

# Springwood Landing

## Gracious Retirement Living

301 SE 136th Avenue • Vancouver, WA 98684 • Phone (360) 469-5024 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### SPRINGWOOD LANDING STAFF

Managers..... VINNY & TINA BATES  
Assistant Managers ..... KIM & TERRY MOSS  
Executive Chef..... JUSTIN HOVER  
Sous Chef ..... KASEY KAST  
Activity Coordinator ..... TRISHA MATTSON  
Maintenance Coordinator..... SEAN WILSON  
Bus Driver..... ALLEN ANDERSON

### TRANSPORTATION

**Monday, 9:15 a.m.:** Fred Meyers Shopping

**Monday & Wednesday,  
10:15-11:55 a.m.:** Firstenburg

**Tuesday & Thursday, 7:30 a.m.-3:30 p.m.:**  
Medical Appointments

**Wednesday, 1:45-4:30 p.m.:** Personal Errands

**Friday, 7:30 a.m.-3:30 p.m.:** Friday Excursions

**HAWTHORN**  
SENIOR LIVING

## Mother's Day

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May.

How did Mother's Day get started?

It was established by Anna Jarvis, with the first official Mother's Day celebrated at St. Andrew's Methodist Church in Grafton, West Virginia, on May 10, 1908. In the United States, Mother's Day complements similar celebrations honoring family members such as Father's Day, Siblings Day and Grandparents Day.

What is your favorite Mother's Day memory? Do you have any traditions around Mother's Day?





## Senior to Senior

As a senior living in a retirement community, think about when you were a senior in high school. What advice would you give high school seniors of 2020?

Please write down your thoughts and give it to your Activity Coordinator. We would like to put together some thoughts to share with high school seniors.

Thank you!

## Memorial Day

Memorial Day is a federal holiday in the United States for remembering, honoring, and mourning the military personnel who died while serving in the United States Armed Forces. The holiday is now observed on the last Monday of May, Memorial Day having been observed on May 30th from 1868 to 1970.

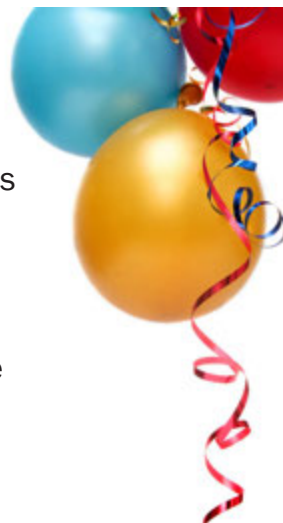


How are Memorial Day and Veterans Day the same?

Memorial Day is a United States federal holiday which occurs every year on the final Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. Veterans Day is an official United States holiday which honors people who have served in armed service, also known as veterans.

## May Birthdays

<b>May 7th:</b> Connie Starns	<b>May 21st:</b> Sidney Smith
<b>May 11th:</b> Jean Webb	<b>May 21st:</b> James Mills
<b>May 11th:</b> Ruby Boyd	<b>May 26th:</b> Bea Hull
<b>May 12th:</b> David Boling	<b>May 26th:</b> Betty Yingling
<b>May 14th:</b> Barb Karnis	<b>May 26th:</b> Betty Lane
<b>May 17th:</b> Diana Dannenmann	<b>May 28th:</b> Jessica Greulich
<b>May 17th:</b> Becky Ball	<b>May 29th:</b> Lyman Webb
<b>May 20th:</b> Barbara LeRoy	



*Happy Birthday to you!*

## Inspirational Quotes

Let your smile  
change the  
World  
But don't let the  
World Change  
Your Smile

Life is like  
A CAMERA  
Just Focus  
on what is important  
CAPTURE  
the Good Times  
DEVELOP  
from the negatives  
if things don't work out  
take another Shot!

## Wacky Wednesdays for May

**May 6th** — Wear Orange Day  
**May 13th** — Wear Denim Day  
**May 20th** — Wear Red, White, and Blue Day  
**May 27th** — Wear Comfy Clothes

Just a reminder, for participating in Springwood Landing's Wacky Wednesday, you receive a ticket that you can enter into one of our three drawings.

**Breakfast:** 8 a.m.  
**Dinner:** 12:30 p.m.  
**Supper:** 5:30 p.m.





## Creative Entertainment

Matthew Casey came to entertain the residents on April 10th. Being creative, it was decided for him to play for 30 minutes to the front of our community, then 30 minutes to the back. Hearing claps from the residents' apartments is the best right now. We are making the best of this time we are in.



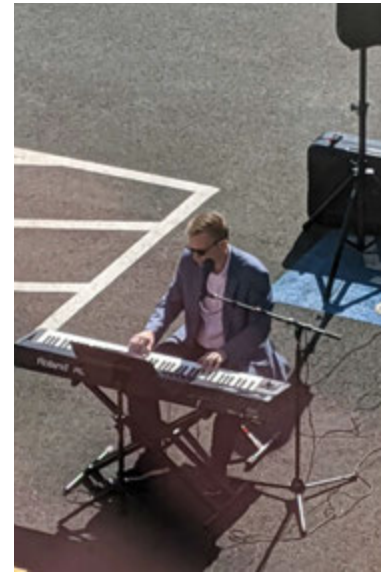
*Matthew Casey  
performing to the back  
of the community*



*Hazel enjoying music  
from her balcony*



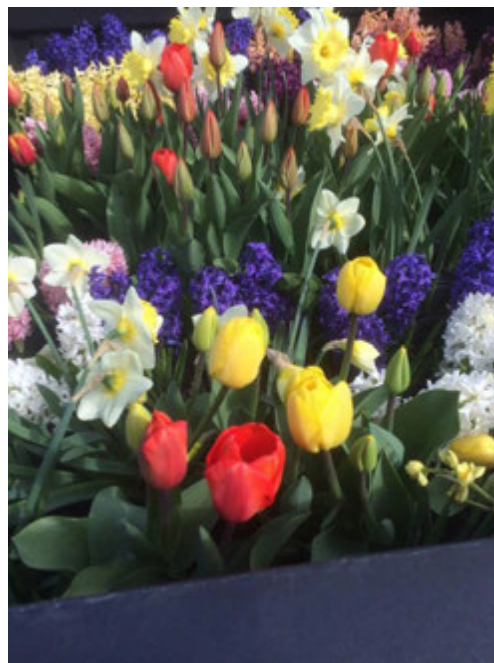
*Eva enjoying the music  
from her balcony*



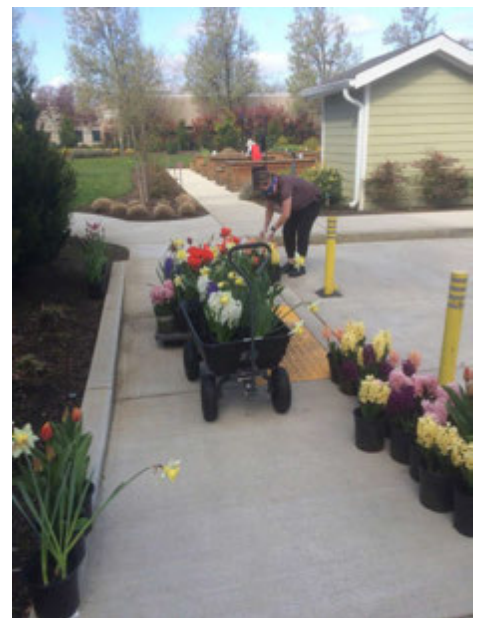
*Matthew Casey  
playing to the front  
of the community*

## Spring Flowers Here at Springwood Landing

We surprised our residents at Springwood Landing with a flowering plant for each apartment for Easter. The residents loved them. It brightened their spirit and day with some beautiful and wonderful fragrance. We handed out tulips, daffodils, and hyacinth.



*Spring flowers*



*Our Activity Coordinator  
unloading flowers for residents*



## 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.

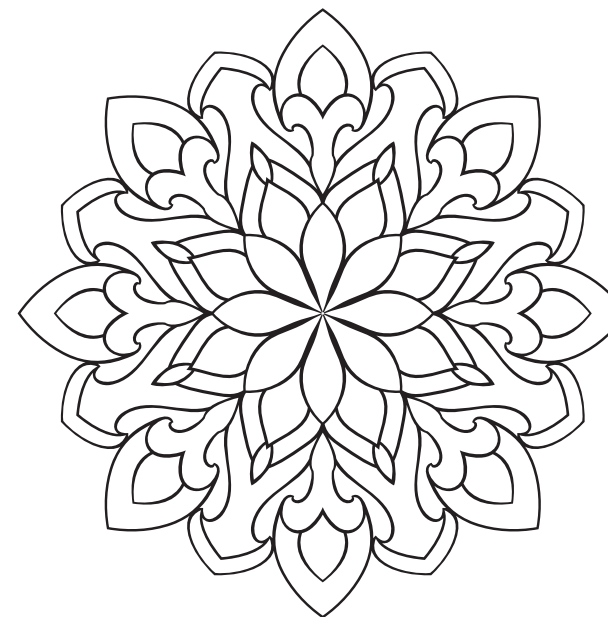


## Simple Ways To Practice Mindfulness

- 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.

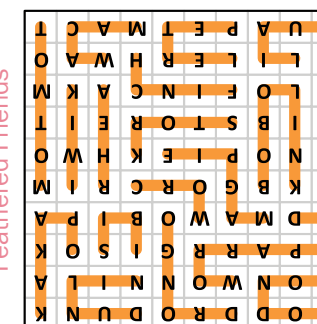
## Take a Closer Look

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 Spotlight: Clem Chow

**Q:** Thank you for agreeing to be interviewed. Tell us about your history.

**A:** I do not believe that my history matters. After all, I have been retired from full-time work nearly 19 years. That other life is not relevant anymore. I am more interested in talking about the present and the future, if you don't mind.

**Q:** That's fine. So, how are you doing now?

**A:** I am doing very well. I like living here at Springwood Landing and my close family members all live nearby.

**Q:** Glad to hear that. What do you like about Springwood Landing and why did you choose to live here?

**A:** First, I want to talk about the process I went through in choosing the company. My wife and I had already downsized our household in Texas and moved to an independent living facility

in Vancouver, Washington. Our main reason is to be close to our children: A daughter and a son. They are both married, so we considered that we have four children. Both households are about two miles apart just across the river in Portland, Oregon. One of our fellow residents, for health reasons, moved into a Hawthorn facility in Southern Arizona. Her rave review about the company prompted me to research into the company. When we saw the sign of a future Hawthorn Property under construction in Vancouver, we put our deposit down a good 14 months before we moved in. Most independent living facilities are run by corporations, many mainly for profit or in order to flip the property. Hawthorn builds and manages their facilities. They naturally have a different perspective, which is attractive to my wife and I.

**Q:** Most facilities are caring and cater to the needs of the residents. So, what makes this one different?

**A:** We like the fact that there are two sets of Managers living on site, which means 24-hour attention. The Housekeepers also serve meals twice a day. We know each other on a first name basis. Management also handles any residents' concerns with understanding and consideration.

**Q:** These are nice general qualities and services. Can you cite any specific cases on a personal basis?

**A:** Yes. My wife, who has been living with cancer for 36 years, finally lost her battle five weeks after we moved in. At the end, she came home to our apartment under hospice care and left us 10 days after that. Two of her sisters came to see her. Our children had ample opportunities to say their good-byes, and the Management and staff were extremely accommodating during this traumatic period. Afterward, the Regional Manager worked with me to plant a tree on the property in my wife's memory. She ordered an existing tree to be uprooted for this purpose. Also, I witnessed the many proactive steps Management and staff went out of their way to protect residents from the current Coronavirus pandemic. Based on my own experience, this kind of personally-felt care and services are seldom found in other similar facilities.





**Q:** You have been known to have contributed to the film program at Springwood Landing and you are the Travel Ambassador for C-Tran, our public bus system in Vancouver. May I ask why do you do that?

**A:** Sure. After my wife's passing, I realized that I would have more time on my hands. I decided to extend my promise to myself when I turned 70, which is "to be only happy" to the facility where I live. We have an excellent movie theater in Springwood Landing that is under used. So I started to help Trisha, our Activity Coordinator, to enrich the programs offered at our theater. I love movies and I have time to do the research. During the current Coronavirus pandemic, we have largely expanded our offerings. As for the Travel Ambassadorship, it stems from my realization that I do not enjoy driving anymore. I gave up my car and learned about the award-winning public transport system in Vancouver. Now, I do not miss my car at all. I want to help other residents to achieve this new independence. So, I train folks on how to use apps for riding the buses, take them on training trips to ride the bus, and assist them in applying for the paratransit service, C-Van, where needed. I love to see people regain their transportation independence, in addition to our facility's own bus service.

**Q:** Thank you for agreeing to this interview. Do you have any last comments?

**A:** It is my pleasure. You may have made a mistake by allowing me to speak freely. I do want to thank the Management and staff for their loving care of all the residents. I want them to know that it is very much appreciated. It is my pleasure to be able to live here.

## Ten Interesting Facts About May

1. May's birth flowers are the Lily of the Valley (*convallaria majalis*) and the Hawthorn (*crataegus monogyna*).
2. May's birthstone is the emerald.
3. May is named after the Greek goddess, Maia, who is identified with the Roman goddess, Bona Deam, goddess of fertility.
4. Is International Respect for Chickens Month.
5. Is the fifth month of the year. It was the third month on early Roman calendars.
6. The Anglo-Saxons called the month Hlyd monath, which means Stormy month or Hraed monath, which means Rugged month.
7. In the 1990 USA census, May was the 264 most common surname.
8. In New Zealand, May is Music Month.
9. In America, May is Skin Cancer Awareness Month, Mental Health Awareness Month, Jewish American Heritage, Asian Pacific American Heritage Month and National Moving Month.
10. No other month begins on the same day of the week as May.

## Daily Questions

1. What am I grateful for today?
2. How am I moving my body today?
3. What beauty am I either creating, cultivating, or inviting in today?
4. Who am I connecting with today?
5. What has made me smile today?
6. What am I doing to keep a regular schedule?
7. What have I learned that is new to me today?
8. What will the new normal look like for me?

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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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