

Somerset Lodge

Gracious Retirement Living

8330 Cason Road • Gladstone, OR 97027 • Phone (503) 657-5659 • www.seniorlivinginstyle.com

MAY 2020

SOMERSET STAFF

Managers..... CLARK & JEAN DAVIS
Assistant Managers WAYNE & DANAELA MOFFORD
Executive Chef.....JENNIFER CLOUGH
Activity Coordinator SUSAN WISE
MaintenanceCHRISTOPHER DUNCAN
Transportation BOB WYTCHERLEY

OFFICE HOURS

Daily: 7:30 a.m.- 7:30 p.m.

TRANSPORTATION

Monday, 9:30 a.m.: Shopping At Fred Meyer

Monday, 2 p.m.: Walmart (Biweekly)

Clackamas Town Center (Biweekly)

Tuesday, Varies: Medical Appointments — South

Wednesday, Varies: Activity Day

Thursday, Varies: Medical Appointments — North

Friday, 9:30 a.m.: Shopping At
Safeway/RA/Walgreens

Friday, 2 p.m.: Scenic Adventure

HAWTHORN
SENIOR LIVING

Guess Who?

Please guess which staff member this is. One guess per person.
All correct guesses will receive a prize from Susan. Please
return this paper with your guess to Susan by Friday, May 29th.
Happy guessing!

Staff Members are:

Clark and Jean Davis, Managers
Wayne and Danaela Mofford,
Assistant Managers
Susan Wise, Activity Coordinator
Bus Driver, Bob
Chris Duncan, Maintenance
Jennifer Clough, Chef
Alec, Sous Chef
Justin, Night Cook
Mariana, Housekeeper
Lucy, Housekeeper
Maria, Housekeeper
Angie, Housekeeper
Sheryl, Housekeeper
Stephanie, Prep cook

The clues:

1. I was in the choir for 17 years.
2. I love to hike.
3. I trained for the swimming Olympics.
4. I danced ballet in the Nutcracker.
5. I bought a house at age 25.
6. I have four brothers.
7. I grew up in Kansas City, Missouri.





Motherly Humor

White hair is no joking matter!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of Grandma's hairs are white?"

How do you know you're a mom? You know you're a mom when ...

You stop criticizing the way your mother raised you.

You automatically double-knot everything you tie.

You spend an entire week wearing sweats.

You have time to shave only one leg at a time.

Your feet stick to the kitchen floor, and you don't care.

You can't find your cordless phone, so you ask a friend to call you, and you run around the house madly, following the sound until you locate the phone downstairs in the laundry basket.

You serve peanut butter and jelly sandwiches at least once a day.

Popsicles become a food staple.

You buy cereal with marshmallows in it.

The closest you get to gourmet cooking is making Rice Krispies bars.

You hope ketchup is a vegetable, since it's the only one your child eats.

You count the sprinkles on each kid's cupcake to make sure they're equal.

You've mastered the art of placing large quantities of pancakes and eggs on a plate without anything touching.

Your favorite television show is a cartoon.

You weep through the scene in "Dumbo" when his mom is taken away, not to mention what "Bambi" does to you.

You're so desperate for adult conversation that you strike up a conversation with the telemarketer, and he hangs up on you!

You're up each night until 10 p.m. vacuuming, dusting, wiping, washing, drying, loading, unloading, shopping, cooking, driving, flushing, ironing, sweeping, picking up, changing sheets, changing diapers, bathing, helping with homework, paying bills, budgeting, clipping coupons, folding clothes, putting the kids to bed, dragging the kids out of bed, brushing, chasing, buckling, feeding (them, not you) plus swinging, playing baseball, bike riding, pushing trucks, cuddling dolls, rollerblading, playing basketball, playing football, playing catch, blowing bubbles, running through sprinklers, sliding, taking nature walks, coloring, doing crafts, jumping rope, plus raking, trimming, planting, edging, mowing, gardening, painting and walking the dog.

You get up at 5:30 a.m., and you have no time to eat, sleep, drink or go to the bathroom, and yet, you still managed to gain 10 pounds!

You are out for a nice romantic meal with your husband, enjoying some real adult conversation, when suddenly you realize that you've reached over and started to cut up his steak!

April's Guess Who?

Here is a quick recap of April's Guess Who, in case you missed it. The clues:

1. I enjoy going to the beach.
2. I used to work on a cruise ship.
3. I traveled cross country on a motorcycle.
4. I spent my 21st Birthday in San Francisco.
5. I have sailed across the International Date Line.
6. I grew up on the water.
7. I love to read.

Answer: Stephanie!



*Strawberry
Shortcake lover*



The perfect April picture



May Day

The Symbols of May Day

May Day is a holiday that has waned in recent times but is still celebrated in many places. It honors spring, fertility, and rebirth, which are symbolized in various ways during traditional festivities. These symbols include May baskets, flowers, the iconic Maypole, and dance.

The Tradition of the May Basket

Throughout the 19th and 20th centuries, the custom of making May baskets to hang on the doorknobs of friends, neighbors, loved ones, and romantic interests on May 1st was very popular, and the baskets became prominent symbols of the holiday. The tradition was once so prevalent and beloved that newspapers published stories about May basket happenings.

Baskets were typically made with paper that was rolled into the shape of a cone with an attached handle made of paper, ribbon, or yarn. In more recent times, commercially produced woven baskets have been commonly used and left at doorsteps when they didn't easily fit on doorknobs. There is also a wide array of materials and designs currently being created. The baskets are filled with cut flowers, sweet treats, gifts, and written expressions of affection or well-wishes for the new season. Anonymously gifted, often at dusk, the giver knocks or rings a bell before running off in an effort to avoid being seen.

Symbolic Flowers

In addition to their use in May baskets, flowers have been a symbol of May Day in numerous other ways.

- They are used to make crowns worn during celebrations.
- Floral leis are worn.
- Flowers decorate homes, and floral arrangements are prominent at parties.
- They are incorporated into the symbolic Maypole.

The Maypole

Deprived of root, and branch, and rind,
Yet flowers I bear of every kind;
And such is my prolific power,
They bloom in less than half an hour.
—From “A Maypole” by Jonathan Swift

Another prominent and enduring symbol of May Day is the Maypole: a tall, wooden pole that is erected in an open area and typically adorned with garlands of flowers and long

ribbons attached at the top. Maypoles make the perfect colorful centerpiece for May Day celebrations.

The traditional Maypole dance is performed by pairs of boys and girls (and sometimes men and women) who form a circle around the base of the pole. They each take hold of the end of one ribbon and

skip around in a circle, alternating directions. Ultimately, they weave the ribbons around the pole in a beautiful and colorful pattern until the upper portion of the pole is wrapped. The symbolism of the Maypole has been the subject of some debate in history. It has been theorized that it represents Earth's axis and symbolizes the rotation to the season of new life. However, most scholars and modern Maypole dance participants acknowledge its pagan roots as a fertility rite, which symbolizes the union of the masculine and feminine.

Morris Dancing

In addition to the Maypole dance, Morris dancing is a continuing symbol of the May Day holiday. While not exclusive to the holiday, this English folk dance is regularly performed at May Day festivals and parades. The performances feature dancers in dramatic makeup and costume. In the past, dancers painted their faces in dark colors to disguise themselves, as street performance was often illegal. Their costumes vary, but regularly include bright “tatter jackets” (which resemble a patchwork quilt) or white clothing with colored belts crossing their chests. Hats adorned with a variety of materials, such as feathers, are often worn. The very energetic form of dance is usually accompanied by lively music. There is typically an accordion player and fiddler, or sometimes a big band with a drum. The dances consist of six or eight dancers arranged in a circle or in two lines facing each other. White handkerchiefs are shaken, and short sticks are banged together like swords as they dance. Some dancers also wear bell pads tied at their knees to add rhythm with a cheerful sound as they move and shake in celebration.



Happy May Day!

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.

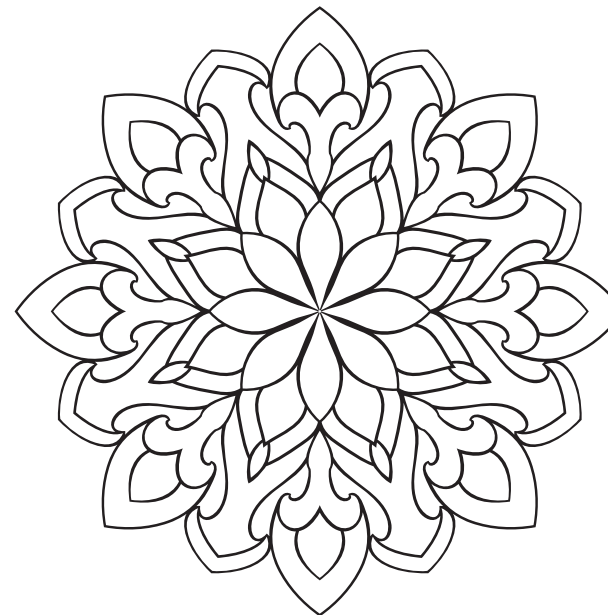


Simple Ways To Practice Mindfulness

- 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.

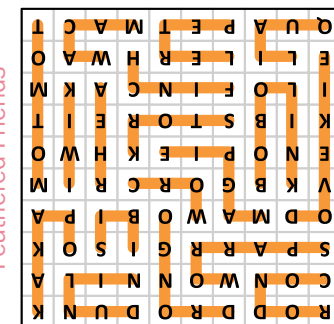
Take a Closer Look

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

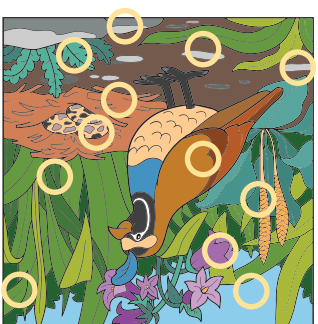
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





A Tribute to Mother's Day

"Mother"

Lola Ridge (1873-1941)

This poem by Irish poet Lola Ridge uses figurative language to compare her mother's love to moonlight, illuminating and softening everything it shines on. This image is carried throughout the entire poem. At the end, she describes how her memory of her mother is more like a shimmer or a glow in her mind than a concrete image.

Your love was like moonlight
 turning harsh things to beauty,
 so that little wry souls
 reflecting each other obliquely
 as in cracked mirrors . . .
 beheld in your luminous spirit
 their own reflection,
 transfigured as in a shining stream,
 and loved you for what they are not.
 You are less an image in my mind
 than a luster
 I see you in gleams
 pale as star-light on a gray wall . . .
 evanescent as the reflection of a white swan
 shimmering in broken water.



Reflections:

- Moonlight is a beautiful metaphor for a mother's love and influence. Can you think of another image from nature that could be used as a metaphor, perhaps a flower, a river, sunlight helping the plants to grow?
- How does the final image of this poem make you feel: happy, sad, wistful, peaceful? Why do you think you have this response?
- Several of the poems we have looked at describe the reach of a mother's influence. Her love continues to influence the writer's life, even after she is gone. Do you feel this way about your mother or about another special person in your life?

Happy Birthday to You!

Alice Roy, May 1st

Niki Williams, May 2nd

Eunice Warmuth, May 5th

Phyllis Brandenburg, May 8th

Jean E. Kyser, May 11th

Phil Dunham, May 13th

Don Anderson, May 14th

Case Smit, May 19th

Cloe Storer, 24th (Employee)

Laura Bradley, May 25th

Enjoy the convenience of our Beauty Shop:

Ernestly Organic Salon Services is located on the Third Floor. Call Ernest at 971-533-2988 to schedule an appointment.

Advertise in our newsletter for just \$25 per month for an ad that is 3 1/2"x2" or for \$40, place a 7"x4" ad on the insert. Contact our Office.



Cinco De Mayo!

Yes, Cinco de Mayo means tacos, guacamole, margaritas and Mariachi music, but there's more to it than that. Cinco de Mayo, Spanish for "fifth of May," is often mistakenly called Mexican Independence Day. It actually commemorates the Mexican victory over French colonial forces at the Battle of Puebla on May 5, 1862. Surprisingly, Cinco de Mayo is celebrated more in the United States than it is in Mexico, where few Mexicans outside of those living in the city of Puebla take part in it at all. But before we start our celebration, let's look at a bit of Mexican history.

The Battle of Puebla

After the Mexican-American War (1846-1848) and the Mexican Reform War (1858-1861), the Mexican government was almost bankrupt. In 1861, Mexican President Benito Juarez issued a two-year moratorium on payment of foreign debt. Mexico's largest creditors — Spain, England and France — sent ships to the port of Veracruz to demand payment. Mexico negotiated with England and Spain, and their ships went home. However, French Emperor Napoleon III decided to leverage this opportunity to increase French power in the New World. Napoleon III sent a heavily armed fleet to Veracruz and forced President Juarez and his government into retreat. The French force of more than 8,000 pushed on from Veracruz toward Mexico City, encountering heavy Mexican resistance at Puebla. There, only 4,500 Mexican troops were able to defeat the much bigger, better armed, and better trained French force.

A Morale Booster

The Mexican victory at Puebla was mostly symbolic. A year later, the French came back with more than 30,000 troops and captured Mexico City. But, with the U.S. Civil War over, the United States was able to help Mexico fight and ultimately expel the French for good in 1867.

Not only does Cinco de Mayo commemorate the defeat of the huge French force (an army that hadn't been beaten in 50 years) by the small, determined Mexican army, but it also marks the last time any country in the Americas was invaded by a European power. And that's worth celebrating!

Cinco de Mayo in Mexico

Although Cinco de Mayo is not observed as a national holiday in Mexico, all public schools are closed, and Mexicans are well aware of its significance. It is an official holiday in the state of Puebla and the neighboring state of Veracruz.

Cinco de Mayo in the United States

Cinco de Mayo was first celebrated in the United States in the early 1860s. In fact, it has been celebrated continuously in California since 1863. But it was not until the late 1950s and '60s that the rest of the country joined the party. Cinco de Mayo gained wide U.S. popularity in the 1980s, when beer companies started promoting their products for the holiday. Now, Cinco de Mayo has evolved into a celebration of Mexican and Mexican-American culture, in much the same way St. Patrick's Day has become a celebration of Irish culture. In 2005, the U.S. Congress issued a Concurrent Resolution that asked the President of the United States to call upon Americans to honor Cinco de Mayo in appropriate ways. By 2006, there were at least 150 official Cinco de Mayo celebrations in more than 20 U.S. states. In addition to lots of partying, they feature educational presentations, Mexican music, food and folk dancing. There are also Cinco de Mayo celebrations in Canada, including a Cinco de Mayo Street Festival in Windsor, Ontario, with Mexican music, dancing and food.





8330 Cason Road
Gladstone, OR 97027



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.

Somerset Lodge
Gracious Retirement Living

503-657-5659

