

PROVIDENCE MEADOWS

Gracious Retirement Living

4123 Kuykendall Road • Charlotte, NC 28270 • Phone (704) 708-9931 • www.seniorlivinginstyle.com

MAY 2020

PROVIDENCE MEADOWS STAFF

Managers..... GARY & MELISSA MOSS
Assistant ManagersJEFF & SHEILA WOODS
KEITH & BARBARA WALKER
Executive Chef..... BEN HUBBLE
Sous Chef JASMINE WORTHINGTON
Activity Coordinator CONOR MOONEY
Maintenance WESLEY HARDY
Bus Driver CARMELLA WATSON

TRANSPORTATION

Monday, 10 a.m.: Shopping

Tuesday, 9 a.m.-noon and 12:30-2 p.m.:
Medical Appointments

Wednesday, 10 a.m.: Outings

**Thursday, 9 a.m.-noon and
12:30-2 p.m.:** Medical Appointments

Friday, TBA: Shopping

HAWTHORN
SENIOR LIVING

Our Walking Group

We have had a great time walking the pathways of our facility! We put on our pedometers and have averaged four laps — one mile — every Monday afternoon.



Conor and Elena on lap five

Please join us! We are always looking for new walkers. It is such a great feeling to get outside into the beautiful sunshine, smelling the flowers and experiencing the spring breeze!

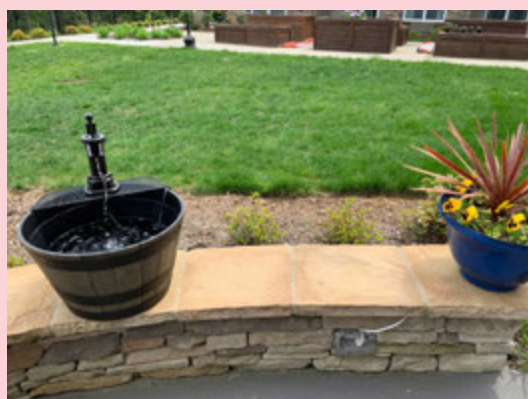


Our great-looking group!



Our Gardening Group

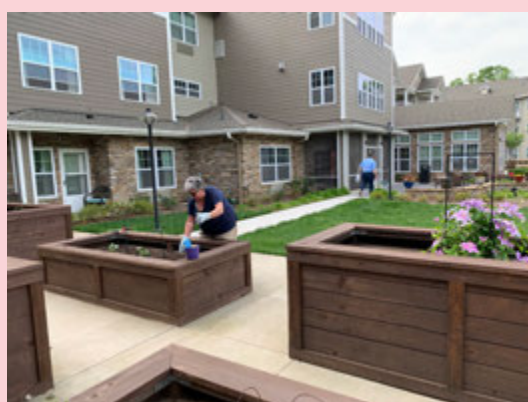
Yay for our gardening volunteers stepping up to the "plate!" On April 7th, we began our gardening adventures. We bought plants and flowers from a local nursery and planted away! We also added a fun addition to the back patio — a water fountain! Wander out there to take a closer look, smell the sweet flowers and soon enough, eat a hand-picked tomato or cucumber! Here are our faithful gardeners so far: Rachel, Marion, Meg, Paul and Linda.



Our new water fountain



This is a clematis — amazing, huh?



Meg hard at work!



Linda loved her time outside.

Fun Cart!

Here at Providence Meadows we have not let the quarantine get us down. Thus look at our Fun Cart! The staff distributed crossword puzzles, word challenges, Easter eggs, and our signature pina coladas! Everyone seems to enjoy the upbeat music and Conor's goofy top hat to top it off!



Our very own Fun Cart!



Look at all the fun activities



Pina coladas for Happy Hour!



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 Washington, D.C. 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 made 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 have such faithful people who served.

Music, Oh Sweet Music

Our talented Fran Worthington played away on the keys for us the other day. We are so fortunate to have her here! There are other musicians in our midst I know — we need you to come forward and play for us! Just let Conor know, and he will get you signed up.



Fran's elegant piano in her apartment

May Birthdays

We would like to recognize the residents with May birthdays since we have not been together in the Dining Room to celebrate them. Here's to another great year for each of you!

Fran Worthington, 5/3

James Glasscock, 5/5

Fran Dix, 5/8

Pat Cangiano, 5/11

Charlie Clayton, 5/15

Lynn Heffner, 5/16

Bill Hoot, 5/22

Happiest of birthdays!

Patty Lyles, 5/23

Art Heisler, 5/25

Jean Cavallo, 5/29

Gene Hogg, 5/29



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.

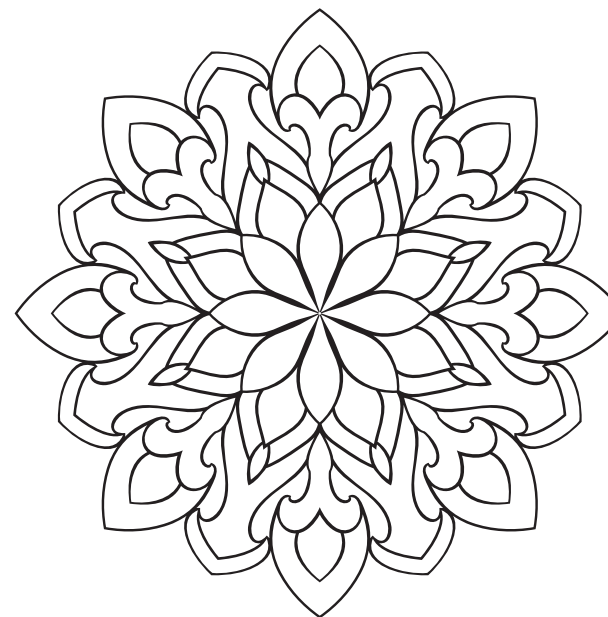


Simple Ways To Practice Mindfulness

- 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.

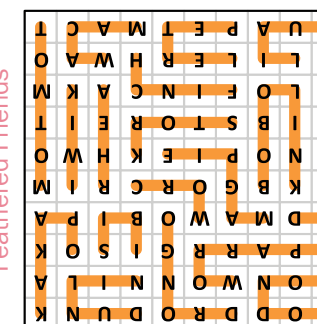
Take a Closer Look

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

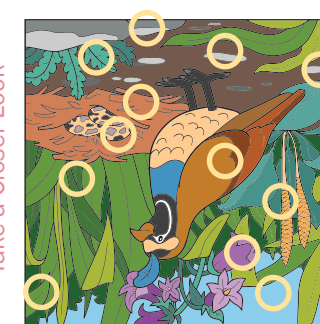
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look

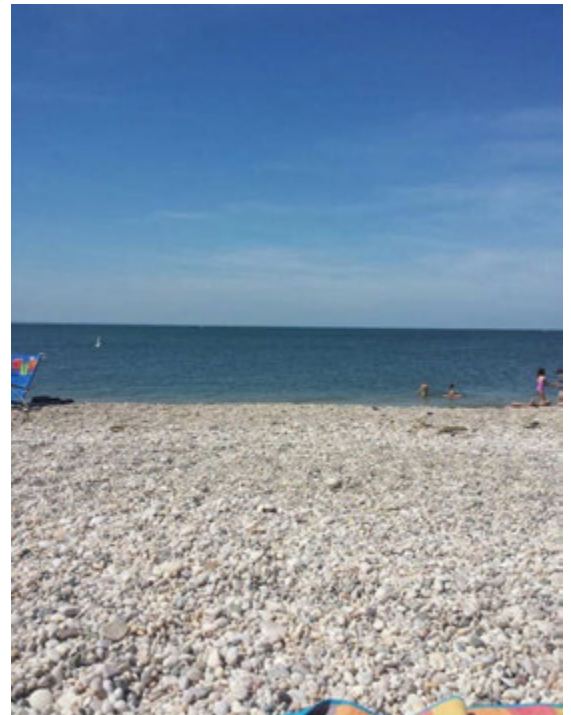




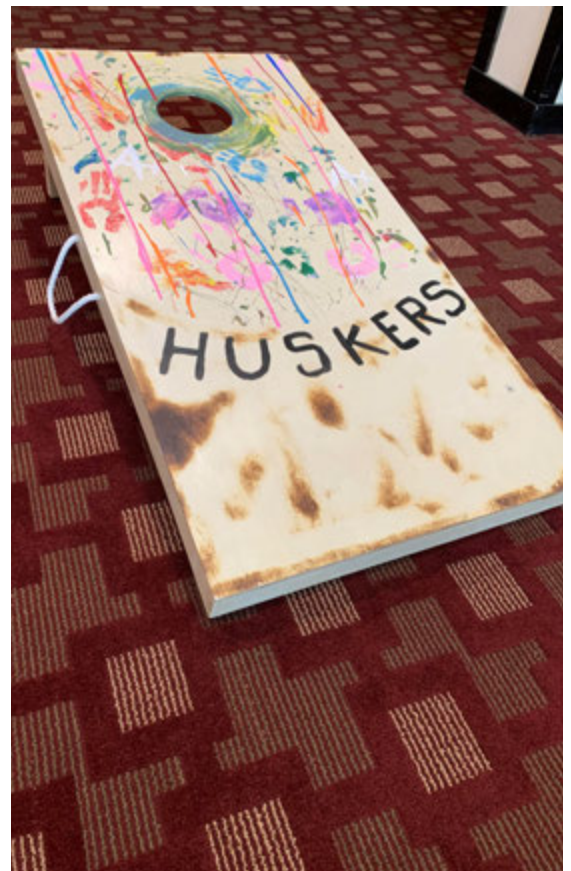
Resident Highlights

We are going to highlight some residents the next several months. The names are left out to give privacy to these residents. Read on!:

- Born May 29, 1935, this 'young-at-heart' woman is now 85 years old. She was born in Brooklyn, New York, and then left there after 20 years to move to Long Island. After a number of years there, she moved in with her daughter in Waxhaw (right down the road from here!). She has two sons — both in New York, and her daughter is in Waxhaw as mentioned. Her one son is a banker, her other son is with an electrical company, and her daughter is also a banker. Raising her kids with her husband, she helped the kids learn spelling and English. Her favorite music is country and hits by Perry Como and Elvis. Her favorite reads are "People," any fashion magazine, and "O" (Oprah). Her favorite TV shows are "60 Minutes," "48 Hours," and mysteries (but no little kids please!). Her favorite hobbies include shopping, eating! and the beach — especially the beaches of Long Island, that she lived just 15 minutes away from. She has five grandchildren: a 10-year-old, 8-year-old, 16-year-old, 28-year-old, and 26-year-old. She was married 45 years to a great husband and father. He worked for Drummond Aviation in New York. She loves living at Providence Meadows, and especially her stunning view of the backyard!
- Born September 24, 1958, this lovely woman grew up in Syracuse, New York. As a young lady, she got her associate degree in business administration and mechanical engineering (smart, huh?). While in the Syracuse area, she attended Dewitt Community Church. She then went on to work for IBM for 11 years as their senior drafting technician, putting machine parts together by pictures and drums. IBM sent her to Berlin, Germany, and Switzerland for two months. She had a blast visiting relatives there as well! She then moved down to Charlotte with her mother and grandmother over 40 years ago, in 1978. Her favorite hobbies: crafts — anything containing mushroom birds, TV — reality shows, cartoons, Pixar, listening to music — the Beatles and Simon and Garfunkel. She had a CD player, cassette player, and of course an FM radio. She used to be an opera singer! Her favorite holiday is Christmas (decorating, etc.), and then Easter. She is a huge animal lover! — rats, small dogs (she had 13!), guinea pigs, and more! This lady has lived quite a life already!



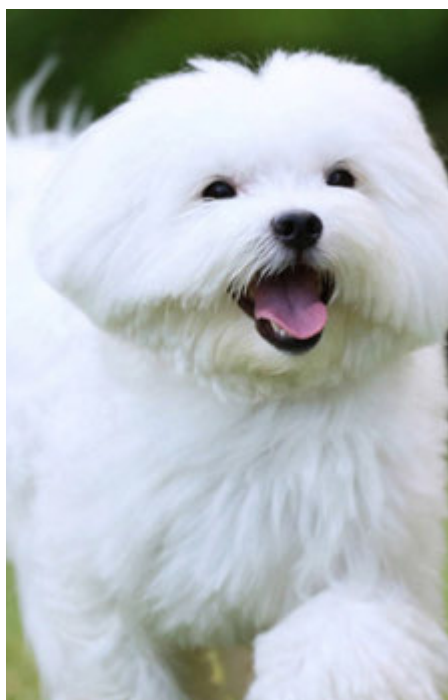
A favorite vacation spot for our resident



A popular pastime around here



- From the mighty state of New Hampshire, she worked faithfully as a nurse for a number of years. Now as a retiree, she is one of the first if not the first to arrive to almost every activity here at Providence Meadows. And she is a talented Cornhole player! This fun game has turned into quite the challenge with her always putting pressure on the other team to "beat that!" She is also a wiz at Brain Games, Trivia, and Big Crossword. Yes, she is a renaissance woman! We are so glad to have her here with us to enliven every activity and to bring her wittiness wherever she goes. And oh yeah —did I mentioned she is versed on the dulcimer and handbells? Again, renaissance.



Maltese — one of our resident's favorite!

Residents Receiving Notes

We have been so encouraged by the notes, letters and kids' drawings given to numerous residents these last few weeks during these challenging times. Take a look at a few holding up their prized possessions!



Clara showing off her new artwork



Kay loved her gift!

The Beauty of Providence Meadows

Providence Meadows has so much to offer for our residents and staff. Take a look at these picturesque photos taken in the heart of spring. We love it here and hope you do, too! We are so glad many of you are making the time and effort to get outside and take in the sights and sounds!



The front entrance planter



A beautiful sunny day

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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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