

# MULLIGAN PARK

## Gracious Retirement Living

1800 Hermitage Blvd • Tallahassee, FL 32308 • Phone (850) 553-3252 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS

Assistant Managers .....RICH & JAN  
STEMMERMAN

Executive Chef .....JAMILA TOBIAS

Community Sales ..... JEANIE  
MARTIN-ARMSTRONG

Activity Coordinator .....JAMIE GREEN

Maintenance .....SCOTT LYNN

Bus Driver ..... SUSAN TIPLER

### TRANSPORTATION

**Monday, 9:40 a.m.:** Shopping and Banking

**Tuesday, 9 a.m.:** Professional Appointments

**Wednesday, 9 a.m.:** Outings

**Thursday, 9 a.m.:** Professional Appointments

**Friday, 9:40 a.m.:** Shopping/Salon/Pharmacy

**HAWTHORN**  
SENIOR LIVING

## Positively Inspirational Residents Create Positive and Inspirational, Colorful Notes for One Another

Residents were given cards to write something positive or inspirational to hand out to each other. This photo represents some of the cards that were handed back. Be on the lookout for these to be posted in the Activity Room!





## Pet Owner of the Month: Meet Max and Dora Jane

May's Pet Owner of the Month and Pet are Dora Jane and Max. Most people who are in our beautiful building know Max and Dora Jane. This beloved pet graces our halls on a daily basis and will greet you with a wagging tail and begs for a gracious pat on the back. He is loved and we think of him as Mulligan Park's Mascot!

Max is 6 years of age and came to live with Dora Jane when he was 8 weeks old. He loves to play fetch, and if you have ever been to any activity where Max is present you already know this. He is a super-friendly dog and absolutely adores his owner.



*Dora Jane and Max*

## Happy Mother's Day, Mulligan Park Ladies!

We hope all of our beautiful and wonderful Mulligan Park residents have an amazing Mother's Day!

Love,  
*Management and Staff*



## Tell Me Something Good ... Mulligan Park Residents Spread Cheer With Positive Messages

In this "new world" that we have begun to adapt to, of isolation, new fashions of colorful fabrics covering our faces, and unstylish gloves on every hand, it's safe to say, most are feeling out of sorts, and some are probably feeling a little

depressed. The need for positivity is more critical than ever. It's important to remember what we are thankful for; for what we do have, and to count our blessings.

Mulligan Park residents truly boosted their spirits and mine during this "positive" activity. Residents were asked to "Tell Me Something Good" and write it down and have their photo taken. Not only did it make them think about something other than what negative new story was lurking next on the news or what new change was coming now in our beautiful community, but it opened up hearts, and put smiles on faces that I had not seen in a few weeks since this crazy, unbelievable thing started.

Thank you to all of you, you're all an inspiration to me! Keep being positive, and count your blessings. Remember, there is light at the end of the tunnel.







## Sheltering in Place

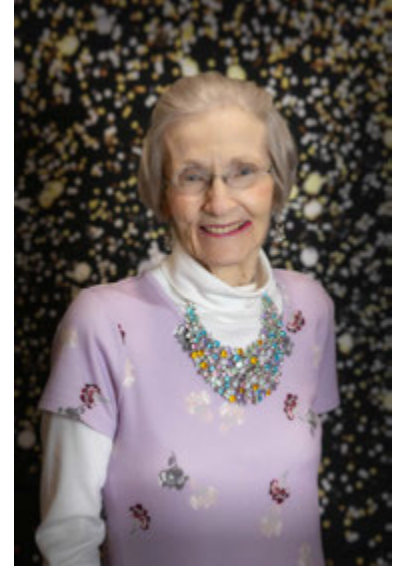
“Sheltering in place to bend the curve” has become a familiar refrain lately. It’s in reference to the novel coronavirus ravaging our world, and medical sleuths are trying to figure out a way to fight it.

Loosely translated, sheltering in place to bend the curve means staying apart from our fellow humans (since we don’t understand how the virus is spread) in hopes of lessening the chance of (the unknown means of) virus transfer to others. So, we Mulliganites have been sheltering together in one building for several weeks now, with 6 feet between us when we meet (in groups of no more than 10 people), all staff is now masked and gloved, we pick up our food on the floor level where we live three times a day to eat in our rooms, with no idea when all this precaution will end. This is very serious! Actually, it’s a life and death matter. We must be resourceful in our minds, our lives, our needs, our safety. Right now we have plenty of time on our hands.

Here are some things I’ve been doing; Writing, of course, or I wouldn’t be me. Anyone can do this, in any form — letters, journals, e-mails. Don’t write? How about drawing, or any endeavor you usually don’t have enough time to do. Keep what turns out, toss what doesn’t satisfy you, whether it be sewing, jewelry making, playing the piano, singing ... whatever, just do it!

And if you don’t do it, how about reading, checking out things you’ve always wondered about, or new things you just found out about, watching TV, clearing and cleaning out drawers, closets, belongings, working on changing old habits you don’t like about yourself, calling friends and family, near or far, to check on them and how they are using their time. Encourage them, find out what grands and great-grands are doing, find good recipes to cook in better times, give yourself a manicure or pedicure, experiment with makeup and/or hairdos, do laundry, remember good memories, pray for those with this horrible virus, and their loved ones, and for our loved ones. And (silly though this might be) if you have stuffed animals or blankets with scruffy fur or nap, try brushing them back to their original softness and good looks. That can be a comforting occupation. And by all means, if you have a live pet, he will love you and the actual attention as much as you will find relaxation and joy. Do good deeds for others anonymously. People-watch. Soak your feet or your hands and cover them with a soothing lotion. Give yourself a facial. Think about what the ramifications of this new illness might mean to our way of life, what new ways of thinking do we need to incorporate into our new routine. Take joy in the smallest things. Photograph flowers, birds, weeds, friends, pets, whatever you find interesting to surprise a friend or relative. Learn to fold origami and practice, practice, practice anything new you are learning. Do adult coloring with pastel or colored pencils as gifts for others or wrapping paper for gifts. Learn a magic trick on YouTube. Maybe you’ll decide to make face masks for yourself and others for TMH hospital as they have requested. That would be wonderful. Or not. Time we have plenty of! Count your blessings. There is so much we can be thankful for: our food, our beautiful surroundings, our tireless managers and staff ... Use time however you want. Wouldn’t it be nice if you could use it to teach yourself something useful or to make something that made a difference for your fellowman, to show for your time spent isolated from the world. We are so fortunate. I think of this time as my chance to “gift” a kind of tribute or monument to those who have worked so hard to find a cure, those selfless individuals like doctors and nurses who have worked around the clock on the front lines, the scientists, the governors, the jobless, the sick, and especially those who have lost their lives, alone and in pain, and their loved ones. Do something positive in a chaotic quagmire of negatives and unknowns to take pridefully into a new world.

Written by Sally Mason



## 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.

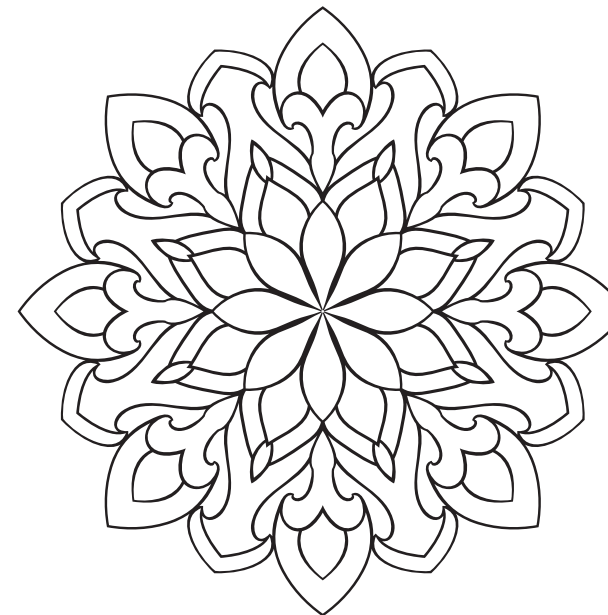


## Simple Ways To Practice Mindfulness

- 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.

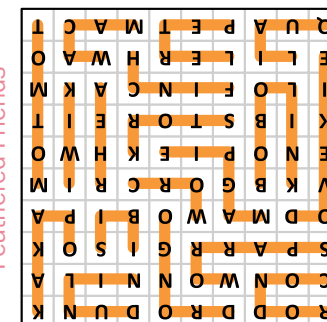
## Take a Closer Look

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

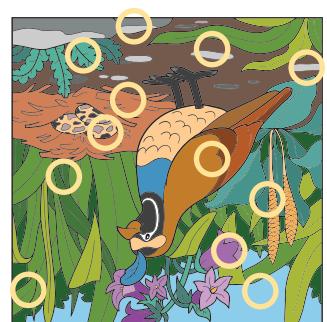
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Being Healthy and Fit Is More Important Than Ever Right Now

Here are five easy at-home exercises for older adults.

With group activities dwindling down, and the regular normal activities that we are all used to changing daily, residents at Mulligan Park might begin to feel isolated, immobile and stiff. It is more important than ever for older adults to stay active and maintain gains in strength, balance and flexibility that reduce fall risk, strengthen the immune system and improve quality of life.

There are many exercises you can do right in the comfort of your apartment to ensure you do not lose that muscle tone you need to stay healthy.

### 1. Walking in Place

Walking is one of the best and easiest ways to keep the heart and lungs healthy and build strength in the legs and lower body, and you don't have to cover a long distance to get the payoffs. In fact, you can walk in place.

### 2. Standing on One Foot

This exercise strengthens lower body muscles that help you stay balanced.

### 3. Chair Sits

This easier variation of basic squats will strengthen the quadriceps (thighs), gluteal muscles (buttocks) and core (abdominals and lower back) so you'll be able to get into and out of a chair more easily.

### 4. Wall Push-Ups

This variation of push-ups builds strength in the chest, shoulders, upper back and arms, and you won't have to get down on the floor to do them.



### 5. Stretching

Flexibility is as important as cardiovascular health and muscle strength. Staying flexible can help you function better and feel better in day-to-day life. Stiffness can make sitting, standing and walking less pleasant.

There's no single move that will stretch your entire body, but there are lots of easy stretches you can do without any equipment, and some you can do without getting out of your chair.

Look for an insert of more detailed information on each one of these five easy exercises you can do in your rooms!

## Happy Birthday, Mulligan Park Residents

I wish all of you a very happy birthday, and I love you all!

Bill E.: May 4th

Shirley K.: May 5th

Sally M.: May 6th

Virginia T.: May 9th

Joyce D.: May 12th

Pan Y.: May 12th

Don D.: May 14th

Donna E.: May 14th

Bob B.: May 15th

Oden R.: May 17th

Ed L.: May 25th

Liz P.: May 25th

Dorothy F.: May 26th





## Get to Know Your Fellow Residents: Betty Williams, Written By: Gloria Kolias

Always perfectly coiffed and color coordinated, Betty is Miss Fashionista of Mulligan Park. Her love of color and fashion was developed as a child when she designed clothes for her paper dolls, and poured over newspaper articles and magazines describing social events, the clothing and table decorations.

Betty was born and raised, and has lived most of her life in Madison, Florida, a small farming community 57 miles east of Tallahassee. When she was 2, her mother died giving birth to Betty's

only sibling, a sister. She and her sister were raised by her father and grandparents on a small farm and as she grew older she helped gather eggs, bring in wood, and gather vegetables. When she was 11, her father remarried, but it took many years before Betty could call her stepmother, "Mother."

Her husband, James, had already graduated from high school and she was in the 10th grade when they first met. They dated for two years and were married in 1951. They have a son and two daughters. Their eldest daughter, Cindy, is adopted, and a special needs child who lives independently in Palatka, Florida; Darlene lives nearby in Apopka, and Mike and his wife live in Madison.

Betty and James had a 300-acre farm and grew corn and hay and raised cattle. She still owns their home and their acreage now is mostly pine trees and pasture, which she rents. When a feed store in their community was put on the market, her son, Mike, wanted to buy it and have his mother manage it while he was in college. Although it did sell some Western clothing along with feed, seed, fertilizer and hardware, Betty could not see herself selling such mundane items. With fashions dancing in her head, they divided the store into two sections and Betty's side sold women's clothing. If she was to sell boots, they were going to be fashionable. Her husband often shook his head, not believing the prices women were willing to pay for shoes, or to be in vogue. Every spring she had a fashion show and luncheon and the proceeds were given to the local ARC (Association for Retarded Citizens). In time, she included men's clothing and for 20 years she indulged herself in her childhood fantasy.

She and James entertained frequently and Betty brought her love of design to her home with beautiful

table decorations and elaborate holiday decor. Holidays here at Mulligan Park will find her door and apartment embellished for the occasion. She even has a mannequin outside her door, named Miss Scarlet, stylishly dressed for each holiday.

Her husband retired in 1996 and had more time to spend on the farm. Betty retired in 1998 and they enjoyed traveling, especially to Alaska. When they weren't traveling, Betty enjoyed working in her beautiful yard, visiting flea markets and auctions and spending time with her five great-grandsons. She was a member of all the clubs in Madison, an active church member and her term as president of the Madison Women's Club ended on her move to Mulligan Park.

Betty was married for 63 years when James passed away. After several years she decided to move, and Tallahassee was her destination as many of her doctors were located here. Mulligan Park became her new home. She has not abandoned her love of fashion, originating Mulligan Park's first fashion show shortly after her move here. It is now a yearly event anticipated by most of the residents. Even a couple of the men participated. It's a good thing that Betty's home is only an hour's drive from Tallahassee, as her closets here won't hold all her clothing, she drives back and forth, exchanging one outfit for another. As you can imagine, her favorite pastime is shopping, with a good eye for bargains.

Many of us check the staircase to see what colorful outfit she may be wearing as she descends for the noon meal, but the smile on her face always outshines any clothing she may be wearing. As most of the residents of Mulligan Park say, she loves not having to cook or clean, but the friendships and camaraderie hold us here. We are a large extended family and we love each other, warts and all. Welcome home, Betty.

Written by Gloria Kolias





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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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