

Sterling Heights

Gracious Retirement Living

3500 Fairview Street • Bethlehem, PA 18017 • Phone (610) 868-4600 • www.seniorlivinginstyle.com

MAY 2020

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON

Assistant ManagersKEVIN &
JUDY MCGARVEY

Community SalesLAURIE BREY

Activity CoordinatorLOUISE SARKO

MaintenanceCHRISTOPHER BOYER

TransportationSHIRLEY PEREZ

TRANSPORTATION

Monday and Friday,

9:30 a.m.-Noon and 2-3 p.m.:

Shopping/Errands

Tuesday and Thursday, 9 a.m.-2 p.m.:

Medical Appointments

Wednesday, 11 a.m.-4 p.m.: Outings

Sunday, 9:55-11:30 a.m.: Church Services

HAWTHORN
SENIOR LIVING

My Mother Kept a Garden

My Mother kept a garden,
a garden of the heart,
She planted all the good things
that gave my life its start.
She turned me to the sunshine
and encouraged me to dream,
Fostering and nurturing
the seeds of self-esteem ...
And when the winds and rain came,
she protected me enough —
But not too much because she knew
I'd need to stand up strong and tough.
Her constant good example
always taught me right from wrong —
Markers for my pathway
that will last a lifetime long.
I am my Mother's garden.
I am her legacy —
And I hope today she feels the love
reflected back from me

— Anonymous





Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2020 occurs on Monday, May 25th.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

Did you know? Each year on Memorial Day, a national moment of remembrance takes place at 3 p.m., local time.

It is unclear where exactly this tradition originated; numerous different communities may have independently initiated the memorial gatherings. And some records show that one of the earliest Memorial Day commemoration was organized by a group of freed slaves in Charleston, South Carolina, less than a month after the Confederacy surrendered in 1865. Nevertheless, in 1966, the federal government declared Waterloo, New York, the official birthplace of Memorial Day.



Surviving Tough Times

I received a call from my sister in Dallas yesterday. Her greeting was, "Do you remember? I don't think you could forget." Of course I remember. It was 1947. We lived in the village of Shorewood on the shores of Lake Michigan. I was a junior in high school — very happy with my life at the time. Suddenly things went very bad. Tragedy struck us all. We had a polio epidemic. The Salk Vaccine was unknown as yet. Young people were being stricken right and left. Our beloved principal's son was in an iron lung.

We had to take action. A quarantine for all under the age of 16 was called.

And so, it was — 3 months! A whole summer spent in your yard! We became very resourceful at entertaining ourselves. The alley behind our houses became our answer. We devised a complicated network using string and clothespins to pass comic books, games and stories back and forth. The garage doors were open and we sat cross-legged in the openings. That is how we spent a very long summer. I can remember the day I turned 16 and no longer had to wear the badge proclaiming our quarantine. This event has been written up in a book about the history of polio. It certainly was a fearful time.

By Sterling Heights resident, Nancy Dunker

In Flanders Fields

This heartfelt poem by Canadian physician John McRae is a representation of hope. It reinforces the desires of the fallen soldier who left this world, but their souls are still connected to their lands. The poppies and endless rows of crosses mark the graves of those who lost their lives during the war.



In Flanders fields the
poppies blow
Between the crosses,
row on row,
That mark our place;
and in the sky
The larks, still bravely
singing, fly
Scarce heard amid
the guns below.

We are the Dead.
Short days ago
We lived, felt dawn,
saw sunset glow,
Loved and were
loved, and now we lie,
In Flanders fields.
Take up our quarrel
with the foe:

To you from failing
hands we throw
The torch; be yours to
hold it high.
If ye break faith with
us who die
We shall not sleep,
though poppies grow
In Flanders fields.



Managing Stress

Everyone feels stressed from time to time. If left unchecked, it could lead to a number of major health problems, ranging anywhere from anxiety to severe depression and to life-threatening heart attacks. So, it is easy to see why it is so vitally important to keep life's major stressors in check. Here is a list of positive ways you can respond to the stress in your life and keep your own stress levels in check.

Get Moving

By just moving, you are relieving stress and regular exercise will help your body in more ways than one. Physical activity increases your feel-good endorphins and enhances your overall sense of well-being.

Just Breathe

It sounds simple enough, but it is surprising how often we are constricting our oxygen intake with shallow breathing. By simply stepping away for a moment and taking a few big, slow, deep breathes, your body and mind will thank you.

Focus on Now

Most people live their entire lives in yesterday or tomorrow. In truth, however, there is only now. Focusing on right now provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.

Laughter Is Good Medicine

Humor can help melt away stress and a positive outlook on the day. Laughter actually helps to cool down your stress response. So, read some jokes or watch a funny movie.

www.beliefnet.com and mayoclinic.org

Historic May Happenings

May 1st: The Empire State Building opened in 1931.

May 4th: Four student anti-war protesters were killed at Kent State University by Ohio National Guardsmen in 1970.

Astronaut Alan Shepard went on the first manned space flight in 1961.

May 6th: The Hindenburg crashed in Lakehurst, New Jersey, in 1937.

May 7th: Germany surrendered to the United States in 1945.

May 8th: First transatlantic flight in 1919.

May 10th: The first Mother's Day observance took place in West Virginia and Pennsylvania in 1908.

May 14th: The first vaccination against smallpox was administered in 1796.

May 17th: The New York Stock Exchange was established in 1792.

The first Kentucky Derby was held in 1875.

May 20th: Christopher Columbus died in poverty in Spain in 1506.

May 23rd: Gangsters Bonnie and Clyde were killed in 1934.

May 24th: The Brooklyn Bridge opened to traffic in 1883.

May 25th: Babe Ruth hit his 714th and last home run in 1935.

May 27th: The first recorded American execution of a witch took place in Massachusetts in 1647.

The Golden Gate Bridge was opened to the public in 1937.

May 31st: The last Ford Model T automobile was made in 1927.



*The Empire State Building
in New York City*

Meal Times

Breakfast:
8-9 a.m.

Dinner:
12:30-1:30 p.m.

Supper:
5:30-6:30 p.m.

Home Helpers

Home Helpers is available to meet with individuals with specific concerns. Please call to schedule an appointment: 610-838-7494.

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.

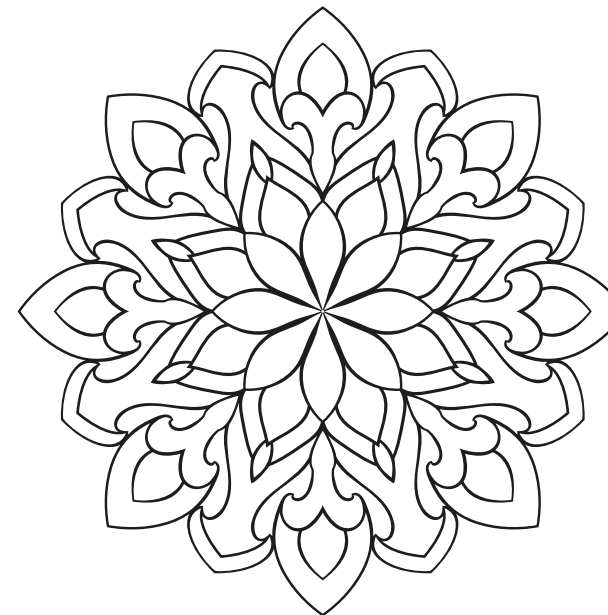


Simple Ways To Practice Mindfulness

- 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.

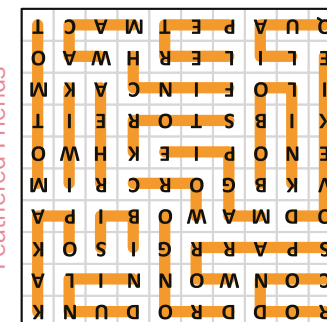
Take a Closer Look

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

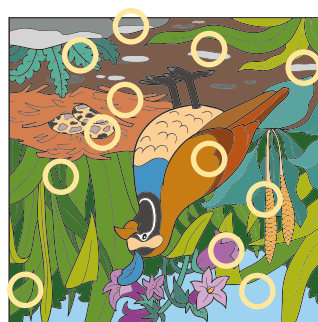
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Birdwatching 101

If you are looking for a fun hobby that you can do anywhere, anytime, and without spending little or no money, then you can't go wrong with bird watching (or birding).

Birding is a totally accessible activity that you can do through your home or car window, while taking a walk, or anything in-between. You can do it purely for fun or by journaling your experiences. Whatever your goal, you will be rewarded by the sights and sounds of beautiful and interesting feathered creatures especially during the spring and summer.

A bird book is a helpful tool for identifying birds, but you may also want to invest in a pair of binoculars for allowing you to see them up close. Here are some pretty birds to watch, along with some of their characteristics:

American Goldfinch: The male is bright yellow with a black forehead and wings while the female is a dull olive color. They are common to bird feeders and may often times be seen in large clusters in trees. During the wintertime, the bright yellow male becomes a subtle brown, to blend in with the scenery.



American Goldfinch

Blue Jay: This bird is a bit large in size measuring between 8-12 inches and has a very prominent crest and bold, black necklace. Their call is a jeering "jay" or "jaay-jaay." Blue Jays can be bullies by grabbing up more than their fair share at bird feeders. These intelligent and aggressive birds are also known to steal other birds' eggs, young birds, and even the nest itself.



Blue Jay

Northern Cardinal:

These beautiful birds do not migrate so they are easy to spot against a snowy winter backdrop. The male is a bright red, while the female is a red-tinged brown. Some people believe that Cardinals are representative of a loved one who has passed. When you see one, it means a loved one is visiting you.



Northern Cardinal

Chickadee: These tiny, black-capped birds are curious and charming. Chickadees are friendly birds that are attracted to yards. They have a clear two-note song that drops in pitch and sounds like "fee-bee." If you repeat their call, they will call back to you. Try it sometime; it is fun to sing with them!



Chickadee

May Birthdays

Sterling Heights wishes the following residents a very happy and healthy birthday!

Doc Dougherty, May 1st

Barbara Stoudt, May 5th

Eleanor Bennick, May 12th

Jim Houle, May 14th

Elizabeth Meyer, May 15th

Ruth Potter, May 15th

Mary Ann Salasky, May 17th

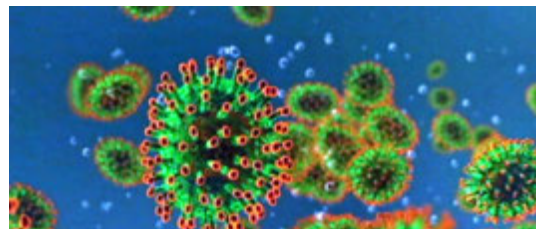
Mary Concilio, May 28th





Coronavirus and Healthy Tips

Coronavirus disease (COVID-19) is a common virus that infects humans, typically leading to an upper respiratory infection. Currently, there is no vaccine to prevent this disease, but as we deal with this current pandemic, there are things we can continue to do to keep healthy.



Do:

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub.
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.
- Avoid close contact with people who are unwell (keep a distance of 6 feet).
- Stay home and self-isolate from others in the household if you feel unwell.

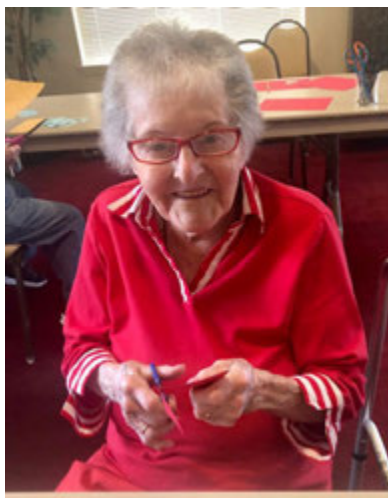
Don't:

- Touch your eyes, nose, or mouth if your hands are not clean.

'A World of Hearts'

There is something about a global pandemic that brings people together, even if we all have to be apart right now. We will get through this tough time together, and movements like "A World of Hearts" is what keeps us going.

It's a viral sensation that has spread throughout the world showing the love we all need right now. Thousands of people are cutting out beautiful paper hearts and filling their windows with hope and compassion, sending a message of unity to their neighbors and beyond. It's not only uplifting, but it is also a wonderful way to bond with your family and neighbors. There are plenty of gorgeous examples to see on social media, but you don't have to create a massive work of art. Just a few hearts made with paper and tape will lift the spirits of those walking or driving by.



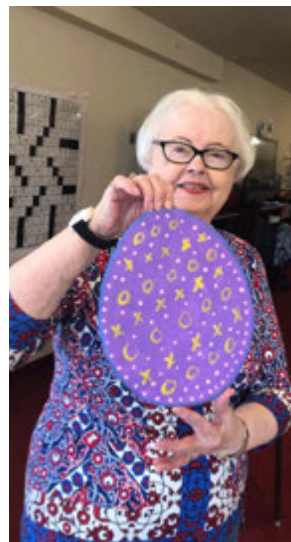
Louise cutting out paper hearts



A labor of love

Sterling Heights residents joined in the movement and helped to spread the love in our township.

Life Before Quarantine



Painting Easter eggs



Janet enjoys a bowl of ice cream.



Practicing social distancing before while sorting the mail

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3500 Fairview Street
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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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