

Mountain View Gardens

Gracious Retirement Living

3477 Rodeo Drive • Sierra Vista, Arizona 85635 • Phone (520) 459-1898 • www.seniorlivinginstyle.com

MAY 2020

MOUNTAIN VIEW GARDENS STAFF

Managers.....JERRY & MICHELLE MCNUTT
Executive Chef.....TIM MOLINA
Community Sales DIANA FIELDS
Activity Coordinator MICHELLE MARQUEZ
Maintenance TONY TAYLOR
Bus Driver TERESA IRWIN
Head HousekeeperGAYLE BRYANT

TRANSPORTATION

Monday–Friday: 9 a.m.–3 p.m.

HAWTHORN
SENIOR LIVING

The Mountain View Gardens Writers Interest Group

We want to thank the Mountain View Gardens Writers Interest Group for submitting such an array of beautiful stories to share this month for our May newsletter. We are so thankful to have you as residents and friends. Your stories will forever be cherished in our hearts. It is through your words of comfort and happiness that we shall push through any hardships that are placed in front of us. We've got this! Our Greatest Generation!



May's Birthday Corner

It's your birthday! Have an amazing day!
Happy Birthday!

Lida Panagakus, May 10th

Bill Bess, May 15th

Margaret Watson, May 25th

Leanne Allphin, May 27th





Writings by Helen

Playing Games

As a child, the second in a family of 10, I played many games with my friends and siblings. With the girls, hopscotch was popular if we had chalk to write it on the sidewalk. I was never good at jump rope. We played Jacks and Tiddlywinks. After supper on a hot summer day, mom would let us go out in the cool of the evening to play hide and seek. We had to come home when the street lights came on. I was always afraid I'd not be found and would be left alone in the dark.

Quarantine!

"Scarlet Fever?" said my mother. "But they're not even sick!" as she spoke to the doctor who confirmed the diagnosis. Six weeks at home, four in quarantine and two weeks before we could go back to school. Mom looked at six flushed faces and set her plans in motion. Dad and Grandpa, who lived with us, had to board at a neighbor's so they could go to work every day. Mom nursed us and kept us busy with chores, reading, games and listening to radio programs, like "The Shadow" on Saturday nights. When things got too bad, she called Dad who, under the dark of night, brought her cigarettes and a bottle of gin. I didn't know she smoked and that we drove her to drink! The last two weeks, when we could leave the house, we spent roller skating on the newly paved highway nearby. Dad and Grandpa finally got home and life was back.

A Rude Awakening

My husband and I, with two other couples, were enjoying a luxurious cruise to Alaska. About the third evening, the captain announced that overnight we would arrive in Skagway and be able to leave the ship in the morning for sightseeing. About seven the next morning, I was awakened by a loud crash. I opened the cabin door and there was water in the passageway. My husband had slept through the noise, so I woke him and we hurriedly dressed and went out, to hear the news that another cruise ship had hit us mid-ship. We were all told to debark in Skagway while the ship was inspected and deemed seaworthy to go to Juneau, where we abruptly ended the cruise. An excursion boat was chartered to take us to Glacier Bay, as scheduled. We stayed overnight in Juneau, flew to Anchorage and continued on our land tour without further incident.

My Big Sister

Martha was 20 months old when her mom introduced her to her new baby sister, Helen. She couldn't pronounce her name, so she became "Sis." That was my first meeting with my big sister. Although I can't remember this meeting, she and I became best friends. We shared a bed, told stories into the night, shared clothes, even boyfriends in our teens. We made our own clothes; she was always more stylish than me. We sang together. She played piano and sang alto and I sang soprano. If she saw a movie that I missed, she'd tell the whole story to me late into the night. When an old boyfriend called her after the war, she handed the phone to me and I made a date with my future husband. We both traveled in our married life, she with the Air Force, and I with the Army. She was widowed first and I followed the same path ten years later. I spent wonderful days with her before her passing, as we remembered the stories and songs of the past. She is gone now, but I will always be close to my big sister. Sleep well, Marty. Love, Sis.



The elegant Helen



The Celebration of Our Mothers

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.



Eileen and Lida, staying out of trouble during the tea last year.

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.



Pamela looks gorgeous during the Ladies' Tea last year.

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.

By: Maggie Pittman

The Gratitude Notebook

This story was written by Roberta, a member of the Mountain View Gardens Writers Interest Group.

In Bisbee, I have a friend, Ginger, whom I have known for 35 years. She and her husband, Rod, made bamboo flutes, kalimbas, shakers and bamboo saxophones. Rod passed away from cancer about five years ago, but Ginger has trained apprentices to help her continue making instruments. She goes around the country to permanent booths in Renaissance Faires to sell her wares.

If you buy a flute from the Bard's Musik Shoppe, you will receive lessons on how to play it. Ginger hires workers for each of her Faires. At one time, Rod and Ginger had permanent booths in six locations around the country. Now that she's on her own, the number is three. She starts the year in Apache Junction at the Arizona Renaissance Faire, then travels to Colorado and then Kansas.

Ginger's oldest daughter, Heidi, is a doctor in Virginia Beach. They see each other a couple of times a year. All year long, they keep Gratitude Notebooks, which they share with each other once a year at Christmas time. It's good to remind ourselves how grateful we are for the blessings in our life.

I feel gratitude for the Writers Interest Group, as I did not know what to expect when I moved to Mountain View Gardens one year ago. I have met wonderful people with a shared interest in the written word.

So count your blessings before you fall asleep or in the morning when you wake up. You'll be surprised how many times a day you find something for which to be grateful.



Beautiful Roberta!

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.

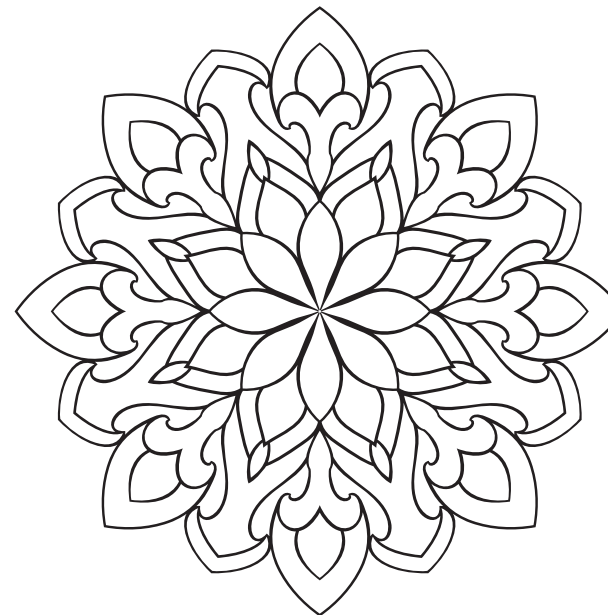


Simple Ways To Practice Mindfulness

- 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.

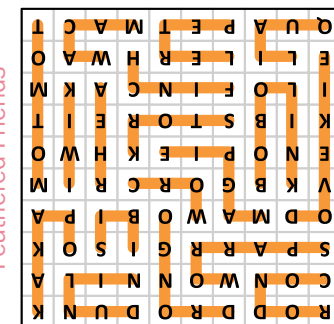
Take a Closer Look

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

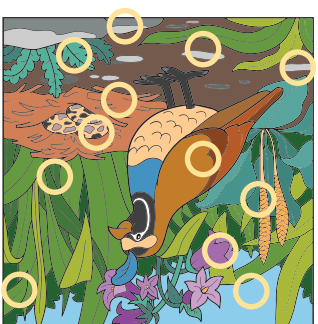
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Mountain View Gardens Loving Hearts

I came across various articles and photos of beautiful heart cut-outs placed in various designs on the windows of homes, businesses, hospitals, and retirement communities.

After researching a little bit, I came across an article written by CNN News: "It's unclear where or when the effort started, but photos of people putting rainbows, colorful heart cutouts, teddy bears and anything that resembles a sign of hope have been spreading all over social media.

The motivation is simple and varies from neighborhood to neighborhood.

Some are participating because they want their neighbors who have been deemed 'essential workers' to see some joy on their way out of their homes. Others say they decorated their windows so families taking walks and getting fresh air have a nice reminder that everyone is in this together."

One night while at home, I decided to dig in and see if my friends could help me and my residents cut out hearts. I knew my residents could cut them out, but we could get a good kick-start to the project by asking for help. My friends and family jumped in with their children to volunteer to help make hearts for my residents! I instantly started receiving messages and Facebook posts from families wanting to help me.

With that being said, we received hundreds of hearts. We were tickled pink! A big thank you to all those of you who spent time cutting out hearts for us to display in the windows of Mountain View Gardens Retirement Community. We love you all!

Michelle Marquez
Activity Coordinator



Lida creates her own design. Very pretty.



Peggy and Casper took a little bit of time with us to pose in front of the beautiful windows.



Erin is doing a magnificent job placing hearts on the Dining Room window.

If the Flag Could Talk

This was written by Eileen, a member of the Mountain View Gardens Writers Interest Group.

If this flag could talk
This is what it would say:
Keep in mind, that children
should always be kind.
And I'm sure Old Glory would
tell children to be good.

This flag would urge you
with earnest pleas
to learn to serve unselfishly.

This red, white, and blue would
advise children each day
to stick to the truth in all that
they say.

This starry banner would say,
"Have a care."
That your actions are honest
and fair.

This flag that our forefathers
fought to save would say to
children, "Be brave, be brave!"



Eileen poses gracefully with the American flag.



Writings by Georgia

The Piano

It's about the first thing you see as you enter our house and about the last as you leave. Its presence there has a great significance to me. It is always shiny and polished to perfection, no dust, no prints, just beautiful and regal with much presence as it just sits there day after day. It is a symbol of the quiet sort of dignity and quality of life that is present here.

Most of the time it just sits quietly, until someone comes along and gently caresses its keys. And once in a while, a relative of one of the residents will entertain us with their truly professional talents.

And of course, there are Monday night singalongs, with Ms. Ivy stroking the keys and the residents joining in on a fun time of singing, just before supper.

So, it is fitting that the piano is the place we send our final farewells to our friends and loved ones who have passed away from our midst.

And so, day and night, that piano stands the silent sentinel of our home.

Mare's Tails and Mackerel Skies

And there we sat up high on the slope
Each of us watching the flat below
He, of course, for his own little spooks
And I at the gathering storm.

The clouds were rolling, twisting
Always reforming
Moving along the base of the peaks
Would they cross over the river today?
Or would they go their usual way?

When they made up their minds
And went their way
Leaving us high and dry once more
A flick of the heel to the side was put.

And down the trail to home we went
He for a roll in a big pile of sand
And I to the shade with a book in hand.

The Dining Room

The Dining Room is a pleasant place
Mountains to see and clear blue sky
And beautiful clouds as they scuttle about
And sometimes a sunset of awesome delight.

Each meal as we come to visit and eat
The silver is set and the cups in place
Ready to turn for which or for what
The condiments are there ready to use.

And in the center a pretty bouquet
And even a candle for light
And napkins and tablecloths
For the most special events.

Our four little penguins serve us well
Catering to whims and oddities
Meals are such pleasure here
I'm thankful I'm here to be a part.

The Interlude

The door opened and out he came in a purposeful gait.
She followed closely at his heels. They stepped over to the edge of the porch, both lining their toes up with the edge of the concrete. There they stood like two sentinels staring off into the early morning light. Abruptly, he turned and made his way back to his chair where he sat. Following closely at his heels, she made a quick leap onto his lap and deposited two sweet little kisses, one short and the other the full length of his face. She then turned and placed her paws upon his knees. Once again, the two searched the clear morning air. Entwining his fingers around her hair, he gently massaged her little back. The moment passed and he rose to his feet. Moving to the door he opened it and entered, she following closely behind. The door shut. The day had begun.



On the keyboard is where Georgia's writing magic begins.

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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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