

StoneRidge

Gracious Retirement Living

105 Convention Drive • Cary, NC 27511 • Phone (919) 460-0560 • www.seniorlivinginstyle.com

MAY 2020

STONERIDGE STAFF

Management Team ..PAUL & COLLEEN RONGEY
Assistant ManagersAMY & GREG SUGG
Executive ChefCARL STEPHENS
Activity CoordinatorJILL GORE
MaintenanceBUTCH FINCH
Bus DriverLYNN JOHNSON

TRANSPORTATION

Monday, 9:30-11 a.m.: Walmart Area

Tuesday, 9 a.m.-3 p.m.: Doctor Visits

Wednesday, Activity Outings: Activity Outings

Thursday, 9 a.m.-3 p.m.: Doctor Visits

Friday, 9:30-11 a.m.: Target Area

Happy Mother's Day

"A mother gives her children stepping stones to the stars,
Her love is unconditional, her heart has no bars.
A mother teaches her children to be confident and bold,
Her special love to her children is more valuable than silver
or gold.
A mother picks up her children and wipes away life's tears,
She chases away monsters in the night and silences
their fears.
A mother celebrates her children's accomplishments
in life,
She hurts and cries with them when life
brings times of strife.
A mother shares her love freely with
her tender loving way,
She grows more beautiful to her
children with each passing day.
A mother is one of God's greatest gifts to you
and me,
Her love will remain locked in our
heart and soul for all eternity."



HAWTHORN
SENIOR LIVING

May Birthdays

Helen Cole, 3rd

Lisa Hawkins, 3rd

Dixie Gardner, 4th

Phillip Bucy, 7th

Edward Cooper, 8th

Evelyn Felice, 10th

Rose Militello, 10th

Myrtle Hardee, 14th

Peggy Blume, 15th

Marie Dickson, 17th

Roland
Cochran, 20th

Debbie Bryan, 20th

Frances
Williams, 27th

Carlyle
Edmundson, 31st

Sarah Almblad, 31st



Pot o' Gold Bingo

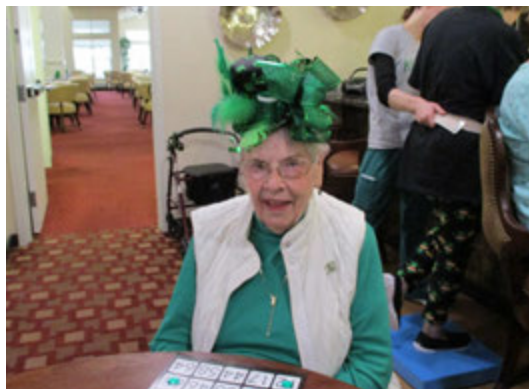
Our Pot o' Gold Party was a huge success. The residents had fun playing the games, cheering for the winners, and hoping to be the next winner!

The prize table was adorned with candy, nuts, garden and Easter décor, and much more. The room was filled with excitement and the green was a-plenty! Chef Carl provided delicious refreshments of punch and St. Patrick's Day cookies. Let's do it again next year!

Enjoy a few interesting facts:

Since 2010, famous landmarks have been lit up in green on St. Patrick's Day as part of Tourism Ireland's "Global Greening Initiative" or "Going Green for St. Patrick's Day." The Sydney Opera House and the Sky Tower in Auckland were the first landmarks to participate and since then more than 300 landmarks in 50 countries around the globe have gone green for St. Patrick's Day.

St. Patrick's Day is even celebrated on the International Space Station. Astronauts on board the International Space Station have celebrated the festival in different ways. Irish-American Catherine Coleman played a 100-year-old flute belonging to Matt Molloy and a tin whistle belonging to Paddy Moloney, both members of the Irish music group The Chieftains, while floating weightless in the space station on St. Patrick's Day in 2011. Chris Hadfield took photographs of Ireland from Earth's orbit, and a picture of himself wearing green clothing in the space station, and posted them online on St. Patrick's Day in 2013. He also posted online a recording of himself singing "Danny Boy" in space.



Our adorable Gladys



Congratulations to some of our lucky winners: Judy, Gloria and Hanna



Wearing green and feeling lucky

Show and Tell

We had a wonderful gathering of friends, sharing items for Show and Tell and experiences from the heart.

Our circle of friends shared a variety of items, such as family and vacation photos, a treasured book, and examples from their hobbies. One such hobby presented was by Utsumi. "U" learned origami in Japan, when she was in 2nd grade. Each year, she practiced and improved. Eventually, U began demonstrating her craft for others and began offering these intricate creations as gifts. StoneRidge has been blessed by these gifts. Our Atrium Christmas tree was adorned with her beautiful angels. Many apartments and even our chapel are blessed with these creations.

Thank you all for sharing a part of who you are. Our StoneRidge "family" is growing stronger and closer every day.



Thank you, Utsumi, for sharing and caring!



Oh Say, Can You “C”?

Oh say, can you “C”?

Candy, Cards and Car Wash

What a fun day! The Activity Room was set up into stations for people to enjoy throughout the day.

Candy galore.

Card playing and card making.

And the car wash was a sanitation station for the residents’ walkers.

We also had a documentary playing in the theater all about chocolate.

There was plenty of creativity and laughter to last the whole day!

Some of us were particularly glad that we added an extra fun workout during exercise time so that we could enjoy a few more pieces of chocolate!

It appears we are actually doing ourselves a favor:

Top Seven Dark Chocolate Health Benefits

- Antioxidant benefits
- Cardiovascular health
- Diabetes protection
- Anti-cancer benefits
- Bone health
- Dental health
- Brain health

Chocolate comes from the cacao tree, theobroma cacao, which literally means “cacao, food of the gods.” The most revered of all rainforest foods and the most pharmacologically complex food source in the Amazon jungle, the cacao bean contains about 12,000 natural chemical constituents. In ancient Central American cultures, raw cacao beans were used as the coin of the realm, and the Aztec Emperor Montezuma filled his treasure vaults with cacao beans, not gold!



Bea and Jean having fun at the car wash!



Sweets for our sweets: Margaret, Dixie and Mary



A friendly game of poker!

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.

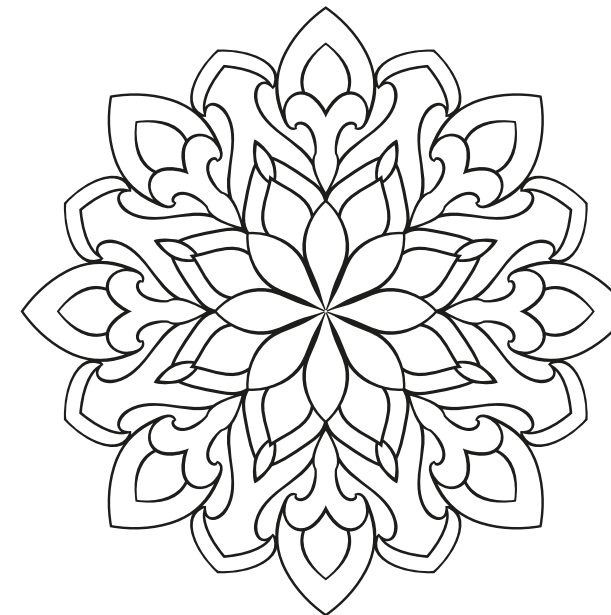


Simple Ways To Practice Mindfulness

- 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.

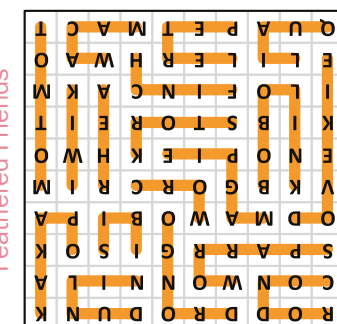
Take a Closer Look

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

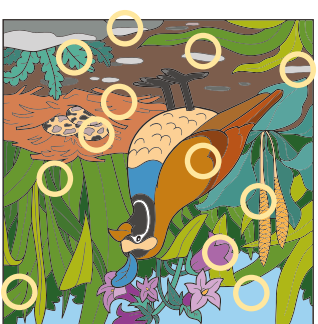
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





StoneRidge Art Scavenger Hunt

Our halls are lined with magnificent artwork. We walk past the images each and every day. But do we take time to study and appreciate the beauty?

That is what we were hoping to accomplish with our StoneRidge Art Scavenger Hunt. All of the residents are encouraged to participate. Individually. Reflectively. Walk the selected hallway. View the numbered paintings. Match the picture with the correct clue.

Here are a few of the clues given. See if you can match them up.

- "Reaching for the Right One"
- "A Peaceful Stroll"
- "Aw, 'shucks'"
- "What's Black and White and Tweets?"

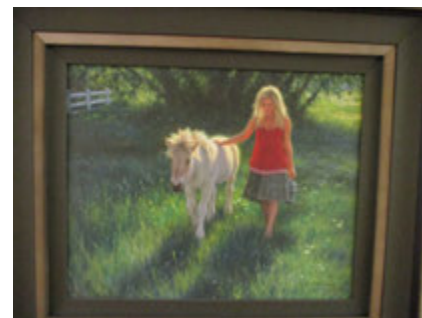
With all the answer sheets turned in by 5 p.m., a drawing was made from the correct responses. Sally Ray was the winner! It was just like her to offer some of her sweet and savory winnings to her neighbors. The residents really enjoyed the experience. They were challenged and enriched. We will hold additional art scavenger hunts each week as we enjoy each wing of each hallway. Thank you, Hawthorn, for providing us with such beauty.



Our gracious winner, Sally Ray



Bob and Dolie having a good time considering the clue, "Let's Make a Bouquet"





Getting to Know You: Chef Carl

StoneRidge has been very fortunate to have Chef Carl as its executive chef from opening day, four years ago. He prepares incredible meals for the residents. As the activity coordinator, I appreciate his culinary expertise as he provides refreshments for many of our special events. Chef interacts with the residents, as he provides a demonstration twice a month, a tour of the kitchen once a month, and offers a Chef/Resident Meeting for questions and comments. He really enjoys going around the Dining Room during dessert time and pouring coffee for the residents. It gives him the opportunity to dialogue about the meal.

But what is Chef Carl's story? Funny you should ask! Here is what I learned about him through a recent interview.

Q: How did you become interested in cooking?

A: After the Marine Corps and a tour in Vietnam, I was 21 years old, long-haired and unemployed. Three of my friends asked me if I wanted to go to Florida with them. I told them, "Give me 15 minutes to pack." After bumming on the beach for a while, we needed jobs. Three of us were hired at a Sicilian restaurant as dishwashers. About 30 days into it, the chef asked me if I wanted to learn to cook. Since I was going to be paid more, I said yes. He had been a chef in France and took me in like a son. I had the pleasure of working with him for about eight years. After I completed Culinary School, I earned my BA in business. My first chef's job was at the Tampa Hilton.

Q: What would you say are some of StoneRidge's favorite meals?

A: I'd have to say they really like the hamburgers and hot dogs, macaroni and cheese, and ribs.

Q: What do you do in your spare time?

A: First of all, I have my "Honey do" list. I really enjoy gardening where we grow melons, peppers, tomatoes and corn. Terri, my wife, likes to cut the grass with the riding lawn mower.

Q: Who does the cooking at home?

A: When I married Terri, I told her she'd never go hungry and she'd never have to cook. I grill year round: lots of steaks, chicken, shrimp. My wife cooks for a preschool. Her mother, who lives with us, goes with her each day.

Q: Did either of your sons follow in your footsteps?

A: One of my sons did. He owns his own food truck called, "Wake the Truck Up." He serves many people, providing breakfast. The most popular item is his breakfast bowl.

Thank you, Chef, for your hard work, for your delicious food, and your high standard for excellence. We appreciate you very much!



Service with a smile



The demonstration proved to be quite delicious.



105 Convention Drive
Cary, NC 27511



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.



919-460-0560

