

# Mulberry Gardens

GRACIOUS RETIREMENT & ASSISTED LIVING

395 South Main Street • Munroe Falls, Ohio 44262 • Phone (330) 634-9919 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)  
Facility License Number 2405R

MAY 2020

## MULBERRY GARDENS STAFF

Administrator..... MELISSA HELTON-DIMARZO  
Assistant Manager .....MEGAN LEARN  
Director of Health Services.....SHARON LANN  
Resident Services  
Coordinator.....AMBER HINDELANG  
Executive Chef.....JORDAN LOOP  
Maintenance Coordinator.....TODD FRANTZ

HAWTHORN  
SENIOR LIVING

## Happy Mother's Day!

A Mother's Love

Of all the special joys in life,  
The big ones and the small,  
A mother's love and tenderness  
Is the greatest of them all.



## Happy Birthday!

Wishing you all a day filled with happiness and a year filled with joy! Happy Birthday!

**May 4th:** Erma Judy

**May 7th:** Roger Bryant  
(Employee)

**May 11th:** Virginia Snyder

**May 13th:** Greg Bobb (Employee)

**May 14th:** Irene Hardy



**May 16th:** Rita Reider

**May 17th:** Jennifer Christian  
(Employee)

**May 28th:** Summer Sipe  
(Employee)

**May 29th:** Earle Hanna



## May 14 — Dance Like a Chicken Day

Everyone has heard of the Chicken Dance! It has become a staple at weddings, mitzvahs (bar and bat), birthdays, and many other festivities throughout the USA and around the world. Known by many names, including Chicken Dance, Birdy Dance, and Duck Dance, this craze gets even the klutziest wallflower out on the dance floor, because it makes everyone look equally silly. That may be why, in a survey of DJs, the “Chicken Dance” charts higher than classics such as “We Are Family” and “Respect.”

Written in 1969 by Swiss composer Werner Thomas, the song was first recorded as a folksy fun tune in 1973. However, it was the remake in 1981 by the Dutch band De Electronica that became an instant hit on the European charts.

May 14th happens to be Dance Like a Chicken Day, making it the perfect opportunity to shake your tail feathers!

## Memorial Day — May 25

Memorial Day commemorates the men and women who died while in the military service of our country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today.

Thank you for your service.



## Temporarily Closed

We apologize for any inconvenience the closure of our Activity Rooms, common areas and Dining Room may cause. As a reminder, meals will be delivered to your rooms. On even days the 2nd floor will be served first and on odd days the 1st floor will be served first.

Breakfast will be served between 8 and 9 a.m.

Coffee Cart — between 10 and 11 a.m.

Lunch will be served between 12:30 and 1:30 p.m.

Afternoon Delights will be served between 3 and 4 p.m.

Dinner will be served between 5:30 and 6:30 p.m.





## Strawberry-Pretzel Salad Recipe

### TOPPING

- 2 packages (4-serving size each) Jell-O strawberry-flavored gelatin
- 2 cups boiling water
- 2 boxes (16 oz. each) frozen sweetened strawberries, thawed

### CRUST

- 2 cups pretzels, crushed
- 3/4 cup butter, melted
- 3 tablespoons sugar

### FILLING

- 1 container (8 oz.) Cool Whip frozen whipped topping, thawed
- 1 package (8 oz.) cream cheese, softened
- 1 cup sugar

### STEPS

1. Dissolve gelatin in boiling water. Stir in strawberries; refrigerate until partially set, about 1 hour 45 minutes.
2. Heat oven to 350 F. In medium bowl, mix crust ingredients. Press into ungreased 13x9-inch baking dish. Bake 10 minutes. Cool on cooling rack.
3. In medium bowl, beat filling ingredients with electric mixer on medium speed until smooth. Spread over cooled crust. Cover and refrigerate until cool and gelatin topping in bowl is partially set.
4. Carefully spoon gelatin topping over filling. Refrigerate 4 to 6 hours or until firm. To serve, cut into squares, 4 rows by 3 rows.

Enjoy!



## Happy National Nurses Day — May 6

For a Special Nurse

Long before you entered nursing  
The Lord had played his part,  
Planting seeds of love and kindness  
In the portals of your heart.

For it's clear that you've been gifted  
With a sympathetic ear,  
And blessed from the beginning  
With a willingness to cheer.

And the people who you care for,  
Are better off by far,  
When they're touched by your compassion,  
By the person that you are.

For in times of woe and worry  
When they're frightened or they're blue  
No one could be more consoling  
Than the friend they'll find in you

Copyright Margaret Graveline

We thank you from the bottom of our hearts for  
all you do every day!



## Check Us Out on Facebook

Mulberry Gardens Assisted Living has its very own Facebook page! Head on over and give us a like to see all the fun we are having.

## 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.

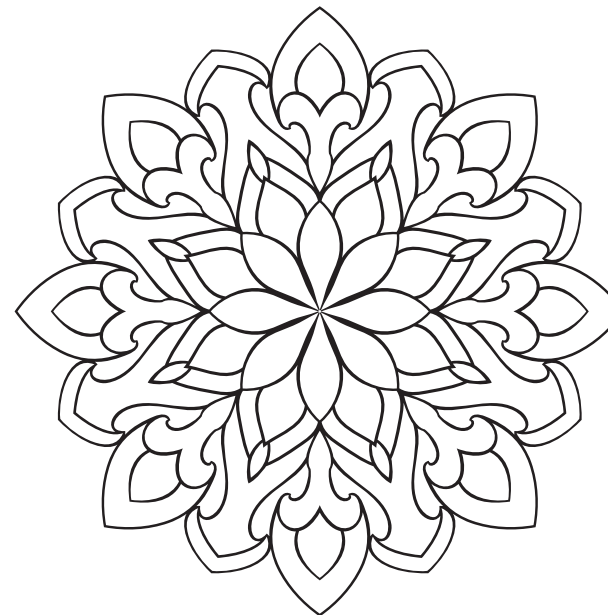


## Simple Ways To Practice Mindfulness

- 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.

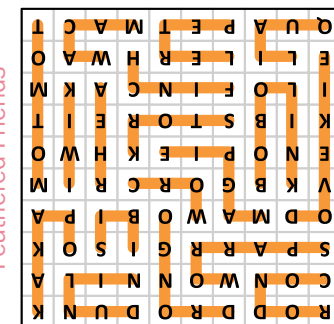
## Take a Closer Look

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

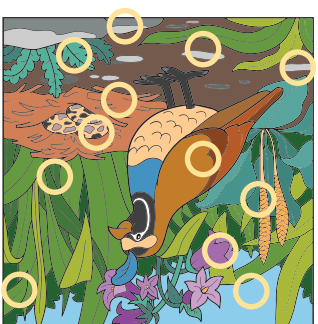
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Putting Around

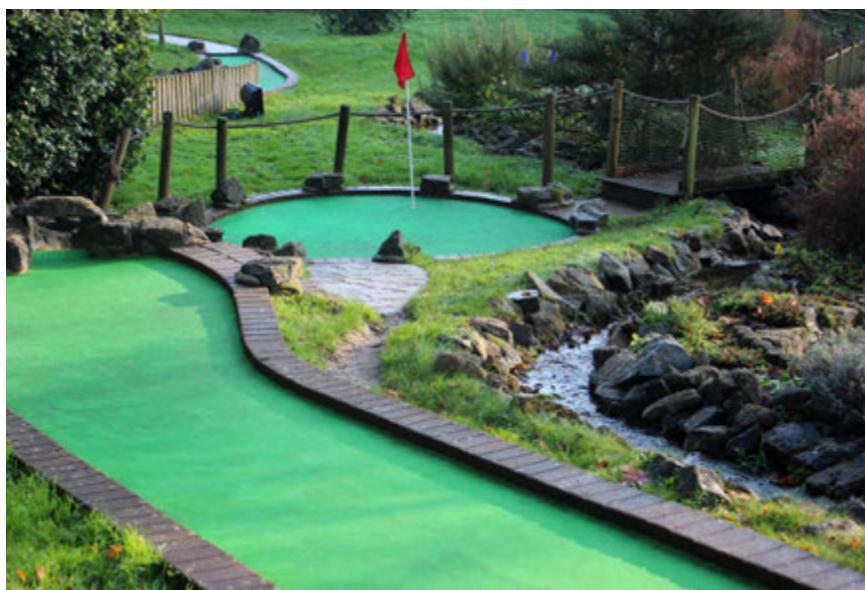
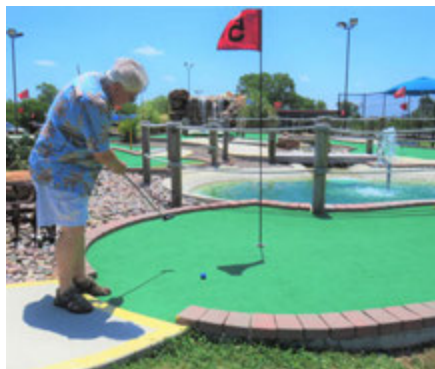
Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.



## Famous Movie Mamas Trivia

There are a lot of famous mamas out there! In honor of Mother's Day, test your knowledge of who's who of Hollywood moms with this fun trivia activity! Answers to these trivia questions can be found on the following pages. Good luck!

1. Who is the star of the "I Love Lucy" show, who famously depicted her pregnancy on the show over the course of seven episodes?
2. Who is Carrie Fisher's famous mother?
3. Who is the matriarch on "The Brady Bunch" television show?
4. What author, poet, civil rights activist, and mother wrote the famous autobiographical novel "I Know Why the Caged Bird Sings"?
5. In Louisa May Alcott's "Little Women," what do the March girls call their mother?
6. What is the name of the matriarch from "The Addams Family"?
7. What famous actress, singer, and mother starred in the movie "The Wizard of Oz" and "Meet Me in St. Louis"?
8. What is the name of Judy Garland's famous daughter who later became an actress herself and starred in the movie "Cabaret"?
9. Who married Prince Charles of England and had two sons, named William and Harry?
10. What famous actress and mother starred in the movies "Breakfast at Tiffany's" and "Roman Holiday"?



## Famous Movie Mamas Trivia Answers

1. **Answer:** Lucille Ball. It was the first time an actress who was actually pregnant openly portrayed “her condition” on television. They even timed the birth of the fictional child, Little Ricky, with her real one, Desi Arnaz Jr. Approximately 44 million people tuned in to watch the “Lucy Goes to the Hospital” episode.
2. **Answer:** Debbie Reynolds. Debbie Reynolds is known for her extensive movie career, which includes “Singin’ in the Rain.” Fun fact: Debbie and Carrie were also both Girl Scouts, and Debbie was Carrie’s troop leader.
3. **Answer:** Carol Brady. In the show, Carol is the mother of three daughters when she marries widower Mike Brady, who has three sons. Can you name all the children as well? (Marsha, Jan, Cindy, Greg, Peter, and Bobby)
4. **Answer:** Maya Angelou. She has also received the National Medal of Arts and the Presidential Medal of Freedom. At the age of 16, she gave birth to her only son, Guy Johnson.
5. **Answer:** Marmee. Some believe that the pronunciation is not “MARmee” but “MAHmee” because New Englanders often pronounce “ar” as “ah.” Her real name in the novel is Margaret March. Can you remember her four daughters’ names? (Jo, Meg, Amy, and Beth)
6. **Answer:** Morticia Addams. Morticia is the wife of Gomez Addams and mother of Wednesday and Pugsley. The family first appeared in 1938 in a comic strip in The New Yorker magazine.
7. **Answer:** Judy Garland. On the set of “Meet Me in St. Louis,” Garland met her second husband, director Vincent Minnelli. They went on to have a daughter in 1946.
8. **Answer:** Liza Minnelli. Minnelli’s first on-screen movie experience was with her mother and Van Johnson when she was only a few years old. The movie was “In the Good Old Summertime,” which came out in 1949.
9. **Answer:** Diana Spencer, also known as Princess Diana. Princess Diana was an altruistic woman who devoted much of her life working with various charities that helped the homeless, children, and those with HIV and AIDS. She was also a very loving mother to her two sons.
10. **Answer:** Audrey Hepburn. Audrey Hepburn later became a Goodwill Ambassador for UNICEF in the late 1980s, working to raise awareness for children in need. She received a special posthumous Academy Award for her humanitarian work. Her children, Sean Ferrer and Luca Dotti, created the Audrey Hepburn Society at UNICEF so that her efforts would be continued.

## Gardens Around the Globe

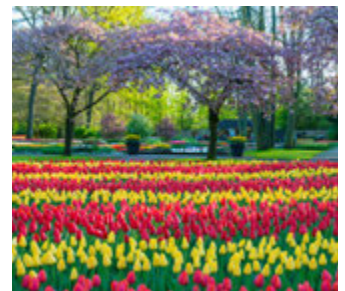
With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature’s splendor. Take a virtual stroll through some of the world’s grandest gardens.

**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 over 50 fountains, one of which plays organ music.







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Munroe Falls, Ohio 44262



## **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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