

# SALMON CREEK

## Gracious Retirement Living

4890 North Cloverdale Road • Boise, Idaho 83713 • Phone (208) 938-5529 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### SALMON CREEK STAFF

Managers.....SHAWN & CHRISTINE MURPHY  
Assistant Managers ..... HANS &  
JENNIFER KRIJNEN  
Executive Chef .....NIK CORRELL  
Community Sales .....JENNIFER ANDERSON  
Activity Coordinator .....CRISTIANNA BEAR  
Maintenance .....CLIFF MILLER  
Bus Driver .....SCOTT THOMPSON

### TRANSPORTATION

**Monday & Friday, 10 a.m.-Noon:**  
Shopping/Banking

**Tuesday & Thursday, 8 a.m.-4 p.m.:**  
Professional Appointments

**Wednesday:** Outings

**Saturday, Per Calendar Event:**  
Special Events Only

HAWTHORN  
SENIOR LIVING

### Summer and Sunshine

*"As long as we have hope, we have everything." -Anonymous*

The excitement and wonder of going outside once more is something we are holding onto in this world. This summer, we have so much to look forward to. Along with the summer will come the sunshine. A trip to Albertson Park to see the geese and the flowers in bloom, a trip to the zoo, some time spent gardening outside, a warm summer cookout and a trip to see family again are simple things we will be doing soon! Summer has so many possibilities! It is so, so close! Get ready to go fishing, hiking, gardening, downtowning, dancing or whatever it is you love to do when the sun is shining!

### A Sacrifice We Will Never Forget

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."

*-Harry S Truman*

The land of the  
Free  
Because of the  
Brave.



In memory of many,  
In honor of all,  
Thank you.



## Our Dear Mothers

Very few things warm our hearts like the memory or thought of someone we love, someone so dear to our hearts that just the mere thought of them lifts our spirits. At the very top of the list of people who have touched our lives, taught us what love is and taught us how to heal is most likely our mother. Last month, you were asked to share one of your favorite memories about your mom, and the stories that were written were just lovely. I will share a few snippets from the numerous stories you all shared. Thank you for the smiles.

- “My mother had 13 children and never showed favoritism. She had a heart of gold! She was chosen ‘Mother of the Year’ in the state of Indiana. I could write a book about her.”
- “What a beautiful lady. She was my best friend! She always made you feel good. She was a very positive lady.”
- “She had diphtheria as a child and lost her sense of smell. My brothers and I were my mom’s nose!”
- “My mom was the backbone of the family. She was up before anyone else cooking breakfast. After a days work, we would all settle down for a family meal. I remember laughing and talking about the day and enjoying the evening with the family. We never complained, and if there was any of us that should complain, it would be my mom.”
- “My mother was always ill when she was young, and she had her teeth pulled. When I was about eight years old, she was bawling me out, and her teeth flipped out and landed in the garbage can. I was afraid to laugh, until she did, and then we laughed our heads off. It’s been 80 years, and I still smile when I think of it.”
- “She always sang quietly to herself as she did housework.”
- “My mom was a sweet old gal. She sure could cook and bake the best hot rolls and bread, almost as good as Salmon Creek! She and my dad were dancing for many years.”
- “My mother was very special: kind, talented and hardworking. Her nickname for me was ‘beautiful,’ and she always made me feel that way.”
- “She was a feisty, red head, short tempered, but loved her grandchildren and was very generous. She went out of her way to make us happy as adults. My favorite memory was seeing her on her knees in her 80s praying to God.”
- “She was the backbone of the family!”
- “There were so many great memories, I made a list; it was hard to choose from the evidence of her love, caring and talent. She made my wedding dress from a picture and basic pattern.”
- “There were times when I just wished I could talk to her, especially when I needed advice and my heart was heavy. I always hoped I could be the kind of mom to my kids as mine was to me.”
- “My fondest memory of my mom is the way her eyes would light up when she would see her grandkids.”
- “Mom loved dad.”
- “Not enough room to tell about my mom.”
- “She looked at me and smiled, that was the last time I saw her. That smile has stayed with me.”



## So Grateful, So Thankful

Salmon Creek’s volunteers really stepped up during this crazy season! We are so grateful for our amazing volunteers here! You all know who you are and what you did for your friends here. It means so much! This is a thank you for your help. You have scattered sunshine and happiness throughout this building and filled our hearts with gratitude. You have allowed us all to fill our bellies with food and kept us all as informed as possible while we spent so much time in our rooms. This poem is dedicated to those of you who worked so hard for your neighbors and to help the Salmon Creek staff. Thank you! What a gift you were!

**V**aluable is the work you do

**O**utstanding in how you always come through

**L**oyal, sincere and full of good cheer

**U**ntiring in your efforts throughout the year

**N**otable are the contributions you’ve made

**T**rustworthy in every commitment you take

**E**ager to reach the needed goal

**E**ffective in the way you fulfill your role

**R**eady with a smile like a shining star

**S**pecial and wonderful — that’s what you are.

Thank you!





## May Challenges!

**May 2nd:** Baby Day (Celebrate the babies in your life! Call up one of your grandkids or great-grandkids and tell them you love them!)

**May 3rd:** Two Different Colored Shoes Day (Walk around with two different colored shoes!)

**May 4th:** Star Wars Day (For all of you Star Wars Fans, May the Fourth be with you!)

**May 5th:** Cinco de Mayo (Eat some Mexican chips or drink a margarita!)

**May 6th:** Beverage Day (Celebrate by sipping on your favorite drink!)

**May 8th:** Victory in Europe Day (V-E Day) commemorates the end of fighting in Europe during World War II. After years of war, The Third Reich of Nazi Germany was defeated. Millions of people were killed. Adolf Hitler had committed suicide in his bunker in Berlin. The surrender of all German forces was arranged for May 8 at 11:01 a.m., so the Allied countries planned to celebrate victory.

**May 10th:** Mother's Day! (Call your kids and tell them you love them!)

**May 12th:** Limerick Day (Write your own limerick!)

For each of these challenges this month, you will receive one ticket if you do them and keep track of it! Let Cristianna know!



**May 14th:** Dance Like A Chicken Day (Dance Like A Chicken Day was created in the 1950s by Swiss accordion player Werner Thomas and originally called "The Duck Dance." Bust out your chicken-moves and get in chicken-shape for the summer!)

**May 19th:** Plant Something in the Garden Day (If you haven't yet, plant your first flower, vegetable or herb out on your patio!)

**May 25th:** Memorial Day (Take time to remember lost loved ones in whatever way you feel appropriate)

## Busy Bees in the Library

What a season to get our messes cleaned out and organized! Some of our volunteers were working double time on organizing Salmon Creek's library. These books are being organized alphabetically by genre, and soon you will be able to find new books to read easy-peasy. There will be a basket when you return your books, and the good book fairy will return the books to their proper place.

When asked what has been the best part about working in the library, Jan responded with, "Getting it done so we can bring joy to the readers at Salmon Creek!"



*Carol, Gloria, Jan and Marj — Salmon Creeks Boss Library Ladies!*

## 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.

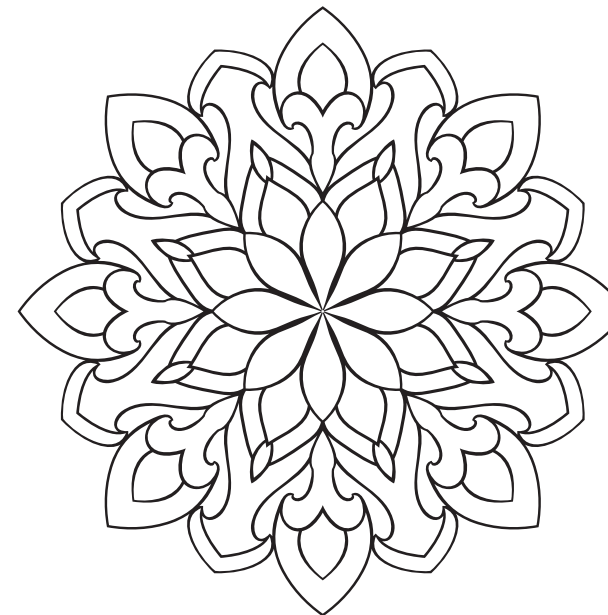


## Simple Ways To Practice Mindfulness

- 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.

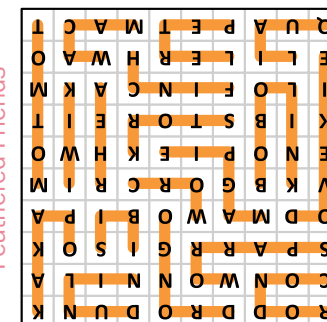
## Take a Closer Look

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

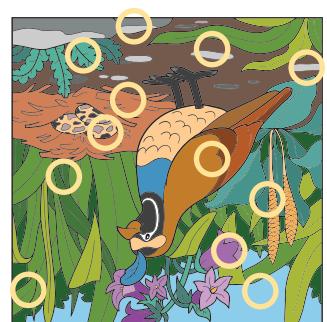
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## The Sensible Segment of Trifles and Smiles

### Doll Trivia:

Barbie's full name is Barbara Millicent Roberts.

### Celebrity Trivia

Ernest Hemingway once caught seven marlins in one day, setting a world record. He also reportedly was the first fisherman to "boat" a giant tuna without damage to the fish.

### A's and Q's:

What 87-year old redhead finally made it into the National Toy Hall of Fame in 2002 on her fifth try?

A: Raggedy Ann

### Calendar Trivia:

In old English, the month of May was called Thrimilce ("three milks") — the season when a cow could be milked three times between sunrise and evening.

### Random Knowledge:

The "lead" in pencils, which is actually graphite, is made of the same thing as diamonds. Both are crystalline forms of pure carbon. Graphite under extreme pressure and temperature

is converted into the shiny rocks we call diamonds.

### Did You Know?

The only place the sun rises due east and sets due west is at the equator

### Celebrity Trivia:

Henry Fonda and Jimmy Stewart were best friends. They once got into a fistfight over politics. They agreed to never discuss politics again.

### Who Said So?

"I don't know anything about music. In my line, you don't have to."

A: Elvis Presley

### Crazy But True:

Minnie Munro, age 102, became the oldest bride ever to get married and was awarded a Guinness World Record to prove it. The groom was Dudley Reid, age 83.



## Happy Highlights

You are the heartbeat of Salmon Creek! Everything you do creates the culture of this home! Enjoy some of these happy highlights from March! Thanks for the smiles!







## Irish Blessings

This Saint Patrick's Day we spent together was full of love and happiness, as we enjoyed a hearty Irish meal all together in our dining room. The Irish are known for being a country with a strong bond of friendship and a strong sense of hope no matter what the circumstances may be. Something amazing about Salmon Creek that the staff has had the chance to see is Salmon Creek's residents showing how they can stick together and help their friends out in times of trouble! Thanks for dressing up and making this day more special, you all!

"May you never forget what is worth remembering, nor ever remember what is best forgotten."

*-Irish Quote*



## May Celebrations

**May 15th:** Mel and Marge Schrank's Anniversary!

**May 16th:** Glenda's Birthday!

**May 19th:** Marge's Birthday!

**May 24th:** Lillie's Birthday!

**May 24th:** Renee's Birthday!

**May 25th:** Barney's Birthday!

**May 28th:** Peg's Birthday!

Write a note, give a call or shout out your window so they can hear you wish them a happy day!



*Marge, you shine as bright as the stars!*



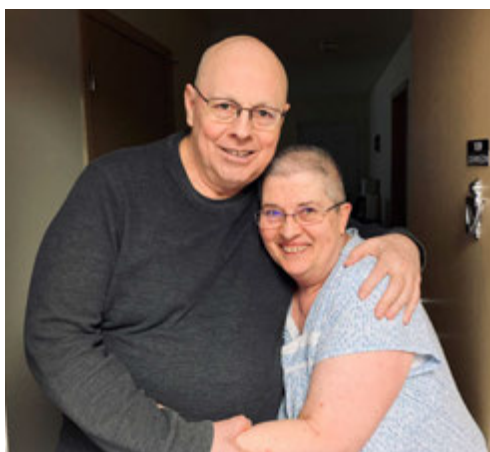
*Peg, you're as sweet as nutmeg!*



*Lillie, you are simply so pretty!*



*Glenda, you are splendid!*



*Barney, you deserve a huge party!*



*Marge and Mel, you two are so swell!*

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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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