

Oak Park Retirement

Gracious Retirement Living

548 White Oaks Drive • Salisbury, NC 28147 • Phone (704) 636-4600 • www.seniorlivinginstyle.com

MAY 2020

OAK PARK STAFF

Managers..... CHUCK & CHARLENE TURNER
Assistant Managers ...RANDY & ROBINN COOK
Executive Chef..... JUSTIN GRIER
Community SalesCHRISTINA HELM
Activity Coordinator TBA
Maintenance PETE TOWNSEND
Transportation NELSON GERALDS

TRANSPORTATION

Monday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

Tuesday, 9 a.m.-Noon: Errands

Wednesday, 9 a.m.-2:30 p.m.:

Doctor's Appointments

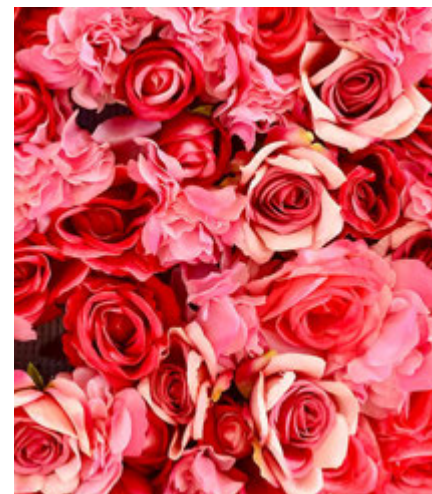
Friday, 9:45 a.m.: Walmart

HAWTHORN
SENIOR LIVING

Happy Mother's Day!

I was watching you sleep the
other day
And prayed that it would last
The peace that rested on your
face
I'd never seen in the past
I was watching you speak a
while ago
And hoped that you'd go on
The way your words, they had no
end
Your Spirit seemed so strong

I was watching you fight the
other day
And prayed my tears would dry
All this I knew was done for me
And couldn't figure out why
I was watching you smile a
couple of days ago
And stared in total awe
Was it me who made you shine?
Was that triumph that I saw?
And all this time you've waited
And all this time you've helped
And all the things you sacrificed
For me to grow up well



And all the tears you've dried
And all the pain you soothed
And all the truths you have to
hide
Without one simple Thank You
But I was watching you today
And I realized that I can't wait
To tell you how much I
appreciate
And love you in every way
Thanks Mom

Source:

<https://www.familyfriendpoems.com/poem/always-watching>



Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.



*We honor Chris Spence, Ellen Eccleston,
Donna Boughton and Marlena Nobody.*

Life at Oak Park



Maurine, Jean and Ann Marie in exercise class



Beautiful blue sky above Oak Park



The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.



Our Wall Of Honor with Harvey.

A Very Happy May Birthday to the Following Residents

Jim Houston, May 10
Fran Sadowski, May 11
Jim Murphy, May 14
Ben Carpenter, May 20
Cora Shinn, May 23

Trudy Knopp, May 24
Beverly Dinga, May 26
Barbara Thomason, May 27
Victoria Armes, May 27
Stella Shadrui, May 28



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.

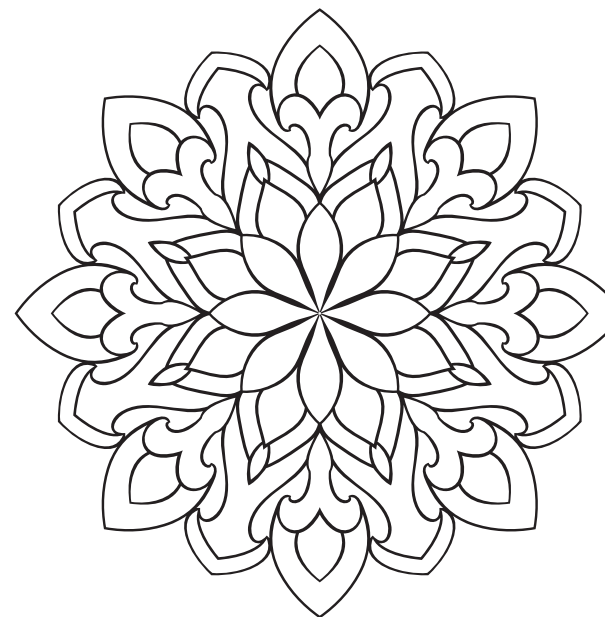


Simple Ways To Practice Mindfulness

- 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.

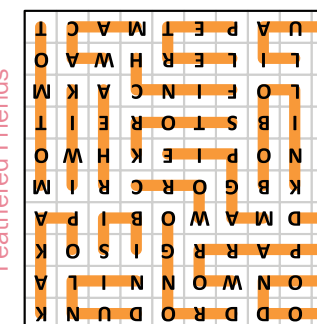
Take a Closer Look

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





Love Has No Boundaries

Smiles filled the room as resident Ned Thomas sat in front of his computer and was able to talk to his wife, Kathleen, face to face. Ned and Kathleen have not been able to spend time together in more than three weeks because of the COVID-19 outbreak and safety precautions issued by the state. It has not been easy for Ned or his wife to be apart like this. The couple have had to live apart for the last three years due to Kathleen's deteriorating health. Thanks to technology and the staff at Oak Park and Trinity Oaks they were chatting away like old times.

Ned and Kathleen have been married for 63 years. They have four children, three of their own and a son they adopted when in mission in Ecuador. They spent 35 years doing mission in Ecuador and stateside. Ned attributes their relationship to their faith and says prayer is the secret to their relationship. Before COVID-19, Ned went to see Kathleen every day and called her for their nightly devotions and prayer time. Now, he eagerly awaits his morning, noon, and 9 p.m. phone calls from Kathleen.

Ned met Kathleen at a freshman mixer at Drexel University. It was the first event before school started and Ned was not planning on attending, but a buddy convinced him to go. It is a decision that changed his life. A girl there caught his eye and he made his move asking her to dance with him. Their first dance was the Cha-Cha even though they both claimed not to be great dancers.

Ned tells that after their dance, "Another guy from southern Jersey asked her to dance. He convinced her he was a fancy dancer and took lesson and everything. So, she was gone." But that's not the end of the story ... "I saw her about to walk out the door, so I asked her if she would like a Coke. We had a Coke together and I walked her home." The couple dated two years and got married.

The couple have had many adventures together. Ned, an accountant by trade, says that he felt like God wanted him to do missions. When he talked to Kathleen about it the first time she was not as convinced as he was, but as always, she supported him. The couple became missionaries with Wycliffe Bible Translators in 1967.

Ned tells the story of how they had to go through Jungle Training Camp in southern Mexico. Kathleen was not the biggest fan of this adventure. They had to survive a hike and a ride down the river with 32 rapids in a dug-out canoe. He went first with their three kids at the time. Kathleen got in the canoe with two others. Ned laughed as he recalls her statement to him, "Wycliffe didn't get me into this canoe. God didn't get me into this canoe. You did!"



Ned and Kathleen chatting online



Ned and Kathleen's wedding day



Ned reminisced about falling in love with Kathleen. When asked what made him fall in love with her, he grinned and said, “Well, she’s good looking.” Then he smiled and followed up with, “She has a lovable way about her; she is kind, considerate, and always an encouragement to me.” Tears welled up in Ned’s eyes as he thought about seeing Kathleen face to face again. Distance may very well make the heart grow fonder, but this couple obviously enjoy every moment they get to spend in each other’s presence.

Springtime Tulips

Where did tulips originate? Most of us would say Holland, which produces and exports about two billion bulbs every year, accounting for about 90 percent of all tulip sales. There’s no doubt about it: Holland is definitely tulip-central these days.

But tulips didn’t originate there. That honor belongs to mountainous regions between Russia and China in the country now known as Kazakhstan. The Ottoman Empire conquered that region in the 16th century, and there must have been gardeners among the occupying forces because tulip bulbs were among the treasures returned to the country we now know as Turkey.

Tulips quickly became symbols of Turkish wealth and power. In fact, the word “tulip” may be derived from the Persian word “tulipan,” referring to turbans worn by wealthy and powerful men of the time. Many or most tulips are shaped like turbans, at least they have that shape before their petals open, so perhaps that is how the name originated.

Tulips are Turkey’s national flower, often prominent features of ceramics and other crafts. Istanbul is also well-known for its tulip gardens.

Tulips eventually made their way to Austria from Turkey, and they were probably introduced to Holland by an Austrian who happened to be a botany professor at the University of Leiden. Dutch people quickly became tulip fans, and tulips again became status symbols. Demand for tulips was especially intense in the 1630s when many bulbs became hugely expensive. In those “tulip mania” days, a single bulb could command the equivalent of the price of a house. “Viceroy” tulips were in especially great demand if they were infected by a virus that produced multi-colored and striped flowers. In one memorable transaction, Viceroy tulips were exchanged for a collection of farm goods that included oxen, hogs, sheep, wine, beer and, for good measure, a thousand pounds of cheese. Dutch cheese is certainly excellent, but I think you might agree that was an excessive price for what were, after all, virus-infected bulbs. As you can imagine, the speculative bubble eventually burst to the misfortune of many.

Today’s gardeners have a choice of many dramatically patterned varieties, often called “Rembrandt” tulips because of the painter’s supposed fondness for including them in his canvases. Those tulips are now the result of careful hybridizing rather than virus-induced “breaking.” Dutch law forbids the sale of infected bulbs, and the virus that contributed to wild speculation of wild-looking tulips in the 1630s has virtually disappeared.

So all you residents at Oak Park, let’s plant some tulip bulbs this fall!



Tulips in bloom at Oak Park

Oak Park Retirement
Gracious Retirement Living

548 White Oaks Drive
Salisbury, NC 28147



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.

Oak Park Retirement
Gracious Retirement Living

704-636-4600

