

Glenmoore

Gracious Retirement Living

12154 SE 114th Court • Happy Valley, OR 97086 • Phone (503) 698-3555 • www.seniorlivinginstyle.com

MAY 2020

GLENMOORE STAFF

Managers.....DAVE & GINGER WOOD
Assistant Managers RICK & RACHELLE MCCARTHY
Executive ChefKRISTIN WIGGINS
Activity CoordinatorGRACE MCLEAN
Maintenance Coordinator DANIEL RIDDLE
Transportation RUTH WOOD

TRANSPORTATION

Monday, 9:30 a.m.-Noon:
Walmart & Fred Meyer

Tuesday & Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Wednesday, TBA: Outings

Friday, 9:30-11 a.m.:
Safeway, Rite Aid & Walgreens

HAWTHORN
SENIOR LIVING

May Birthdays at Glenmoore

The happiest of birthday wishes to the following residents:

- Alice Cowan, May 5th
- Mary Millett, May 5th
- Bob West, May 12th
- Pat Schroeder, May 16th
- Edith Jones, May 18th
- Fred Gibson, May 24th
- Joseph Stewart, May 26th
- Klarida Holbrook, May 29th



"Today you are you, that is truer than true. There is no one alive that is youer than you!" -Dr. Seuss

A Moment of Thanks

Glenmoore's Bean Bag Baseball team, the Pioneers, would like to take a moment to give a huge Thank You to our resident Elsalou Bryson, who was incredibly generous with her time to make the new base covers for our chairs! She took this challenge head-on and collaborated with Activity Coordinator Grace on colors and fabrics. This project took a great deal of time and talent, and our First, Second and Third bases have never looked better.



Here To Help

David and Patti Eldridge,
503-896-6701.

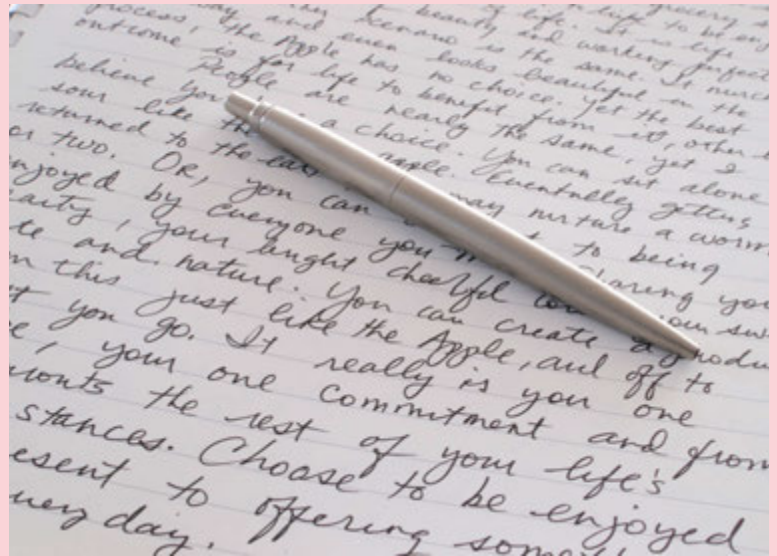
BB's Hair Design

Beckie Brown,
503-750-9575
Available Monday-Friday, please make an appointment.



Short Stories... Written by You!

Now that we all have nothing but time on our hands, let's make a Glenmoore Short Story Book to keep in our library and to reflect on this time of Stay Home, Stay Safe. Fact or Fiction, Adventure or History, the sky is the limit! These short stories could be something you experienced personally or something entirely made up, because, let's face it, we can all use a change in scenery these days. Use your imagination and take us on a journey with you. Here are some tips and tricks from published authors to get you started on your story, and if you need any supplies, please see Grace in Activities.



1. **Identify The Heart Of Your Story.** Explore your motivations, determine what you want your story to do, then stick to your core message. Considering that the most marketable short stories tend to be 3,500 words or less, you'll need to make every sentence count. If you over-stuff your plot by including too many distractions, your story will feel overloaded and underdeveloped.
2. **See Things Differently.** Experiment with your short story's POV. A unique, unexpected voice can provide the most compelling, focused experience of the central story. Just be careful that you don't inadvertently give the story to a nonessential character. Narrating the story line through a character who's not central to the action is a common mistake many new authors make, often with confusing or convoluted results.
3. **Opposites Attract.** Elements that work against your character's central desire will keep the reader intrigued and prevent your story from getting stuck. You can also try approaching your core idea from an unusual direction. Dialogue, setting and characterization are all areas that will benefit from an unexpected twist.
4. **Craft A Strong Title.** This can be one of the most difficult — but one of the most important — parts of writing your story. How do you find inspiration for a great title? Have friends read your story and note which words or phrases strike them or stand out. These excerpts from your text just might hold the perfect title. Try to stay away from one- or two-word titles, which can seem to editors as taking the easy way out.
5. **Shorter Is Sweeter.** Resist the urge to go on and on. With a shorter short story, you will have more markets available to you and thus a better chance of getting published. Here at Writer's Relief, our submission strategists and clients have noticed that editors consistently prefer short stories that are under 3,500 words over longer ones.

Source: HuffPost 5 Secret Tips to Writing A Short Story

40th Anniversary of the Mount St. Helens Eruption

May 18, 1980 — Mount St. Helens volcano erupted in southwestern Washington State, spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

Do you remember where you were when this major event happened in the Pacific Northwest? Perhaps you didn't live in Oregon at the time. If not, did you hear about this eruption in the news? If you lived in a state nearby, did you experience any of the ash fall from the eruption?



The Importance of Staying Hydrated

We are so fortunate to not only live in a country that has clean water almost everywhere, we live in a state with an abundance of water! Fresh, clean mountain water is at our fingertips 24 hours a day. Yet, many people are not consuming enough water each day. There are many different opinions on how much water you should be drinking every day. Health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon. This seems like a lot of water, however, our bodies are roughly 70 percent water, and our cells need to be replenished with fresh water every day. When we are hydrated, our minds are clear, our digestion works better, we sleep better and our bodies are more able to remove toxins, which is extra important when you're taking medications regularly.



It can be challenging to remember to drink enough liquid each day, so here are some helpful tips to help you keep your body hydrated:

- Keep a reusable water bottle next to your favorite chair or bedside. Refill this bottle as soon as it is emptied and have some sips of water each time you walk by.
- Mark a gallon jug halfway with a permanent marker, fill to the line with fresh water and drink its contents by the end of your day!
- Set a timer for a few times a day and have a glass of water each time the timer goes off.

A great way to enjoy water while getting essential vitamins and antioxidants is to gently smash some fruit in the bottom of a reusable bottle and fill with water! You can use this same fruit all day, but remember to dump the fruit out at the end of the day. Some delicious and healthy fruit combos are:

- Orange, apple and lemon
- Cucumber, lemon and fresh mint
- Lemon and blueberries
- Lemon, lime and orange
- Strawberries and fresh mint

Photo Album Scavenger Hunt

For a fun walk down your own family memory lane, pull out those photo albums and see how many of these items you can find! While you're having flashbacks from family gatherings or parties with friends, take this time to write some letters to those friends or pick up the phone and call a family member or friend you haven't spoken with in some time. We can all use a little human connection during this time of self-isolation.

- A photo of someone with a bow in their hair
- A photo with at least four generations in it
- A photo by a river
- A photo with a pet or animal
- A photo of someone making a silly face
- A photo with two people hugging
- A photo taken before 1920
- A black and white photo
- A photo in color
- A photo of someone wearing a hat
- A photo of your grandmother or grandfather
- A photo in a tourist attraction
- A photo of a grandchild
- A photo from the last year
- A photo with someone eating something
- A wedding photo
- A baby photo
- A photo of someone wearing a costume
- A graduation photo
- A very blurry photo



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.

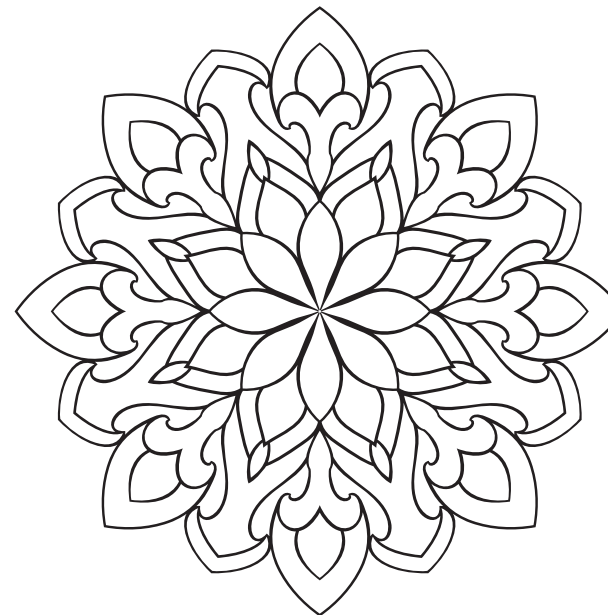


Simple Ways To Practice Mindfulness

- 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.

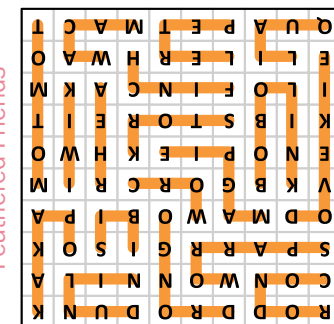
Take a Closer Look

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

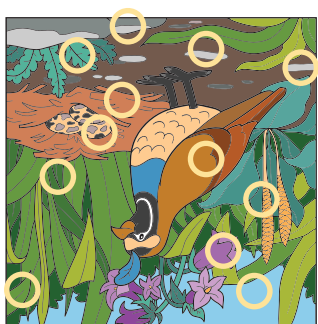
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





A Blast from the Past

Let's take a walk down Glenmoore Memory Lane, looking at some of the fun outings we have been on in the past! All of these pictures were taken during a fun outing or a fun in-house event. Can you spot your neighbor?





Getting Crafty

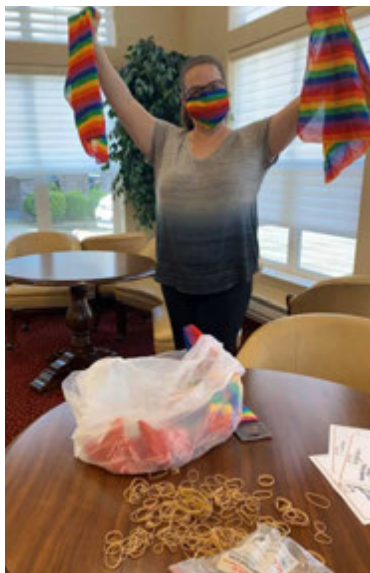
We painted glass tumblers, we learned how to fold a handkerchief into a mask and we had a blast doing both! We also had a meal delivery box decorating contest, and now our hallways have an additional touch of personality from all of you!



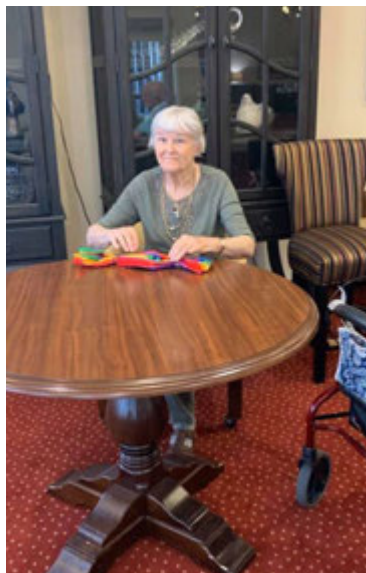
Lorelei Hawk painting her glass tumbler.



Doris Powers having a great time!



Activity Coordinator Grace holding up our rainbow handkerchiefs from Home Office!



Dorothy Schroeder folding her mask.



Dot Eaton showing off her new mask!



Connie McClendon's outfit matches her new mask!



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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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