

# Scholl Canyon Estates

## Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER

Assistant Managers .....CLIFFORD  
& JANET HANNEMANN

Executive Chef ALESSANDRA "ALEX" MCBRIDE

Sous Chef .....JOSUE LUNA

Activity Coordinator .....MARYBETH  
MALONEY THICKE

Maintenance .....PAUL GONZALES

Bus Driver .....JUAN PARRA

### CLASSY LADIES AND GENTS SALON

**Mary Ellen, Owner**

Tuesday-Friday, by appointment only

Hair, Nails, Facials

First Floor, Scholl Canyon Estates

818-551-1949

**HAWTHORN**  
SENIOR LIVING

### Special Mother's Day Wishes

Happy Mother's Day. It's a special day to recognize and thank the wonderful women who made a difference in our lives.

#### Flowers for Mother

I wish you sunshine on your cloudy days  
A burst of yellow to pierce the gray  
I wish you spring's flowers on winter day  
A burst of color in the midst of pale  
I wish you rain when your fields are dry  
A blossoming of life where flowers die  
I wish you joy every single day  
And smiles to wash your pain away  
I wish you wings so that you can fly  
With the angels in heaven's skies  
I wish you the fulfillment  
of dreams unfulfilled  
And the contentment  
that fulfillment brings  
My dearest mother you see  
I wish you all  
that you have wished for me  
On this and every single day  
I wish you flowers to brighten up your days



## Happy Happenings 6 Feet Apart at Scholl Canyon Estates

Although it's been a very challenging time in the last six weeks residents and staff have been showing incredible hope, safety and positivity. Before residents had to stay in their rooms, we got together and made care packages for everyone and delivered them at the residents' doors. We had exercise classes, trivia and games all while practicing social distancing. Our ice cream social, arts and crafts and knitting/crocheting classes all took place 6 feet apart outside in the sunshine on the 2nd floor patio.

There have been so many unsung heroes who have made this difficult time much easier. Our wonderful managers, William and Renee, who have the constant support of assistant managers, Clifford and Janet, work so hard each day to make this hard transition easier for everyone. Chef Alex and her team have continued to make tasty food to keep our residents healthy. She has made, with the help of all her kitchen staff, three meals a day, plus two snacks a day as well. We have heard nothing but praise from the residents about the fantastic meals that have been delivered to their rooms. Speaking of deliveries, our servers and staff, including Juan, Paul and Marybeth have all worked diligently to deliver meals, snacks, mail and packages to residents with a smile and warm hellos. Our therapy dog, Banksy, wanders the halls with Marybeth greeting and wagging his tail when he sees the seniors that he loves ... he doesn't mind getting a few treats along the way.



*Chef Alex continues to make healthy meals while the residents stay in their rooms.*



*Victoria, Gabby and Marybeth greet Residents with a fun activities cart.*



*Renee and Jonelle put on gloves and masks to stay safe.*



*Hard at work Asia and Karen deliver snacks to the residents.*



*Marlene is happy to see therapy dog Banksy at her door for a treat!*



*Thanks to Jan we have had trivia pages and puzzles to stimulate us.*



Thank you to some wonderful residents who have helped with some of the extra work around the Community. Jan has been in charge of doing all the trivia and puzzles to keep our brains sharp while we remain indoors. Rose, Ceil, Maxine, Grace, Margaret, Frances, Dean, Gilda and Thelma have all helped Marybeth with goody bags, paperwork and decorations.

Thanks to our wonderful managers, whose No. 1 concern is the health and safety of our residents and staff, we are healthy, happy and proud of everyone's hard work. Together, our managers, staff and residents have kept our Community safe.



*May and Kay visit together — 6 feet apart — while petting Banksy.*



*Making silk flower arrangements while soaking up some warm sunshine*



*Maxine gets creative while decorating her door during quarantine.*

## May Birthdays

Did you know that people born in May feel that they are the happiest and healthiest people in the world? Studies indicate that people born in May are at lower risk of cardiovascular diseases, as well as respiratory and neurological diseases. According to Redtry.com, there are many reasons why May babies feel lucky.

1. May babies tend to be strong in both body and spirit. May babies born during the spring month when the warmer temperatures start, are usually bigger and stronger than babies born in winter months. They also are stronger in mind as well and less likely to have chronic diseases.
2. Out of 30,000 people surveyed people born in spring and summer feel very optimistic and lucky while people born in winter months are more pessimistic about their lives.
3. People born in May are strong-willed, deeply emotional, stubborn and are considered to have almost a sixth sense of how to navigate themselves through life. They are driven to succeed.
4. May babies are restless and creative and have a love for exploring the world. They don't tend to complain about their hectic life, in fact they thrive on it.
5. If you have kids, they should feel quite lucky to have a May parent.
6. May parents are creative, affectionate, well-organized and funny.
7. May people love to express themselves through art and have a love for music as well.

We'd like to wish our May residents and staff members a happy birthday!

**Esther Levine** — May 3rd

**Kaline Rogers** — May 10th

**Bruce Folkart** — May 12th

**Naomi Gonzales** — May 19th

**Marybeth Maloney Thicke** — May 19th (Staff)

**Donna McClelland** — May 22nd

**Meg Tomarchio May** — 26th

**Ian Nord May** — 26th (Staff)

**Carol Locke** — May 27th

**Marion Carr** — May 27th

**Lowell Beezley** — May 30th

**Susana Enger** — May 31st

## 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        | KIWI    |
| CONDOR          | MACAW   |
| <del>GROW</del> | MAGPIE  |
| DOVEKIE         | MOTMOT  |
| DRONGO          | PETREL  |
| DUNLIN          | QUAIL   |
| FINCH           | RHEA    |
| IBIS            | SPARROW |
| KAKAPO          | 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.

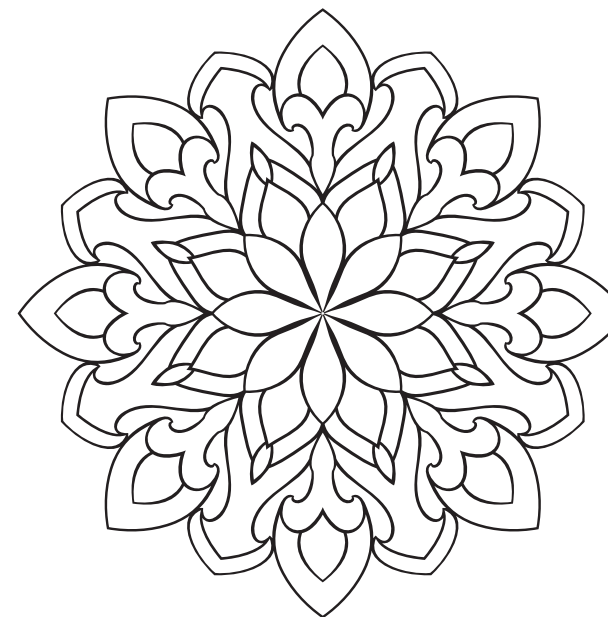


## Simple Ways To Practice Mindfulness

- 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

Q	U	A	P	E	T	M	A	C	T
O	H	W	A	R	R	G	I	S	O
M	F	E	R	S	T	O	R	E	I
K	I	L	O	F	I	N	C	A	K
M	S	T	O	R	E	I	T		
M	K	B	O	B	O	L	I	N	K
I	M	G	O	R	C	R	I	M	
P	A	M	A	W	O	B	I	P	A
K	S	P	A	R	R	G	I	S	O
A	L	O	F	I	N	C	A	K	M
K	R	O	D	R	O	D	U	N	K





## Perfect Time for Mindfulness Meditation

Mindfulness meditation has proven to help anxiety, depression and insomnia. It will also help during the uncertain times that we are living in now. According to Diana Winston, director of mindfulness education at UCLA Mindful Awareness Research Center, focusing on the now is much healthier during unsettling times instead of focusing on tomorrow. Since we aren't sure about tomorrow, think about today and how you can cope with what is going on in the present.

Many people will try meditation for a couple of times and get frustrated that their mind wanders in a hundred different directions. However, the more you practice the better you will become at clearing your mind. Winston suggests using the STOP acronym, which is a very well-known mindfulness meditation tactic that is helpful in calming yourself down.

**S:** Stop when you are feeling anxious and you need a moment. Stop.

**T:** Take a breath. If you find yourself worrying about the future bring yourself back to the present.

**O:** Observe what is happening inside yourself. Does your stomach hurt? Is your heart racing? How am I doing? Bring yourself back to the moment.

**P:** Proceed with more awareness of yourself and what will help you. Connect with a friend, or take a quiet walk by yourself.

Deep breathing is one of the best ways to lower stress in your body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

### **Here are eight steps to help you meditate using deep breathing.**

1. Sit upright in a comfortable chair with your feet placed side by side on the floor. Close your eyes.
2. Place one hand on your belly with pinky finger just above your belly button.
3. Start to pay attention to the rise and fall of your belly. What you are feeling is your diaphragm working to draw air into and out of your lungs.
4. Notice that as you breathe in it feels like a balloon filling with air. As you breathe out, it should feel like the balloon is deflating.
5. Place your other hand on your chest. You will want to keep this hand as still as possible and to just let the diaphragm do all the work of breathing. Remember to keep your shoulders relaxed.
6. Inhale slowly to the count of three.
7. Then exhale slowly to the count of three thinking of the word "relax" as you do so.
8. Stay focused on the action of your diaphragm. Your bottom hand should move outward as fill your lungs with air and inward as you exhale.

Listen and watch for announcements of upcoming meditation classes with Marybeth.



## For the Love of Jigsaw Puzzles

We have all seen the news and experienced it firsthand that certain items like hand sanitizer, toilet paper, cleaning wipes, Lysol, gloves and masks are flying off the shelves and are impossible to find.

However, board games and jigsaw puzzle sales are also on the rise and are items that are hard to locate. According to Craig Holloway, the owner of Jigsaw Gallery, sales have jumped 1000 percent from mid-March to the beginning of April. It's an old favorite pastime that has had a huge comeback during the days of COVID-19. Holloway, who is thrilled with the incredible skyrocketing of sales, says that jigsaw puzzles have been around since the 1760s, way before TV, so people have always done them. He is correct in saying that jigsaw puzzles have been around for more than 250 years. A map maker and engraver by the name of John Spilsbury created the first puzzle to help educate his rich clients' children on geography. He placed maps on wood and cut them into small pieces for children to learn the countries of Europe. Puzzles for adults came on the scene in the early 1900s and the jigsaw puzzle craze took off. Around 1910, Parker Brothers, a successful game manufacturer started Pastime Puzzles and stopped producing board games because jigsaw puzzles started to take off. In 1929 at the start of the Great Depression puzzles became even more popular peaking in the early months of 1933. Sales surged to 10 million a week. Historians believe that jigsaw puzzles really hit a nerve during hard times and they were a source of relaxation and stress relief ... just like they are now during the 2019/2020 coronavirus. Many of the unemployed during the Great Depression started to make jigsaw puzzles in their home and then sold them locally.

Jigsaw puzzle makers point out that puzzles have many great benefits, such as reducing stress, stimulating our brains, being a source of mindfulness and a sense of achievement. These things are all very important to people now while we have to stay at home. What is the best way to get started on a puzzle no matter how many pieces there are? Start with the border pieces, make the frame first and then work inward. So go to the closet and grab that puzzle and get started today.



*Sales of jigsaw puzzles are on the rise.*

## Adventures With Doug

Tuesday, May 5th                      3:30 p.m.                      Activity Room

Many people would think of Texas as a state with miles of flat plains, but only 90 miles from El Paso in the western portion of the state lies a magnificent mountain range. These are the Guadalupe Mountains and they host the tallest peak in Texas – 8,751 foot-tall Guadalupe Peak.

Our slide show adventure will take us up this magnificent peak and then for a special bonus, we'll scramble to El Capitan, an amazing bluff off the top of Texas and see if we can explain a little mystery on the side of the mountain!

## Transportation

**Monday, 9:30 a.m.**

**1st, 3rd and 5th** – Ralph's and Post Office

**2nd and 4th** – Von's and Rite Aid

**Monday, 11 a.m.**

**1st, 3rd and 5th** – Von's and Rite Aid

**2nd and 4th** – Ralph's and Post Office

**Monday, 2 p.m.**

CVS Pharmacy

**Tuesday and Thursday, By Appointment Only**

Doctor & Medical Appointments

**Friday, 10:15 a.m.**

**1st** – 99 Cent Store

**2nd** – Big Lots

**3rd and 5th** – Trader Joe's/Walgreens

**4th** – Walmart

**Friday, 2 p.m.**

**1st** – Trader Joe's/Walgreens

**2nd** – Target and Macy's

**3rd** – Dollar King

**4th** – T.J. Maxx, Ross, Nordstrom Rack

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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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