

STONEYBROOK

ASSISTED LIVING

4650 SW Hollyhock Circle • Corvallis, OR 97333 • Phone (541) 758-2026 • www.seniorlivinginstyle.com

MAY 2020

STONEYBROOK STAFF

AdministratorSTEPHANIE DEATHERAGE
Assistant Administrator..... GRACE MCCRARY
Executive ChefADRIEL HAMILTON
Community SalesALYSSA MONNING
Sous ChefKIM JONES
Activity Coordinator REBECCA BOND
Administrative Assistant DEBBIE MUNSEY
MaintenancePATRICK COLLINS

TRANSPORTATION

Monday, 12 p.m.: Lunch Outing

Tuesday & Thursday, All Day:
Doctor Appointments

Wednesday Morning: Doctor Appointments

Wednesday, 2 p.m.: Shopping Outings

Sunday, 9:30 a.m.-3 p.m.: Church Runs



HAWTHORN
SENIOR LIVING

Happy Mother's Day!

Happy Mother's Day, Stoneybrook Ladies ...

A woman is not easily defined.

She is beautiful and wild, elegant and controlled. There is no woman like another, and each is radiant in a special and unique way.

Thank you for all that you do. You are an inspiration and role model to everyone that crosses your path. With a heart like no other that is always willing to give. Thank you to all the women from residents, family and staff alike.

Always remember: you are beautiful, you are worthy, you are important, you are special, you are unique, you are wonderful, you are talented and you are irreplaceable!





A Mother's Love

By Helen Steiner Rice

A mother's love is something
that no one can explain,
It is made of deep devotion
and of sacrifice and pain,
It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away ...
It is patient and forgiving
when all others are forsaking,
And it never fails or falters

even though the heart is breaking ...
It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems . . .
It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation ...
A many-splendored miracle
man cannot understand
And another wondrous evidence
of God's tender guiding hand.



Happy Birthday!

May Birthdays

Residents:

Ruth Dion, 5/5

Barbara Watkins, 5/6

Shirley Glenn, 5/15

Karen Strand, 5/23

Staff:

Aislynn Hayward, 5/16

Alyssa Monning, 5/24



Happy Birthday, Ruth!



Barbara, Happy Birthday!



Birthday lady, Shirley!



Happy Birthday, Karen!





Cinco De Mayo

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Tuesday, May 5th in 2020, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.



The Battle of Puebla

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men — many of them either indigenous Mexicans or of mixed ancestry — and sent them to Puebla.

The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army — supported by heavy artillery — before the city of Puebla and led an assault.

How Long Did the Battle of Puebla Last?

The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Hydration Cart Fun and Importance

The Importance of Hydration

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men. And not all of those cups have to come from plain water; for example, some can come from water flavored with fruit or vegetables (lemons, berries, or orange or cucumber slices), or from coffee or tea.



Robert enjoying our delicious drink of the day



Jane checking out our Hawaiian Cart



Letter delivery time from OSU and Corvallis Rotary



Bernie is just one of our alumni from OSU!



Johnnie was all smiles!

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.

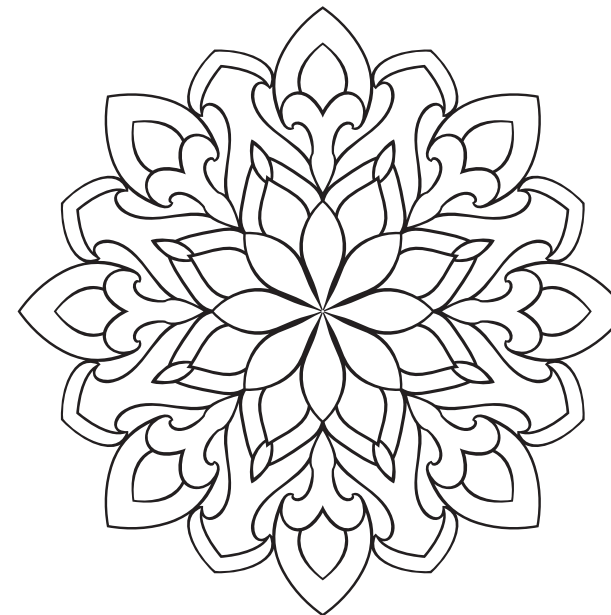


Simple Ways To Practice Mindfulness

- 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.

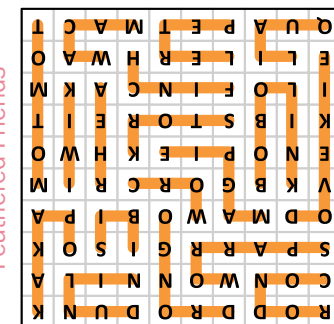
Take a Closer Look

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

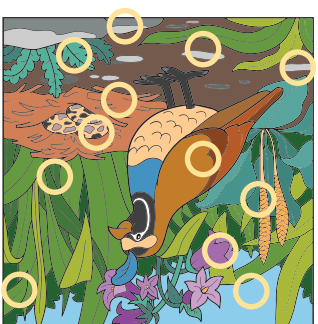
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Hawthorn Loving Heart Challenge

Check out these beautiful displays of the Hawthorn Loving Heart Challenge. Keep an eye out because there will be more to come!

(CNN) "Thousands of people are practicing social distancing worldwide and under stay-at-home orders to stop the spread of Coronavirus, but that's not stopping neighbors from leaving messages of hope in the windows of their homes.

"It's unclear where or when the effort started, but photos of people putting rainbows, colorful heart cutouts, teddy bears and anything that resembles a sign of hope have been spreading all over social media."

"The motivation is simple and varies from neighborhood to neighborhood.

Some are participating because they want their neighbors who have been deemed 'essential workers' to see some joy on their way out of their homes. Others say they decorated their windows so families taking walks and getting fresh air have a nice reminder that everyone is in this together."



We love Hawthorn!



Remembering our hot air balloon ride!



Such beautiful flowers!



Look at all those hearts!

May Anniversaries!

Move-In Anniversary:

Pat Obert, 5/10/2012 Harriet Cavalli, 5/27/2019

Ben LeRoux, 5/28/2014 Rita Taylor, 5/23/2019

Mike Marshall, 5/17/2018

Service Anniversary:

Naomi Gomez, 5/1/2003

"Naomi: You have been special. I look forward to your visits and being able to satisfy your sweet tooth. Seventeen years is a long time for medical distribution to residents." — *Hank*

"She is so sweet! It's not a job for her, she cares. If any problems

arise she always takes care of it for me. She is family!" — *Buzz*

"Naomi is extremely thoughtful and very helpful. She is a pleasure to have around." — *Harriet*

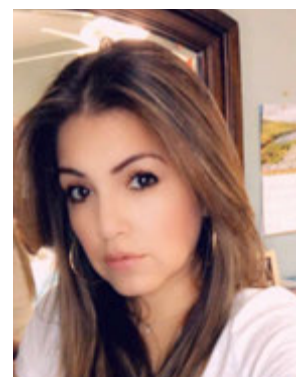
Kim Jones, 5/12/2017

"I am always glad to see Kim. She always has a big smile on her face and volunteers to help with anything needed. I love when she joins the lunch bunch. But above all, I like her cooking!" — *Donny*

"I love when Kim cooks southern food. The catfish and hush puppies are my favorite. I especially enjoy when she comes out on the activity outings with us. She makes it fun." — *Lynda*



Thank you for your service, Chef Kim!



Thank you, Naomi, for 17 incredible years of service!





Easter Time Fun!

Look at some of the amazing Easter door decorators that we have! There were so many great ones we couldn't even pick a winner, so they all won!

Everyone loved the Easter Bunny visits! Boy, that bunny sure was busy, from roaming around outside window to window and then door to door to deliver some most delicious Easter baskets. Seeing all those wonderful smiles made the Easter Bunny's day!



All the baskets are ready for the Easter Bunny!



Look at Rita's gorgeous smile!



Barbara working away



Looking good, David!



Love the bunny, June.



Nice job, Ralph and Joann!



Ruth loved the Easter Bunny visit!



Who is that staring in Donny's window?!



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Corvallis, OR 97333



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.



541-758-2026

