



FAIRVIEW ESTATES

Gracious Retirement Living

132 East Main Street • Hopkinton, MA 01748 • Phone (508) 435-8370 • www.seniorlivinginstyle.com

MAY 2020

FAIRVIEW ESTATES STAFF

Managers.....SUE & DUNCAN PELTASON
Assistant ManagersLEIGH & RHETT GURR
Executive Chef.....MEGAN DEMERS
Sous Chef JASON RIVERA
Activity Coordinator MIKE KING
MaintenanceJEFFREY RUTTER

TRANSPORTATION

Monday, 9 a.m.-1:30 p.m.: Shopping/Errands

Tuesday, 9 a.m.-1:30 p.m.: Doctor Appointments

Wednesday, 9:30 a.m. and 2:15 p.m.:

Outing and Mystery Bus Ride

Thursday, 9 a.m.-1:30 p.m.:

Doctor Appointments

Friday, 9 a.m.-1:30 p.m.: Shopping/Errands



HAWTHORN
SENIOR LIVING

A Tribute To My Mom

I had a very loving mother although I didn't always return that love. I was a very rebellious teen and for about four of those years I was a handful. But even through the hard times my mother didn't lose hope for me.

As I grew older I was able to appreciate more that my mother did for us. She raised four kids in the '60s and '70s while my father worked two jobs. To help with the family expenses she took part-time jobs, sometimes as a seamstress while other times working in the school cafeteria. This allowed her to be there when we got home from school and during school vacations while also maintaining the house and keeping us fed. Some of the more fond memories are the homemade donuts. Our job was to put them in a paper bag with sugar or cinnamon while they were still warm and shake the bag until the donuts were well-coated. She would make apple or strawberry rhubarb pies and with the excess dough would make small cinnamon rolls which us kids would devour very quickly. With dough made from scratch, we would have pizza one night and fried dough the next morning.

Over the years she has shown her love to nine grandchildren and 10 great-grandchildren. While I don't see her as much as I should, every time I show up at the nursing home she has a big smile and proudly tells her fellow residents, "That's my son, Michael."

This goes out to all of the moms out there. I hope that their children love and appreciate them as much as I do mine.

Happy Mother's Day!



Mother's Day Wish

To all of you at Fairview Estates who are mothers, grandmothers and great-grandmothers, our hearts go out to you. The mothers of Fairview have a combined total of over 200 children, more than 350 grandchildren and over 70 great-grandchildren. May they shower you with love on this special day and the rest of the year. While they may not be near, may they know that they are in your hearts.



Gene's Joke of the Month

"Sugar, why don't you sit down by the table and we'll start supper," said Dorothy to her husband of 50 years.

"Sure thing," said her husband, settling himself down.

"Now, darling, would you like the soup first or the salad?" questioned Dorothy.

"Umm, I guess I'll take the soup," he responded.

After a whole meal of one endearing term after another, their guest, Bob, couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy, do you always talk to your husband like that?"

"Bob, I'll be honest with you," Dorothy replied. "It's been five years now and I don't remember his name!"

May Birthdays

Susan Allen, 3rd

Ming Yew, 9th

Jim DeWolfe, 19th

Anne Sheridan, 19th

Joan Noddin, 22nd

Mark Devane, 23rd

Don Shaw, 24th

Roberta Schiller, 26th

A Wee Bit of Irish for Mother's Day

Mother Machree

Lyrics by Rida Johnson Young, melody by Ernest R. Ball

There's a spot in me heart which no colleen may own
There's a depth in me soul never sounded or known
There's a place in my mem'ry, my life that you fill
No other can take it, no one ever will

Sure I love the dear silver that shines in your hair.
And the brow that's all furrowed, and wrinkled
with care

I kiss the dear fingers so toil-worn for me
Oh, God bless you and keep you, Mother Machree!

Ev'ry sorrow or care in the dear days gone by
Was made bright by the light of the smile in your eye.
Like a candle that's set in a window at night
Your fond love has cheered me, and guided me right.

Sure I love the dear silver that shines in your hair
And the brow that's all furrowed, and wrinkled
with care.

I kiss the dear fingers so toil-worn for me
Oh, God bless you and keep you, Mother Machree!

How Safe Is Your City?

We suggest you hop, skip, or jump your way to Hopkinton as it's one of the safest places around. Located halfway between Boston and Worcester, the town is best known as the starting point of the Boston Marathon. It is also home for Fairview Estates.

This small suburban town in Middlesex County has a population of about 17,000. AlarmNewEngland.com has listed it as one of the safest Massachusetts towns to live in. There has been no violent crime in the area within the last year, according to the available data. Your chance of becoming a victim of crime in Hopkinton is one in 296. Its crime rate of three per 1,000 residents makes Hopkinton one of the safest communities in the United States.



A Tribute to My Great-Great-Grandfather for Memorial Day

While there were plenty of very young and very old people to be soldiers during the Civil War, only one has the distinction of being the oldest verified mustered soldier. That person is Curtis King, who was 80 years old when he enlisted. Here is his amazing story.

Known as the Civil War Greybeard, Curtis King is widely believed by most historians to be the oldest soldier in the war at the age of his enlistment. When he mustered into Company H of the 37th Iowa Infantry on November 9, 1862, Curtis was an astonishing 80 years old.

Born in Culpepper County, Virginia in 1783, Curtis was the son of Revolutionary War veteran Thence King. His father's father was an immigrant to Virginia from Ireland. When his father died at age 57 from a copperhead bite, Curtis was the only son left living with his widowed mother, his only brother and two of his five sisters had moved to Ohio. He retained a lifelong hatred of snakes, as is understandable.

He married young, at only 19 years old, to Hannah King, and moved to Ohio at 22 years old. He lived there for a little over a decade, then moved to Hendricks County, Indiana, where he bought property in the town of Danville. He began a career as an active farmer, owning two farms. One of them was 80 acres. Curtis and Hannah had six sons and three daughters together. Curtis and Hannah divorced in Highland County, Ohio in March 1840. In November 1841, Curtis remarried to 16-year-old Matilda Sharp in Hendricks County. Curtis and Matilda had nine sons and three daughters together.

Shortly after marrying Matilda, Curtis and his new wife moved to Hancock County, Indiana, and finally moved to Wapello County, Iowa, where he continued his career as a farmer. After a long life of moving and farming, Curtis finally decided to answer President Lincoln's call for military men for the Civil War on the Union side, when he was 80 years old.

He volunteered but was turned away from at least two other companies because of his age. Company H in the 37th eventually accepted him, and he mustered in as a Private. This particular regiment was unique because every man in it was more than 45 years of age. The regiment was called the Greybeards.

Iowa was the only state that formed a regiment of much older men. It even received authorization from the Secretary of War to form such a regiment. The authorization was granted with the provision that Iowa promise these older men would only be used for guard duty. Yet, the Greybeards did see action in the war on June 5, 1864. This was when 50 men from the regiment engaged a group of Confederate guerrillas. During the engagement, two enlisted men were killed. It was the first real excitement the Greybeards had until that point in the war.

What is even more remarkable about Curtis's enlistment into the Army is that, in addition to his age, he was also blind in one eye. He was still determined to fight, and able to do so. His discharge papers, signed on March 19, 1863, described him as one of the most efficient men in his regiment. A newspaper article about him that was written during the war described him as having extraordinary stamina, and of enduring the fatigues and hardships of the war with much more vigor and cheerfulness than men who were younger than him by decades.

After being discharged from the Army, Curtis died later that same year at the age of 81. At the time he crossed to the other side, this remarkable Civil War veteran was the father of an astonishing 21 children, the youngest of whom was only 15 months old at the time. Curtis was illiterate, never learning to read or write. However, he had extraordinary powers of memory, and could easily retain a large amount of information for years or decades at a time. He claimed to be so good at memorization that he could recite every word of the Bible from Genesis to Revelations with the help of a daughter who read from the Bible and prompted him.

Curtis was buried in the former Williams Cemetery in Wapello County, Iowa. However, the cemetery is now known as the Curtis King Memorial Cemetery, in honor of this most venerable of Civil War veterans.

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.

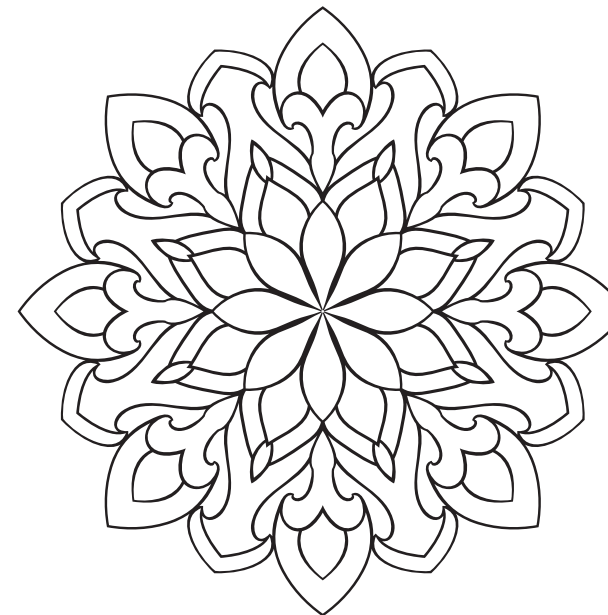


Simple Ways To Practice Mindfulness

- 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.

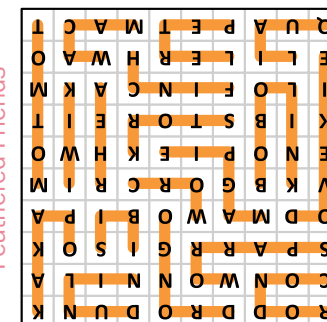
Take a Closer Look

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

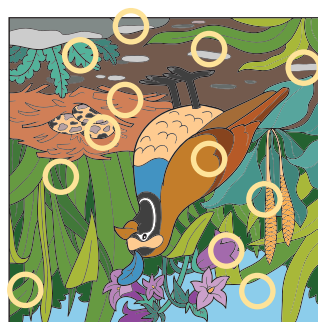
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Meet Resident Hal Glicklin

Hal is a familiar face around Fairview Estates. A quiet person with a warm smile who can be sometimes seen on his small scooter which eases the pain in his hip and the work of his heart.

Hal grew up in the Bronx. He enjoyed the street games such as stick ball or punchball, which were played like baseball except the bat was a discarded broom stick or one's fist. His favorite sport was roller skating hockey. As a teenager he enjoyed dancing – jitterbugging, foxtrot, rumba, polka, all not very popular today. After graduating from high school (without distinction) he joined the Marines. Although expecting to be shipped overseas, the atom bomb dropped and soon after, World War II ended. He became a radio operator with an artillery regiment and when his three-year hitch ended, he was discharged. He then went to college at NYU to learn to become a physical therapist. After his first year the Korean War started and he was back in the Marines for another year. While at school he also had a variety of jobs to help support himself. His last after-school job was an ambulance driver on the 1 a.m. to 8 a.m. shift at Roosevelt Hospital in New York City. That was where he met Nancy, a nurse in the emergency room. They soon eloped and then spent 60 great years together.



One of Hal's creations

Hal worked as a therapist and rehabilitation manager for 40 years. He saw a wide variety of patients of all ages and all sorts of orthopedic and neurological disabilities and he had experience in a variety of different institutions.

Hal has been in Hopkinton for six years, moving here from Connecticut to be closer to his daughter who now helps manage his affairs. He has an adopted daughter living in Connecticut. His son passed away at age 50 because of a brain tumor.

He says that we have a lot of nice people here and a fine staff. Not being a social bug, he spends time reading, writing poems and drawing designs (which he calls “doodles”). He believes that one needs to keep a sense of humor and that laughing is contagious. Usually he has a smile on his face and will be eager to swap jokes with you. Be sure to share one with him.

Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.



The Red Poppies of Memorial Day

Wearing a red poppy on Memorial Day began with a World War I poem.

In Flanders Fields

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

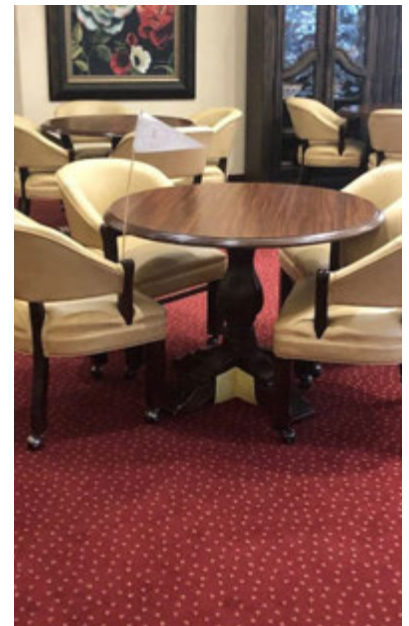
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

What To Do With An Empty Dining Room

Since we started doing door-to-door delivery of meals, the Dining Room looked very empty. Since I was a new Activities Coordinator I was exploring our supply closet to see what I could find. To my surprise, I found some golf balls and putters. I used to be a big fan of miniature golf so I decided to set up our own nine-hole course. I found some long marshmallow sticks to hold the flags and in short notice, The Fairview Fairway was open. So come on down and play a round of golf.



Our resident pro



Hole one

Anniversaries

Franco & Annamaria DeSantis, 5/22/2003

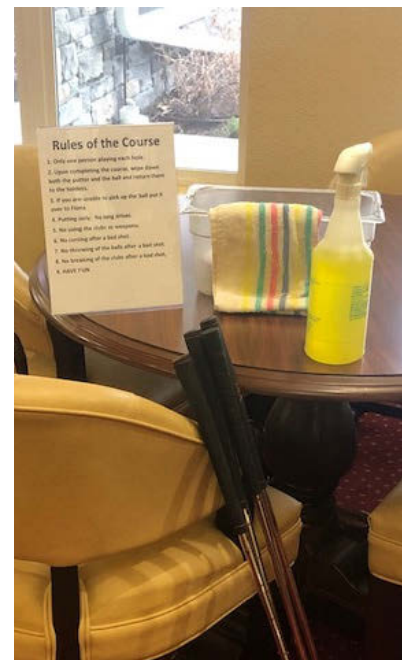
Around the Community



Residents and Culinary Staff with the Most Creative Award for the Boston Marathon gingerbread creation



Our biggest fan





132 East Main Street
Hopkinton, MA 01748



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.



508-435-8370

