

Summit Glen

GRACIOUS RETIREMENT LIVING

4825 Old Farm Drive • Colorado Springs, CO 80917 • Phone (719) 380-1409 • www.seniorlivinginstyle.com

MAY 2020

SUMMIT GLEN STAFF

Management Team..ALLEN & NATALIE MILLER

Management Team..... CHARLES &
CHRISTINE CHAVEZ

Executive Chef..... RYAN BOYD

Sous Chef MORGAN QUALLS

Activity Coordinator BARBARA GIBSON

Maintenance ROB WHITE

Bus Driver ELDEN STROMER

Bus DriverMICHAEL LUNDY

Lead Housekeeper..... BERNICE MCCOY

TRANSPORTATION

First Monday of the Month,
9:30 a.m. & 2 p.m.: Errands

Tuesday & Thursday, 9 a.m.-3 p.m.:
Doctor's Appointments

Friday, 9 a.m., 10 a.m. & 2 p.m.: Shopping

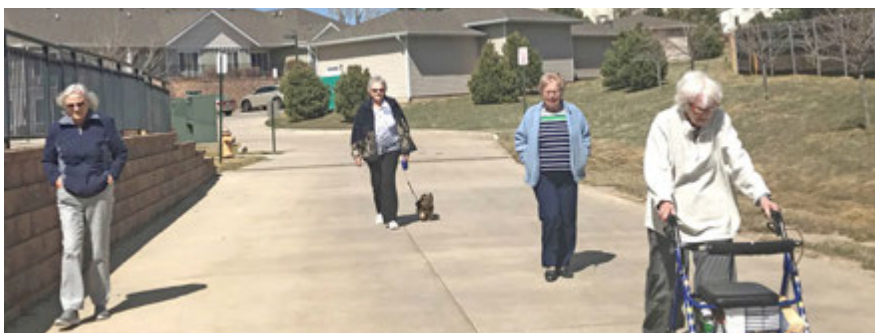
HAWTHORN
SENIOR LIVING

Our New Normal

Social distancing, masks, hand sanitizer, cluster, unprecedented, surreal, toilet paper, quarantine, hoarding ... sound familiar? Words that we rarely used a month or so ago have become all too familiar with the outbreak of COVID-19. It has certainly changed the way we live.

The pictures really tell the story: visiting loved ones through a door; social distancing, even on walks; Mary, our hairdresser, spreading cheer with her snow bunny; and the Summit Glen Mask-making Team.

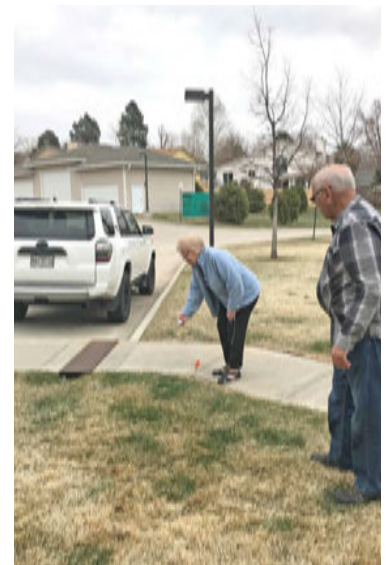
Residents, we appreciate all you are doing to keep one another safe. We are Summit Glen strong!



(Photos continued inside.)



Our New Normal (Continued)





Our New Normal (Continued)



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.

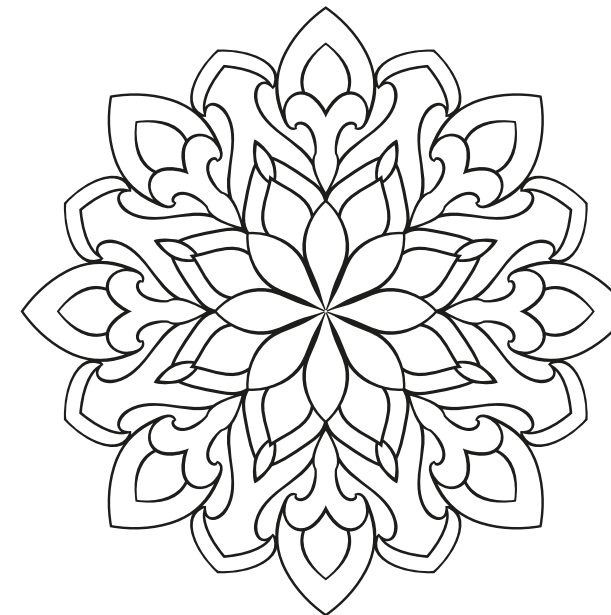


Simple Ways To Practice Mindfulness

- 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.

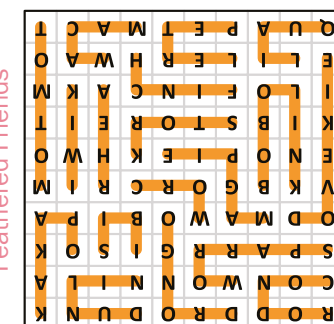
Take a Closer Look

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

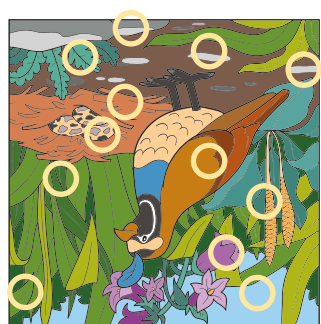
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





The Resident Corner

An Unforgettable Road Trip

By: Mei-Li Liu 2008

At the end of May, I ride on the bus with the seniors that making me feel older. As our bus rolling down the Highway 24 on the hilly country, I see the big and small magnificent boulders scattering on the landscape. Some are grouped together, looking as if they are worshipping in a courtyard, while others sit together as if they are God's messengers praying for travelers.

Cheerfully, I look out the bus window, I see the blue sky and few white clouds. The east to west of the foothills are the tawny buffalo grass like the waving sea among wild berries and creeping grass. Beneath the snow-peak mountain range looks like an artist had painted it with a brush.

On the rise, I see three buffaloes grazing, and they look up to see the bus, and they are roaming toward it.

Now, the bus goes down to the hill and my eyes are drawn to a creek that twists left to right like a snake. There are cottonwoods standing on both sides. The water has running down the slope, and I hear the water gurgling.

As the bus is rolling up and down the hills, mile after mile, here and there, I see the lopsided old houses and few vacant cabins standing on the open fields. I wonder how people coped their lives when they lived here long ago.

Advice

Try giving yourself away.
Step aside, let others ahead.
Friends don't let friends pay.
You grab the tab instead.
Be the chauffeur, buy the gas.
Politely drop them at the door.
Paying all, you're showing class.
Find a way you can do some more.
A selfless you? A lofty goal!
'Tis more blest to give than receive!
Diminished bankroll, heightened soul!
Grovel, genuflect, believe!
If you so kindly* have served.
"Colossal Chump" is much deserved.

*My authority for this word is Sir Thomas Wyatt
(1503-1542) in "They Flee From Me."

Faye Padgett
April 2004

A Poem entitled "In the Land that Made Me Me" is found on Facebook. It inspired me to write this one a few years ago.

How well do I recall
That in the good old days gone by
Our land was filled with folks who
Had a twinkle in their eye.
But now it seems the twinkle's gone
And from our lips instead
Come arguments and curses loud enough
To wake the dead.
The land that made me me is gone
And only by God's grace
Will we observe those smiles again
On every human face.

—Ginnie Voelker

Resident Meeting Reminders:

Managers: The first Thursday of every month at 11 a.m. in the Activity Room.

Chef/Activities/Maintenance: The last Thursday of every month at 11 a.m. in the Activity Room

See the "Regularly Scheduled, Recurring Events" newsletter insert for even more activities!



May Birthdays

We have several residents who are celebrating their birthday in the month of May. A big Happy Birthday to:

Steven Greene, May 1st

Rose Staylon, May 3rd

Mary Melroy, May 5th

Sharon Smrdu, May 9th

Sue Dunham, May 14th

Best wishes for a safe, healthy and blessed year!

Patty Johnson, May 15th

Jeanie Hanson, May 17th

Dietmer Voitel, May 23rd

Marlin Sigaty, May 31st

Happy Mother's Day

Just One Mom

Hundreds of dewdrops to greet the dawn,
Hundreds of bees in the purple clover,
Hundreds of butterflies on the lawn.
But only one mother the whole world over.

This was a poem that my oldest brother had copied and framed for my mom many years ago. She kept it on her nightstand, year after year. As a mom of two grown children, I understand how precious this must have been to her. I have framed artwork my kids created when they were small and pictures of them at different stages of their lives line my dresser and walls.

The relationships between a mother and her children are as varied as are people. Some are decidedly better than others. Whatever the case may be, we all know mothers.

Sunday, May 10th, is Mother's Day. We will recognize and celebrate all of the women in our building at this special time. Stay tuned for details. And have a very Happy Mother's Day!

Gratitude

Dear Friends at Summit Glen,
Thank you so much for your kind words
and the love you expressed since Claire's
passing. I loved her dearly and miss her
greatly, but I know she is at home with the
Lord, and I will see her soon again.

With much appreciation,
Chuck Woudenberg

Words of Wisdom

Springtime

The splendor of the rose and the whiteness of the
lily do not rob the little violet of its scent or the daisy
of its simple charm. If every tiny flower wanted to be
a rose, spring would lose its loveliness.

—Terese of Lisieux

Speak kind words and you will hear kind echoes.

—Anonymous

Most smiles are started by another smile.

—Anonymous



4825 Old Farm Drive
Colorado Springs, CO 80917



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.



719-380-1409

