

Ivy Creek

Gracious Retirement Living

300 Franklin Drive • Glen Mills, PA 19342 • Phone (610) 981-2740 • www.seniorlivinginstyle.com

MAY 2020

IVY CREEK STAFF

Managers..... STEVE & LISA VENABLE
Assistant Managers EDWINA CARTER
Executive Chef.....AMANDA MUSTO
MaintenanceJASON MILLER
Transportation KEITH MOYER

TRANSPORTATION

Monday & Friday, 10 a.m. to 3:30 p.m.:
Shopping and Errands

Tuesday & Thursday
8:30 a.m. to 3:30 p.m.:
Medical Appointments Only

Wednesday, 10 a.m. to 3:30 p.m.: Outing Day

HAWTHORN
SENIOR LIVING

Homemade Easter Cards!

One of our residents, Jody Blohm, regularly teaches watercolor painting classes within our Community. This month she utilized her talents in working with a small group who created Easter cards to send to their families. Participants drew a picture and hand-painted these cards. They turned out wonderful!





Itza Pizza Party!

This month we held a Pizza Party for our residents. This wasn't just a simple pizza party. We all really set the mood by having all of the servers and managers wear chef hats and an Italian mustache to make this a "real" Italian pizzeria! The kitchen staff worked hard at making individual pizzas for each resident and we put them in their own personal pizza box. Residents were able to have a great time, eating their freshly made pizza, listening to music and visiting with friends!



Chef Amanda, Lisa and Edwina



Steve in the pizzeria



Pizza! Pizza! We all love pizza!



Michael with Juan and Cheryl



Connie being served by Lisa and Edwina



Getting Involved

This month we have had a lot of fun with our staff getting involved in running some of our activities.

One of the housekeepers, Cheryl, has been leading morning exercises each day and the participating residents loved it! In the afternoons Cheryl would also find time to do an arts and crafts project with a small group. Keith, our bus driver, has been holding Trivia Time with the residents. He asks them a lot of questions related to music, movies and TV.

Edwina and Michael have really had an excellent response to starting Bean Bag Baseball here at Ivy Creek. Not only did they get a big turnout for players, there is a group of fans who cheer the players on! One Saturday afternoon they grilled and served up hot dogs for the residents after the game. Also, Edwina and Michael have started up chair volleyball to keep the residents active. You see the competitiveness coming out with the teams!

Lisa and Steve have started up Bring and Brag, which is a great time for residents to bring an item that is special to them and share a memory about it or to talk to the group about a memory or time in their life. Lisa and Steve also host Long Word Game and Giant Crossword games on the weekends. Some of our residents are really good at these puzzles!

We had a chef cover for a week while another chef was on vacation and we didn't know she had a hidden talent. Chef Elle, who will be the executive chef in Maynard, Massachusetts, at Camellia Gardens, entertained everyone with her amazing singing and guitar playing. One night she sang at the piano and we heard her talented voice and then Liz, one of our junior servers, joined her in singing. Together they sang beautifully.

The residents have enjoyed our different ideas and activities. The employees have loved spending time with residents and sharing in the fun.



Cheryl has worked with Phyllis and Janice during craft time.



Junior Server Liz with Executive Chef Elle performing at the piano

Easter

The actual Easter Bunny didn't make it in time to visit our residents on Easter Day, so Steve and Lisa delivered Easter baskets to everyone, door to door. The smiles and excitement on residents' faces were priceless! There was candy in each basket, of course, but we also created a personalized message to place on the candy bars. Also in the basket was Funny Money, ranging from \$1-10 in denomination. This is special money that can be spent in the store on the 4th floor.



Our special Easter chocolate bars

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.

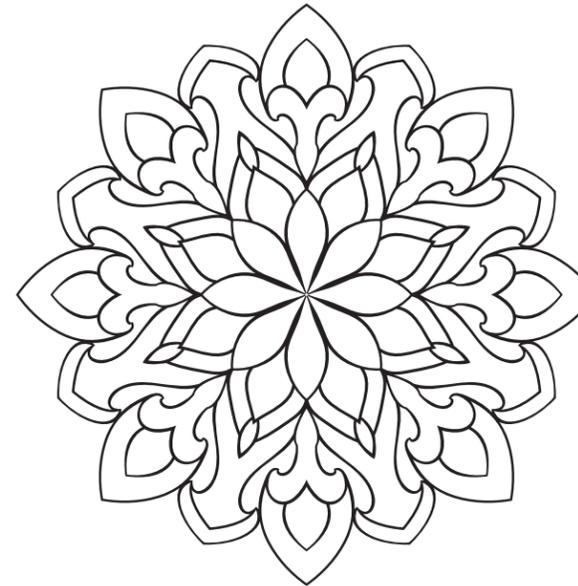


Simple Ways To Practice Mindfulness

- 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

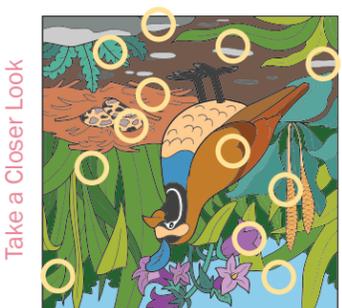
See if you can identify 12 differences in these two illustrations.

Solution can be found at the bottom of this page.



Feathered Friends

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





Welcome, Edwina

Edwina Carter joined the management team, as assistant manager, here at Ivy Creek. She comes with over five years experience working in senior living. She was born and raised in Tennessee but spent 40 years in California. Edwina already worked in another Hawthorn property, left for awhile but missed working with seniors, so she came back, and we are lucky to have her.

One thing we can all see is that she is super competitive when it comes to running our new series of Bean Bag Baseball! Edwina doesn't hold back in cheering her Phillies team on to beat the visitor team. All in fun, her enthusiasm and fun personality brings out at least half of the Community to play or cheer the teams on!

She is happy to be here and loves making our seniors smile. We are excited she packed everything up and moved here to work for Ivy Creek.



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 more than 50 fountains, one of which plays organ music.



Nong Nooch Tropical Botanical Garden



Gardens of Versailles



Welcome Victoria's Home Care!

We have a new home health care provider, called Victoria's Home Care, that is located in our building. After meeting with the lovely ladies who own and run this company, we knew they would be a perfect fit! They provide quality in apartment services to those of all ages to give peace of mind and independent living.

A registered nurse is assigned to each and every case and makes regular visits. They provide personal care, such as bathing, grooming and dressing. They can do light housekeeping, laundry, shop for groceries, pick up prescriptions and run errands. They answer their phone 24 hours a day, 7 days a week. They will be providing visits based on 30-minute increments, so they are affordable. They will give you personalized service built around your needs.

If you are interested, please call 610-544-3037 to set up a time for an assessment and to hear more information on how they can help you.



Victoria's Home Care

Pennsylvania's State Flower

The state flower of Pennsylvania is the mountain laurel, as enacted by the General Assembly on May 5, 1933. The mountain laurel is in full bloom in mid-June, when Pennsylvania's woodlands are filled with its distinctive pink flower. This is such a beautiful flower for the state to be proud of!



Mountain Laurel

May Birthdays

Amanda Musto,
3rd (Employee)

Karen Warren, 5th

Alice DeCarlo, 5th

Jean Smith, 6th

Albert Szurkowski, 16th

Mealtime

Breakfast: 8 a.m.

Dinner: 12:30 p.m.

Supper: 5:30 p.m.

Coffee service, water and snacks are available at the coffee bar all day.

Community Wellness:

Victoria's Home Care

Office: 610-544-3037

Located on the 4th Floor

The Cutting Corner

484-800-8223

Hair Salon located on
1st Floor



300 Franklin Drive
Glen Mills, PA 19342



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.



610-981-2740

