

LIBERTY HEIGHTS

Gracious Retirement Living

963 West Yellow Jacket Lane • Rockwall, TX 75087 • Phone (972) 722-5129 • www.seniorlivinginstyle.com

MAY 2020

LIBERTY HEIGHTS STAFF

Manager..... TOM & MELISSA HUTTO
Assistant Managers .. LARRY & MARY TERRELL
Executive Chef..... TONY PERRY
Sous Chef HUGO ARDON
Activity Coordinator JULIE HART
Maintenance ED MCCARTHY
Transportation GARY TATUM

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping

Tuesday, 9 a.m.-2:30 p.m.: Appointments

Wednesday, 10 a.m.: Outing

Thursday, 9 a.m.-2:30 p.m.: Appointments

Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

A World of Hearts

Liberty Heights joined in on the worldwide movement by placing colorful paper hearts on windows and doors. This displays a wonderful message of unity, hope and compassion to our community during these trying times.

A big thank-you to all of those who cut out these beautiful hearts!



Spreading the love at Liberty Heights



Jane had fun cutting more hearts out at her apartment for several nights!



We had a great group of ladies cutting out hearts!



Mother's Day

Mother's Day is always celebrated on the second Sunday in May. History of Mother's Day Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Mother's Day is a celebration honoring mothers and celebrating motherhood, maternal bonds and the influence of mothers in society.

"Her Hands"

Her hands held me gently from the day I took my first breath.
Her hands helped to guide me as I took my first step.
Her hands held me close when the tears would start to fall.
Her hands were quick to show me that she would take care of it all.
Her hands were there to brush my hair, or straighten a wayward bow.
Her hands were often there to comfort the hurts that didn't always show.
Her hands helped hold the stars in place, and encouraged me to reach.
Her hands would clap and cheer and praise when I captured them at length.
Her hands would also push me, though not down or in harm's way.
Her hands would punctuate the words, just do what I say.
Her hands sometimes had to discipline, to help bend this young tree.
Her hands would shape and mold me into all she knew I could be.
Her hands are now twisting with age and years of work,
Her hand now needs my gentle touch to rub away the hurt.
Her hands are more beautiful than anything can be.
Her hands are the reason I am me.

Maggie Pittman

Published: February 2006



Stroke Prevention and Signs of a Stroke

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes.

A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications.

The good news is that many fewer Americans die of stroke now than in the past. Effective treatments can also help prevent disability from stroke.

Ways to Prevent a Stroke:

1. **Manage Your Weight.** Getting to a healthy weight can help regulate your blood pressure.
2. **Eat a Healthy Diet.** High cholesterol can increase your chances of having a stroke.
3. **Get Moving.** Activity throughout the day gets your heart pumping and increases oxygen.
4. **Ditch the Cigarettes.** Smoking is a leading risk factor.
5. **Treat diabetes.** Having high blood sugar damages blood vessels over time making clots more likely to form inside them.

Signs & symptoms of stroke include:

- **Trouble speaking and understanding** what others are saying. You may experience confusion, slur your words or have difficulty understanding speech.
- **Paralysis or numbness of the face, arm or leg.** You may develop sudden numbness, weakness or paralysis in your face, arm or leg. This often affects just one side of your body. Try to raise both your arms over your



Fun Times at Liberty Heights!

head at the same time. If one arm begins to fall, you may be having a stroke. Also, one side of your mouth may droop when you try to smile.

- Problems seeing in one or both eyes. You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- Headache. A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate that you're having a stroke.
- Trouble walking. You may stumble or lose your balance. You may also have sudden dizziness or a loss of coordination.

For symptoms of a stroke, even if they seem to come and go or they disappear completely, think "FAST" and do the following:

- Face. Ask the person to smile. Does one side of the face droop?
- Arms. Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to rise?
- Speech. Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?
- Time. If you observe any of these signs, call 911 or emergency medical help immediately.

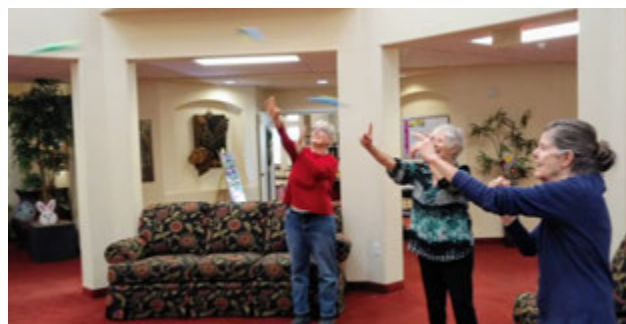


We had a lot of fun and laughs while making paper airplanes! Afterward, we flew them off the 2nd floor balcony!

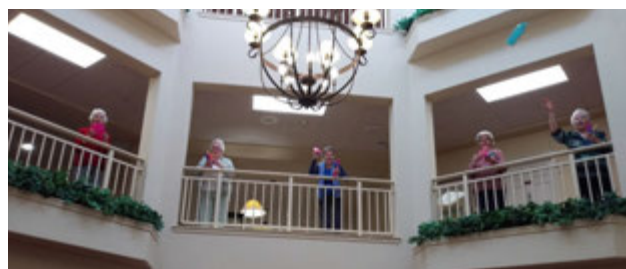
Finger rockets were a big hit! They have a rubber band on one end and a foam rocket on the other end. Those suckers really flew!

It's fun to find out talents of our management team! Mary demonstrated her juggling talent while we were passing out snacks with the snack cart. Way to go, Mary!

We sure have had our share of rain but our community garden has thrived! Margaret's bluebonnets are gorgeous and she definitely has a green thumb!



Blasting off finger rockets



Flying our airplanes!



Mary showing off her juggling skills



Cowboy Nation snack cart!



Margaret with her beautiful bluebonnets

Anniversaries

Dan & Jean James, 5/16/1964

Lee & Doris Perry, 5/23/1948

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.

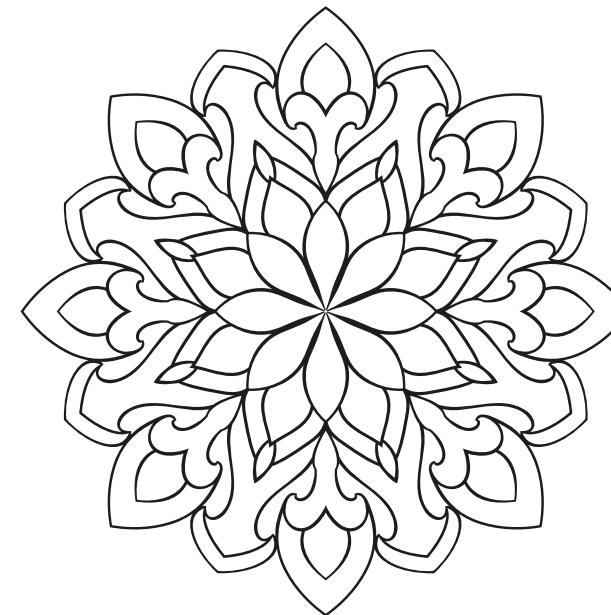


Simple Ways To Practice Mindfulness

- 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.

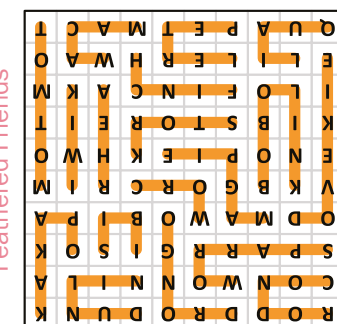
Take a Closer Look

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

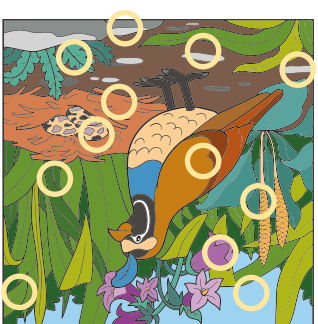
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Spotlight: Nurses

National Nurses Day is held annually on May 6th which marks the beginning of National Nurses Week. The day is to recognize the contribution nurses make to our world and to provide thanks. National Nurses Week ends on May 12th which is the birthday of the original founder of modern nursing, Florence Nightingale.

We have a few retired nurses here at Liberty Heights. Once a nurse, always a nurse! They have retained their knowledge after all of these years. It's fantastic to hear their love they have for their profession after all these years have gone by.

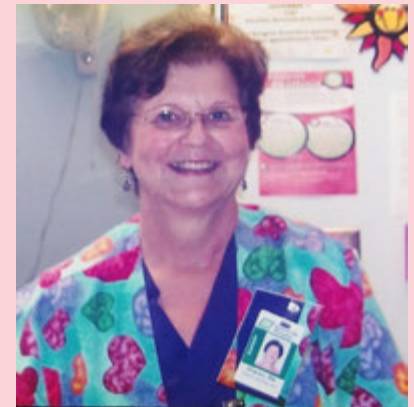
Thank you for your hard work and dedication!

Here's what a few of our nurses had to say about their experiences.

"My nursing career began in 1969 and lasted for 42 years. My third child, Kim was born with asthma. I went to work, trained as a NA and was going to work for six months to pay bills. I worked two and a half years and loved my job and the patients so much at Smith County Hospital in Carthage, Tennessee. I went to church with Al Gore and his family. Al was a mischievous boy when I knew him!

"We moved to Alabama and I attended Bessemer Technical College to obtain my LPN degree. For 10 years, I worked in MICU, medical surgery floor, OBGYN nurse for three Christian doctors and learned to do sonograms. I also did private duty nursing and dialysis.

"I was accepted into the second mobility program at Jefferson State College. I got my RN degree in one year. I worked MICU, 10 years with a top-notch oncologist at Baptist Medical Center, Princeton, Birmingham and assisted with bone marrow transplants. I traveled with the Red Cross, adult and youth treatment center. I ended with 10 years at Huntsville Hospital Behavior Unit as a charge nurse on the Geriatric unit. I thank God for my nursing career!"



Sharon Strobe

— Sharon Strobe

Here's what Dorie had to say about her experiences:

"After first, working at the Sheppard AFB Exchange in all departments and also the Cashier Cage, I moved to work in ladies' sportswear of Dillard's Department Store in Wichita Falls, Texas.

"My daughter, Linda, enrolled in the LVN (Licensed Vocational Nurse) class. I learned a lot from her year in it. So, at age 49, I also took the entrance exam and passed!

"It was under four instructors in the Vernon Regional Hospital LVN course in Wichita Falls, Texas. As we were nearing the end of our year's education, I received a phone call during class. It was the administrator of our local clinic asking me if I would consider coming for an interview with a new doctor at their clinic. I agreed and he told me he was anonymous as he didn't want me to be "in trouble" in class. Upon graduation, we had to go to Vernon, Texas for the ceremony. My family supported me. I was now one of the 'elders,' being 50 years young!

"As I was being interviewed, it was a neurologist who just came to Wichita Falls and needed a nurse to take care of any patients he would be caring for there. So, my time with him was great! He encouraged me and said I was very kind and good with all the patients. He also sent me to the local hospital to learn to do EEGs (electro-encephalograph) to test any patients he deemed it necessary for them. Thus, he decided to drive to the hospital in Vernon, Texas to see patients and asked me to go with him.

"En route one morning, he was stopped by the highway patrolman who told him, 'sir, you've been speeding over 75 m.p.h.!' Then the patrolman said, 'Who is that in the car with you?' The doctor said, 'My nurse.' The patrolman said, 'That's my mother-in-law! I won't fine you this time but if I stop you again, you've had it, sir.' Thus, the doctor was grateful and took me and another nurse out to lunch the following week!



Dorie Stanley



"At the age of 72, it was time to finally retire. Thus, we moved to Liberty Heights Senior Living in 2014. My twin daughters are living here in Rockwall, my eldest daughter lives in the North Dallas area, my RN daughter lives in Wichita Falls and my husband Dan, son Dan Jr. and grandson Shane are waiting for me in heaven.

"I'm grateful for having such a wonderful career in nursing!"

— Dorie Stanley

Some words from Marnie:

"I graduated from the University of Toronto in 1958 with a Bachelor of Science in Nursing. I worked as a visiting nurse and in public health. I did school nursing, ran 'well baby' clinics, taught prenatal classes and did home instructional visits.

"In 1964, my family moved to Southern California. I worked in the recovery room, the operating room, neo-natal care, managed a care facility for the elderly infirm and disabled children.

"I returned to the OR and after 10 years as an OR supervisor, I began setting up outpatient surgery centers. I also consulted for many across the USA and even one in Saudi Arabia and one in Northern China.

"I retired for the third and final time in 2005. I enjoyed a very successful and rewarding career in health care. I greatly appreciated my parents for paying for my education and my professors for sharing their knowledge and experience with me."

— Marnie Kent

Here's a few words from Jeanie:

"I graduated from Lamar University School of Nursing in Beaumont, Texas. I worked in the emergency room at Baptist Hospital in Beaumont.

"My husband passed away in the hospital after several heart attacks. I later worked in the ER in Plainview, Abilene and San Angelo. I loved ER nursing and have so many stories about the patients and doctors."

— Jeanie Hutchison



Marnie Kent



Jeanie Hutchison

Did You Know ...

Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.

There are at least six people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.

Sleeping without a pillow reduces back pain and keeps your spine stronger.

A person's height is determined by their father and their weight is determined by their mother.

If a part of your body "falls asleep," you can almost always "wake it up" by shaking your head.

There are three things the human brain cannot resist noticing — food, attractive people and danger.

Right-handed people tend to chew food on their right side.

There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.

People who laugh a lot are healthier than those who don't.

Our brain uses the same amount of power as a 10-watt light bulb!

May Birthdays

Betty Gielow, 1st

Peggy Pizer, 10th

Dan James, 13th

Shirley Allensworth, 15th

Angela Thoreson, 20th

Alan Jaco, 23rd

Yvonne Slaughter, 29th

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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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