m.: Shopping/Errands Day
Tuesday & Thursday, 9 a.m.-12:30 p.m.:
Medical Appointments Only

HAWTHORN
SENIOR LIVING

Herbert Klaf: A Wordsmith (Told by Devil Betty Devlin, Jerry Schulthesis)

During September 1925 in Manhattan, New York, a bouncing baby boy, Herbert, was born to Isador and Sarah Klaf. Isador was a tailor and designer of clothing, and Sarah was a homemaker. The home included a brother named Henry.

Herbert graduated from James Monroe High School in the Bronx. Following graduation he joined the U.S. Army. German prisoners were interrogated by Herbert on

the way to the Command Post. The group was hit by mortar shells, killing one of the prisoners and wounding Herbert. He was sent to an area hospital where he was operated on and shipped back to the U.S. where he received a purple heart. It was a medal with a picture of George Washington.

After the Army Herbert's jobs included delivering formal wear in New York City, working in a large printing plant and being a counselor in a children's camp during summer. Herbert attended New York University under the G.I. Bill of Rights, where he majored in marketing and journalism. While there he fell in love with words and did a lot of writing.

(Continued inside)





Herbert Klaf: A Wordsmith (Told by Devil Betty Devlin, Jerry Schulthesis)

(Continued)

After his father's untimely death, he reviewed his economic future and decided to apply for a civil service job for the state of New York. He was hired, and his duties consisted of the evaluation of paper, which meant visiting many paper and printing plants. On a blind date arranged by a friend he met his future wife, Florence. They caught a subway to downtown New York and hit it off right away. They had two daughters: Barbara, who lives here in Greensboro, and Irene, who lives in New York. He encouraged both daughters and his wife to take the civil service exam and they were successful in getting good jobs. There are two granddaughters.

Of Jewish descent, Herbert speaks fluent Yiddish. In his retirement years Herbert has enjoyed rhyming poetry, crossword puzzles, and listening to classical music. He attended the Metropolitan Opera in New York. Klezmer music touches his heart and sends him back to the old world. His father wrote this poem for him. "Study dear Herbert before you're old. A good education is better than gold. Silver and gold may fade away. But a good education will never go away."

At Carolina Estates Herbert enjoys playing games and conversing with interesting people.

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.

Birthday Celebration From Sandra G.'s Family

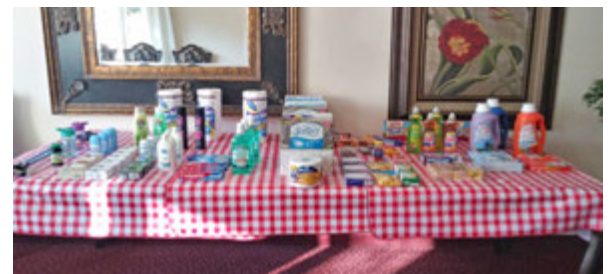


Happy Birthday to Sandra G. from her family!

Sandra G.'s family had made posters to wish her a happy birthday. They stood out in the parking lot in front of her apartment.

Carolina Estates Community Dollar Store

Our Community store is located in the Private Dining Room. Store hours are Monday-Saturday from 9-11 a.m. and 2-4 p.m. This is a great way to let the residents do some in-house necessity shopping.



Carolina Estates Community Store -- Keeping our residents fully stocked up!



Mother's Day — to Tea or Not to Tea?

Mother's Day Tea and the celebration of Mother's Day this year may need to be altered a bit due to social distancing due to the COVID-19. So, how is this going to alter our annual Mother's Day Tea? It will challenge each of us to think outside the box a bit, but while we "think" let's, each of us, take a moment to think on our mothers. God gave each of us a mother who brought us into this world. We have all come to this Community by one road or another. We all have different stories to share about our mothers. Where would any of us be without them? Well, first of all we wouldn't be — no matter the story of your life with relationship to your mother — you would not be here today without her giving birth to you. I reflect on how God has given me a strong, loving and beautiful Christian mother in my own story. She raised five daughters while Dad served in the United States Air Force. She taught Sunday School, she was our Girl Scout Leader, she was our homemaker, she was our prayer warrior, she was our comforter. For me, she still is and I am very blessed to be able to call her Mother. My mother is not very computer savvy, but in today's times, thanks to my youngest sister, Tamara, we are sharing today our Easter Sunday message together — all five of us — and Mother via Google Duo. We are all watching our Easter Service via television or the internet but we are all doing this remotely together. Thank you, Jesus, for the technology in order to be able to "see" each other.



Mary and her mother, Joan.

Getting back to Mother's Day — to tea or not to tea — well, we shall tea! It may be that we are sharing our cup of tea virtually together with our loved ones, but we shall have tea! To all of the mothers and daughters, mothers and sons who would like to share tea with us, we shall have tea together on Saturday, May 9th at 3 p.m. How will this work? Well, simply load Google Duo on your mother's cell phone (we can help with this too) and set up your group (contacts in your cell phone). Then, on Saturday, May 9th at 3 p.m. dial Mom via Google Duo via your group and share a cup of tea with her. If, by some miracle, we are released from our seclusion by then, I imagine that we may be able to have a seated tea with social distancing in the Community, but I don't imagine that we will have the open door policy that will allow for our loved ones to join us physically. I will remember our teas from the past and will remain thankful that we have another year here together to share our love and memories — to share our cup of tea.

By Mary Breth

Meet Our New Legacy Healthcare Rehab Director Christopher Sharpless

Specializing in:

- Balance and strengthening techniques.
- Progressive exercises to promote improved endurance.
- Fall prevention
- Pain management
- Training in safety with walking indoors and outdoors and with use of stairs.

Chris is available to assist with any questions you may have about the care and assistance Legacy can provide!



Welcome, Christopher Sharpless

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.

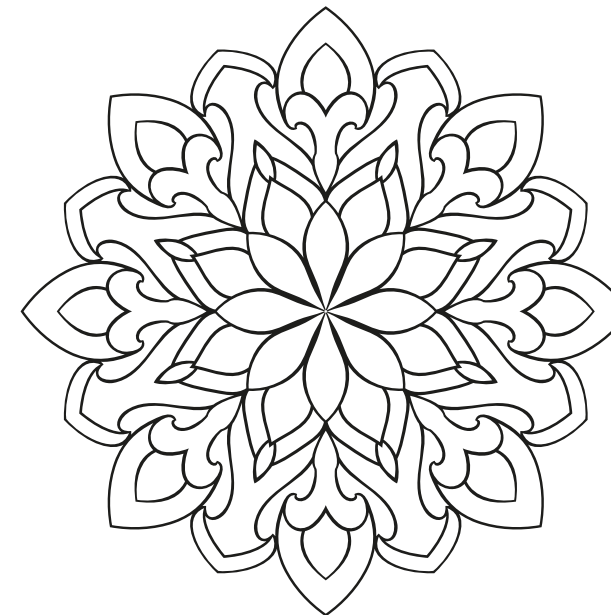


Simple Ways To Practice Mindfulness

- 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.

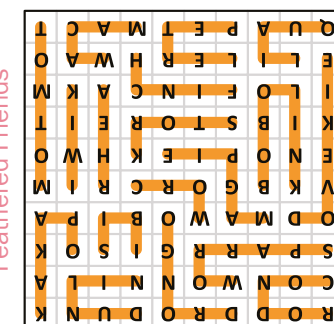
Take a Closer Look

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

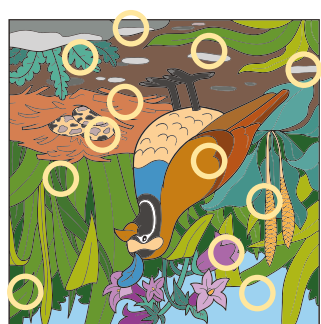
Solution can be found at the bottom of this page.



Feathered Friends

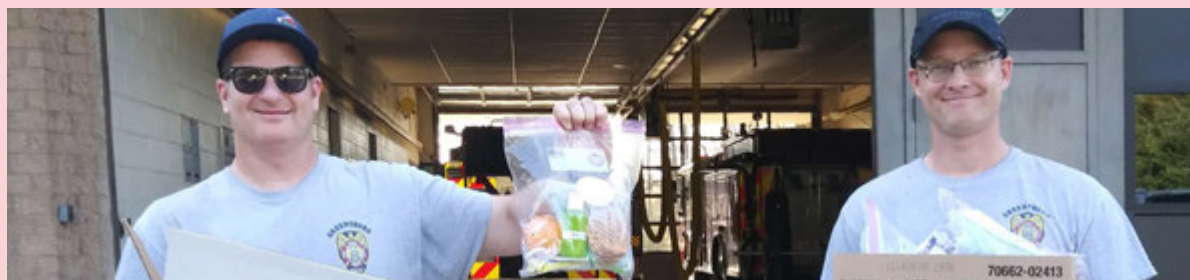


Take a Closer Look





Fun Here at Carolina Estates



Thank you, my friends at Carolina Estates, for the care package. Fire Station 41



Our two Sandras hard at work!



Cookie Making for Fire Station 41



*Darlene wishing you a
Happy St. Patrick's Day!*



*Chantel and Housekeeper
Mallery are sanitizing the
residents' walkers.*



*Beverly Leary and her thoughts
on coping with COVID-19*

May Birthdays

- Carlita Wise, 2nd (Employee)
- Mary N., 11th
- Mellissa Herbin, 12th (Employee)
- Bob A., 14th
- Mallery Fields, 17th (Employee)
- Doris O., 17th
- Doris R., 18th
- Inez J., 20th
- Naneen W., 23rd



Worship Services With Ira Godwin, Grover Minor and Sherrill Haney

Sunday mornings at 10 a.m. Ira has a wonderful service here in the Dining Room. Covid-19 has shut down a lot of churches and Ira decided to have his service here. Thank you so much, Ira, Sherrill and Grover for everything that you do — it puts a smile on each and everyone's faces.



Grover, Ira and Sherrill



*Semi-Retired Pastor in Charge is
our own resident, Ira Godwin*



Social Distancing during Worship Services in our dining room

Annual TRLA Breakfast Hosted by Carolina Estates

The Triad Retirement Living Association (TRLA) is an organization of senior service industry professionals. They are the "chamber of commerce" of the senior industry, with a mission to educate and serve their community in senior retirement services. Their members are a vibrant group of senior industry professionals who care deeply for the population they serve. They provide a platform to their members to educate, network and help them continue to serve seniors in the Triad.



TRLA March Meeting hosted by Carolina Estates



*Hawthorn Senior Living
Regional Director Jim
Maddox Speaking about
COVID-19 and how we are
keeping our residents safe
here at Carolina Estates.*



4434 Old Battleground Road
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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.

Carolina Estates
Gracious Retirement Living

336-282-6133

