

Linwood Estates

Gracious Retirement Living

1611 Lawrenceville Suwanee Rd. • Lawrenceville, GA 30043 • (678) 647-7928 • www.seniorlivinginstyle.com

MAY 2020

LINWOOD ESTATES STAFF

Managers..... JOEL & CATHIE WILSON
Assistant Managers MICHAEL & ANGELA COLBURN
Executive Chef GONZALO FIGUEROA
Sous Chef ENID WELLS
Activity Coordinator KARL LIEBENGOD
Maintenance MARTIN CEVANTES
Bus Driver JEFF NESBITT

TRANSPORTATION

Monday & Friday, 8 a.m.-2 p.m.:

Shopping – Lawrenceville/Buford

Tuesday & Thursday, 8 a.m.-2 p.m.:

Medical Appointments – Lawrenceville/Buford

Wednesday, 8 a.m.-2 p.m.: Outing Day

Mother's Day

My Mother kept a garden, A garden of the heart.
She planted all the good things That gave my life its start.
She turned me to the sunshine And encouraged me to dream.
Fostering and nurturing The seeds of self-esteem.
And when the winds and rain came, She protected me enough.
But not too much because she knew I'd need to stand up strong and tough.
Her constant good example Always taught me right from wrong.
Markers for my pathway That will last a lifetime long.
I am my Mother's garden.
I am her legacy.
And I hope today she feels the love Reflected back from me.
Happy Mother's Day to all our wonderful Linwood Mothers!
We love you!

HAWTHORN
SENIOR LIVING





Teamwork — No Really, This Team Works!

March and April brought us many challenges with the introduction of the coronavirus pandemic to our world, country and communities. We are so very proud of Linwood's leadership, staff and residents' willingness to adapt to an ever-changing environment in order to keep this silent enemy out of our community. We refused to let it dampen our spirits and keep us from remaining unified and upbeat in completing our duties and participating in our daily activities.



Culinary team rocks!



Management/housekeepers/servers



Driver/mail carrier



Joyce to the world ...



Kitchen elves

Residents' Corner

Please let me introduce you to a wonderful human being named Wanda Dease! A resident of Macon, Georgia, since she was 5 years old, she's a real Southern belle. She is one of six children and says she has wonderful childhood memories. Wanda started working for Southern Bell at age 17 and then transferred to Bell South in Atlanta in 1966 where she met and married her husband/boss whom she was happily married to for 14 years before he passed away. Wanda retired in 2004 with 31 ½ years of service! She has five daughters, five grandchildren and one great-grandchild. She enjoyed cruises and has traveled to many places, but 13 days in Israel was her most favorite memory. She was very active at Snellville Baptist Church for 32 years and enjoyed playing cards with more than 22 friends on a weekly basis. After developing some health issues, Wanda moved to Linwood Estates, which she says is beautiful and has the best staff! She loves everyone here and says she thanks God for this place every day. When I met Wanda, she told me "The doctors said I would not be here at Christmas [2019]." Boy, did she prove them wrong! She's a firecracker and a real joy to be around! Love me some Wanda!



Wanda Dease



Happy 100th Birthday

Basil James Street was born in Buladean, North Carolina, April 10, 1920, the middle son of Marie and Garrett Street. After high school, Basil drove a logging truck for a local lumber company. He migrated to Maryland as a member of the Civil Conservation Corps. While a CCC, one of the projects he was assigned to was building roads at Camp Hi in the Catoctin Recreational Area of Maryland. This later became Camp David, the presidential retreat for FDR. Basil volunteered for the US Army in January 1941. Basil trained as a medic and a mechanic in the 32nd Medical Battalion and served in Medical Intelligence as a colonel's aide, working in France, Germany, Belgium, Czechoslovakia, Switzerland and Austria. After VE Day Basil had the unusual opportunity to tour Hitler's Alpine hideout, known as the Crow's Nest.

In August 1941, he married the love of his life, Pansy Louise. They had two daughters, Anna Lee and Mamie Rea, three grandchildren and two great-grandchildren.

After his discharge in November 1945, Basil returned to the States and began working at the Black & Decker Mfg. Co., which he retired from in 1981. He and Pansy bought property in the Daytona Beach area of Florida where they lived until 2007. In 2007, they moved to Lawrenceville to be close to Mamie Rea because of Pansy's declining health.

Basil was a member of the Lions Club, the Manchester Volunteer Fire Department for many years, and the American Legion. Basil was an avid hunter and fisherman. After Pansy's death, Basil stayed active taking care of his home and lawn, spending time with his family and friends, activities at Lawrenceville Presbyterian Church. In April, last year, he experienced some health issues, and then suffered a fall resulting in a broken arm. Basil decided to sell his home, and moved to Linwood Estates in March.



Memorial Day 2020

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in military service for the United States.

While there is some dispute as to the origin of the day, the first Decoration Day was observed on May 30, 1868, under proclamation by General John A. Logan, national commander of the Grand Army of the Republic. The first official observation involved placing flowers on the graves of Union and Confederate soldiers at Arlington National Cemetery with James Garfield (later president) delivering a speech.

In 1868, about 5,000 people decorated graves at Arlington National Cemetery's first Memorial Day ceremony. About the same number of people still gather there annually. By 1890, it was recognized by all of the Northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). Memorial Day was celebrated on May 30th up to 1971 when the National Holiday Act of 1971, designated the last Monday in May to be the federal holiday.

Each year, the president requests that all governors of the United States direct the flag to be flown at half-staff until noon on Memorial Day on all buildings, grounds and naval vessels. U.S. citizens are also asked to display the flag at half-staff from their homes before noon.

We at Linwood, recognize the importance of our military families and are very proud of our Wall of Honor, which honors all our military veterans who live in our Community.



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.



- | | |
|-----------------|---------|
| 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.

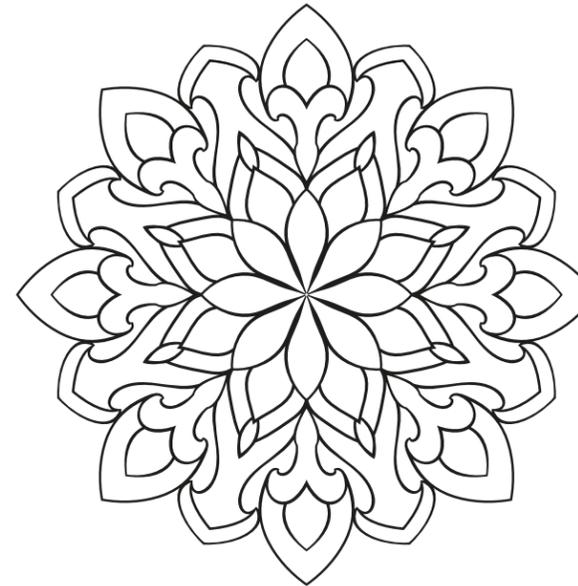


Simple Ways To Practice Mindfulness

- 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

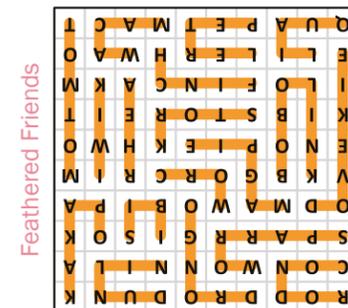
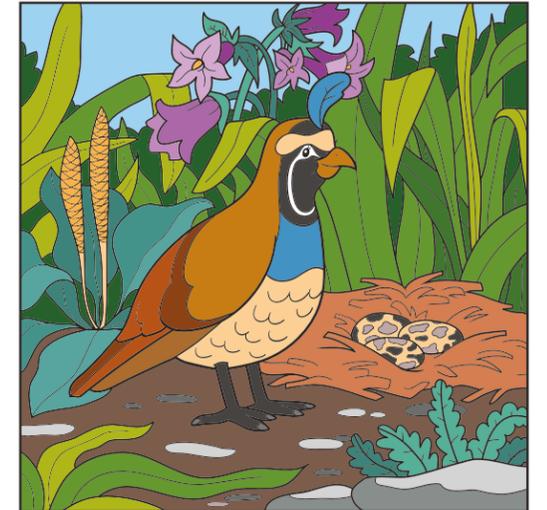
Brain Bender Answers

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.





Resident Birthdays

May 2020 Birthdays

Day • Room • Name

- **May 9:** 319 — Kerry Johnson
- **May 12:** Activity — Karl Liebengood
- **May 16:** 110 — Barbara Mallon
- **May 16:** 131 — Carol Marble
- **May 24:** 227 — Janice Burch
- **May 29:** 226 — Jerry Reese
- **May 30:** Culinary — Andrea Salvesson



Lois, March 3



Dorothy, March 21



Nelda, March 29



Frances, April 3



Jeanine, April 4



Ontavio, April 10



Linwood Happenings



We made our own soap!



Spinach smoothies



Recycled pots



Froufrou at its best



Refurbished tea hats



One ugly woman! Lol!



That's much better!



Rainbow fruit kabobs



Great afternoon snack



Hot dogs! Get your hot dogs!



Music for the soul



National Walk Out Day



Walker wash, 'cause everyone likes a clean ride!

Linwood Estates
Gracious Retirement Living

1611 Lawrenceville Suwanee Rd
Lawrenceville, GA 30043



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.

Linwood Estates
Gracious Retirement Living

678-648-1525

