

Magnolia Heights

Gracious Retirement Living

485 East Central Street • Franklin, MA 02038 • Phone (508) 520-3471 • www.seniorlivinginstyle.com

MAY 2020

MAGNOLIA HEIGHTS STAFF

Managers..... ROBERT & SAMANTHA ONOFRIO

Assistant Managers NICK LANGEL &
JULIE OLSON

Executive Chef JASON CARFAGNA

Activity Coordinator MAUREEN BECKERMAN

Transportation PETER CHENEVERT

TRANSPORTATION

**Monday & Friday, 10 a.m.-Noon and
2-4 p.m.:** Local Shopping & Errands

Tuesday & Thursday, 9 a.m.-Noon and 2-4 p.m.:
Doctor Appointments

Wednesday, 10 a.m.-4 p.m.:
Special Outing

Friday, 8:30 a.m.:
Mass at St. Mary's Wrentham

HAWTHORN
SENIOR LIVING

Around the Community





Mother's Day Fun Facts

Mother's Day isn't always on the same date each year. The holiday is celebrated every year on the second Sunday of May. This year it will be on May 10th.

The moniker 'Mom' comes from babies. The first thing a baby can vocalize is the 'ma' sound, which is why in almost every language the word for mother begins with the letter 'M' or is some iteration of the 'ma' sound.

One of the earliest Mother's Day celebrations was in Ancient Greece. The Greek would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood, and generation.

The history of American Mother's Day starts with peacemaker Ann Jarvis. During and following the Civil War, Ann Jarvis made a concerted effort to foster friendship and community between the mothers on both sides of the war. She started a committee in 1868 which established the first glimmer of today's holiday: "Mother's Friendship Day."

Ann's daughter, Anna, continued her legacy by creating the official holiday. Anna Reeves Jarvis sought to honor her own mother by establishing an intimate day of observance that is very obviously the basis of today's holiday. The very first Mother's Day was celebrated in 1908.

Woodrow Wilson signed Mother's Day into law in 1914. After Anna Jarvis created the Mother's Day International Association in order to streamline the intimate day of observance to the second Sunday in May, Woodrow Wilson legitimized the celebration as a nationwide holiday.

Anna Jarvis would later try to stop what Mother's Day became.

The holiday quickly became a commercialized opportunity for producers to sell flowers, candies, and cards. Anna Reeves Jarvis felt this was detracting from the personal and intimate aspects of the holiday. She defied this by starting boycotts, walkouts, and even condemned first lady Eleanor Roosevelt for using the day as a means of fundraising. Jarvis would eventually use all her money in this fight and died at the age of 84 in a sanatorium.

Carnations have a special meaning on Mother's Day.

Anna Reeves Jarvis used the carnation on Mother's Day to symbolize whether your mother was living. A red carnation meant she was, and a white meant she had passed.

Mother's Day is celebrated all over the world, albeit on different days. But in addition to the U.S., Great Britain, Canada, Costa Rica, Samoa, Georgia, Australia, and Thailand all have designated celebrations to honor their country's mothers.

The most popular gift for Mother's Day is the greeting card. Every Mother's Day, there are approximately 152 million Mother's Day cards sent.

In 2018, over \$23 billion was spent on Mother's Day. On average, shoppers spend \$180 on gifts for their mothers. A nationwide total of \$4.6 billion was spent on jewelry (36% of Americans plan to buy their mom jewelry) and \$4.4 billion on dinners or brunches. (Mother's Day is the busiest day of the year for restaurants. According to the National Restaurant Association, in 2018, about 87 million adults made plans to go to a restaurant for Mother's Day.) However, flowers still remain the most popular gift option, with about 69% of Americans opting for a floral present.



Mother's Day is the third highest selling holiday for flowers and plants. After Christmas and Hanukkah, more people buy flowers and plants for their moms on Mother's Day than any other holiday. Around approximately one quarter of all the flowers purchased throughout the year are bought for Mother's Day.

More calls are made on Mother's Day than any other day of the year. Approximately 122 million calls are made on the second Sunday of May.



Jim Sharkey, 5/9

Connie Tynan, 5/24

Bert Olson, 5/9

Janet Prevett, 5/26

Kathleen Lehane,
5/19

Catherine Grimes,
5/26

Wallie Sandwell,
5/21

Rita McCann, 5/26

Jack Gentili, 5/24

Judy Winer, 5/29

Joan Evans, 5/31

Do You
Recognize
This
Resident?



Keeping Busy During a Quarantine

In order to maintain your spirits and morale, and to avoid boredom and loneliness, it is recommended that you try to keep busy.

Here are some tips and suggestions you might find to be useful:

- Limit Your News Intake
- Keeping a Routine is Essential: Maintain a schedule, including showering, brushing hair and getting dressed, even if you're not going out. Don't spend the day napping.
- The more we can stick to a routine, the better off we will be mentally and physically. Keep things consistent so you have some sense of normalcy in your world.
- Remember that this is temporary. There will be a day when you will be able to return to your normal day-to-day life.
- Phone a friend. There used to be a Bell telephone commercial jingle, "Reach out and touch someone." Instead of that, it is recommended that you call, text, FaceTime, or Zoom someone you haven't spoken to in a while. Think of this as a great opportunity to reconnect.
- Work out in your apartment. Can't go to exercise class or the fitness room? Put on some music and do some chair exercises. Keep your body moving, even if you are just "walking" in place.
- Read a few books that you've intended to read, but just didn't have time.
- Catch up on some great shows or try one that one of your friends has recommended.
- Write a poem or write letters to your friends and family.
- Put together a puzzle or do some word challenges.
- Coloring or drawing is a great way to relax.
- Play Solitaire.
- Pull out that knitting or crochet project that you've put away.
- Let the sunshine in! Open your curtains and on a nice day, open your window a little.
- Learn online games such as bridge.
- Stay in touch with your friends and your children. It will help maintain your morale.

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.

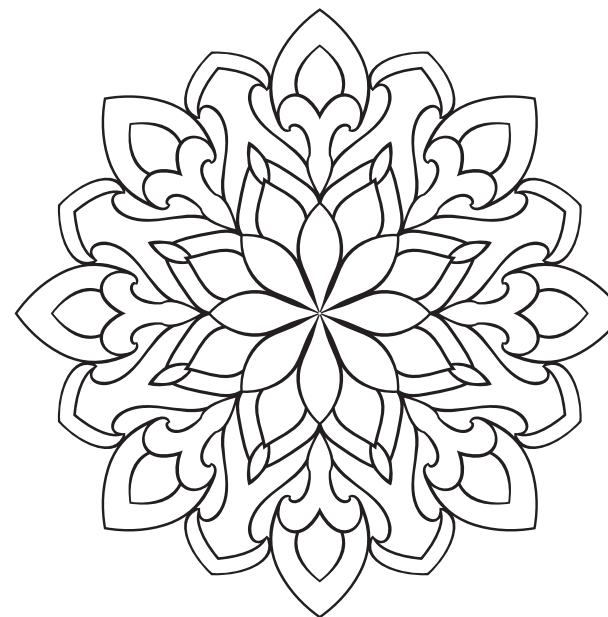


Simple Ways To Practice Mindfulness

- 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.

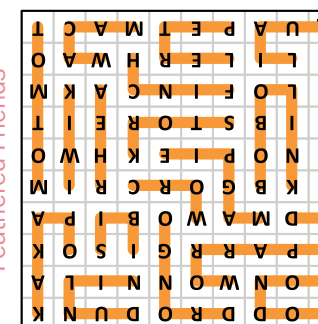
Take a Closer Look

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

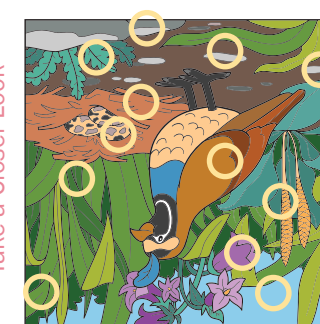
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Community Visitors

Our residents have been very cooperative when dealing with “social distancing.” We have had some very creative visits in the past week.



Surprise Deliveries

Since our residents are currently dealing with such challenging times, we thought it would be fun to deliver some meals and treats (outside their doors) dressed up in various costumes. We felt it would give them something fun to look forward to and help raise their spirits.

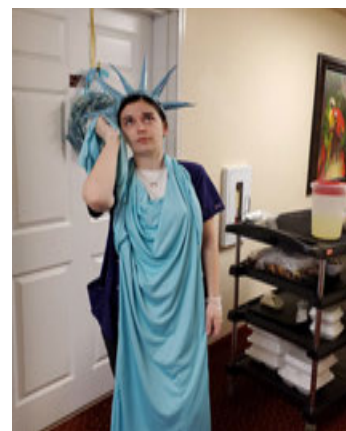
Because costume shops are closed and we have a limited amount of “dress-up” clothes, we reached out to the residents in our great town of Franklin, asking if they could help.

Well, the response was amazing. It seems that everyone wants to help surprise our Magnolia residents! We have had more than 50 people offer to lend us costumes — everything from a hamburger and hot dog, to a polar bear, a light up firefly and a M&M.

The outpouring of support from our Franklin community has been wonderful and people have offered to help in many different ways. One woman mentioned that she wants to retire here someday. Others asked if they could send cards and letters to our seniors.

It's nice to see people come together in both good times and in trying times.

Residents: Stay tuned for more surprise deliveries.



Care Solutions, Inc.

Elaine Ormond, RN
(508) 366-1766



Good Housekeeping Article From 1955

The Good Wife's Guide

From Housekeeping Monthly; May 13, 1955

Have dinner ready.

Plan ahead, even the night before, to have a delicious meal ready on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they get home and the prospect of a good meal is part of the warm welcome needed.

Prepare yourself.

Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh-looking. He has just been with a lot of work-weary people.

Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.

Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives. Run a dust cloth over the tables.

During the cooler months of the year you should prepare and light a fire for him to unwind by.

Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering to his comfort will provide you with immense personal satisfaction.

Minimize all noise.

At the time of his arrival, eliminate all noise of the washer, dryer or vacuum. Encourage the children to be quiet.

Be happy to see him.

Greet him with a warm smile and show sincerity in your desire to please him.

Listen to him.

You may have a dozen important things to tell him, but the moment of his arrival is not the time.

Let him talk first—remember, his topics of conversation are more important than yours.

Don't greet him with complaints and problems.

Don't complain if he's late for dinner or even if he stays out all night. Count this as minor compared to what he might have gone through at work.

Make him comfortable.

Have him lean back in a comfortable chair or lie him down in the bedroom. Have a cool or warm drink ready for him.

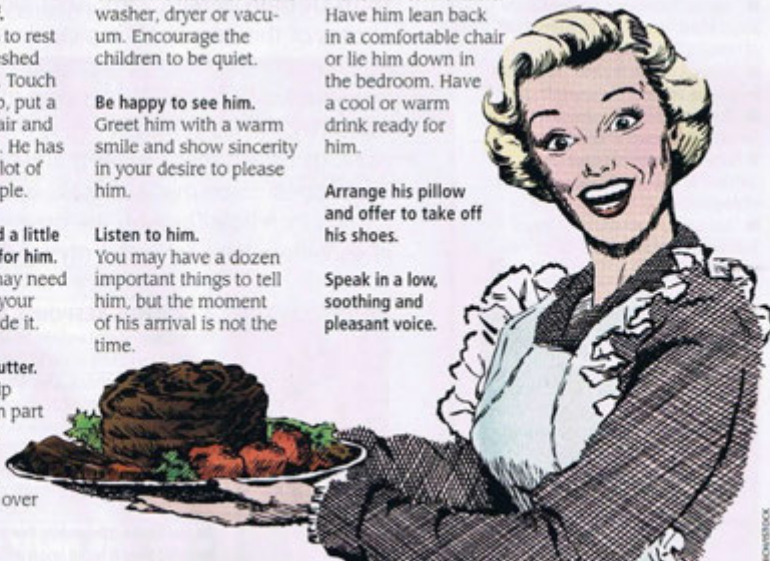
Arrange his pillow and offer to take off his shoes.

Speak in a low, soothing and pleasant voice.

Don't ask him questions about his actions or question his judgment or integrity.

Remember, he is the master of the house and as such will always exercise his fairness and truthfulness. You have no right to question him.

A good wife always knows her place. ■



Magnolia Heights' Book Club

In the next month or two, we will be starting up the new Magnolia Heights' Book Club. Meetings will take place in our Library, once a month. It's a great way to socialize and to read a book that you may not have otherwise read. We already have 14 people interested. Please sign up in the Activity Room.



Most Popular Baby Names of the 1930s: Can You Find Yours?

Boys/Girls

- #1: Robert/Mary
- #2: James/Betty
- #3: John/Barbara
- #4: William/Shirley
- #5: Richard/Patricia
- #6: Charles/Dorothy
- #7: Donald/Joan
- #8: George/Margaret
- #9: Thomas/Nancy
- #10: Joseph/Helen
- #11: David/Carol
- #12: Edward/Joyce
- #13: Ronald/Doris
- #14: Paul/Ruth
- #15: Kenneth/Virginia
- #16: Frank/Marilyn
- #17: Raymond/Elizabeth
- #18: Jack/Jean
- #19: Harold/Frances
- #20: Billy/Beverly

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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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