

SOMERSET

Assisted Living

8360 Cason Road • Gladstone, OR 97027 • Phone (503) 723-7868 • www.seniorlivingstyle.com

MAY 2020 SOMERSET STAFF

Administrator.....NIARE FEASTER
Assistant Administrator.....APRIL POTTER
Director of Health Services.....ROBIN PARR
Assistant Director of Health Services .. MELISSA MORGAN
Resident Services Coordinator.....RYANA VALDROW
Executive Chef.....LISA EVERETT
Community SalesJILL UFFORD
Activity Coordinator JENNIFER DENLAY
Activity Assistant NANETTE DAHLSTROM
Administrative AssistantCINDY LAUDERBACK
Bus Driver NANETTE DAHLSTROM

TRANSPORTATION

Tuesday & Thursday, 8:30 a.m.-4 p.m.: Medical

Tuesday, 1:20 p.m.: Walmart Shuttle

Wednesday, 9:30-11:30 a.m.: Fred Meyer

ALTERNATE TRANSPORT SERVICES

Tri-Met Lift: 503-802-8000

Med Transport: 503-802-8700

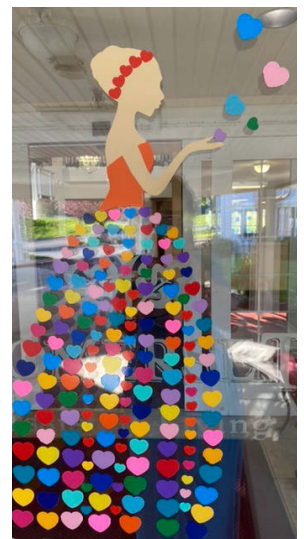
Metro West: 503-648-6656

TRP (Trans Reach People): 503-655-8208

HAWTHORN
SENIOR LIVING

Saying Thank You

For one of our Arts and Crafts, we cut out hearts. Everyone put a special thank you to the firefighters, the police department and most of all, our caregivers and all of the staffing at Somerset Assisted Living for all the hard work they do every day.





May Birthdays

Richard Stockett, 15th

Mary Oppenlander, 20th

Charleen Bohling, 22nd

Jeanne Perine, 24th

Phyllis Rodgers, 29th

Welcome, Chef Lisa

We are so excited to welcome our new Chef to Somerset. We are excited to have her join our team.



Mother's Day Scones

Preheat oven to 220-230 and prepare a tray lined with non-sticking baking paper.

Sift flour and salt into a large bowl, then add butter.

Using your fingers, rub the butter into the flour until it becomes crumbly and textured.

Make a well in the centre and pour in the milk. Mix until it forms a soft dough.

Turn the dough onto a clean, floured surface and gently knead the dough until smooth. Be careful not to knead the dough too much, as scones will become tough.

Shape and flatten dough into 2-3 cm thick round discs. Cut out scones using a 5 cm round cutter and place slightly apart on the tray. Lightly brush tops with milk and bake for 10-12 minutes or until lightly golden.

Serve warm or at room temperature as is with a chosen topping; we used jam and cream.

Our Easter Bunny Delivered Some Snacks Along With Our Coffee Cart

The residents have had some amazing snack carts going around. The Easter bunny wanted to make sure he gave all of his goodies away along with our coffee cart. The residents had big smiles and loved their gifts.



Beauty Salon

Thursday and Friday, call Jane at 503-826-2548 or sign up at Front Desk for an appointment.



Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof — Called the “garden of Europe,” this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.



The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, “much remains to be done,” since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

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.

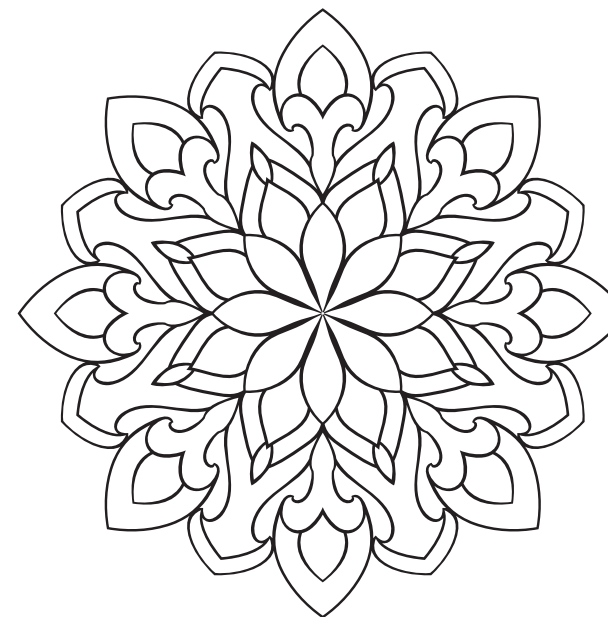


Simple Ways To Practice Mindfulness

- 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.

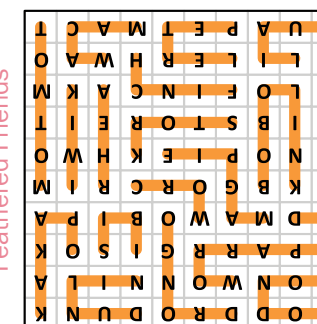
Take a Closer Look

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





Happy Hour

It has been a blast working with our new Chef at Somerset. We have had some amazing snack carts and games for the residents. I can't wait to see what we come up with next.



Somerset Casino Snack Cart and Our Luau Cart



Nail Services with Shelley

Third Monday, 2-4 p.m. Sign up at the Front Desk for an appointment.

Meal Times

Breakfast at 8 a.m., Dinner at 12:30 p.m., and Supper at 5:30 p.m.

May 24th

Happy Birthday, Jeanne Perine!

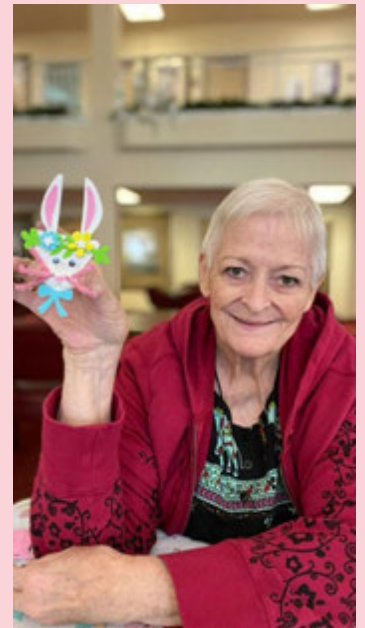


Enjoying the Sun

The management loved spending one-on-one time with the residents. The weather was so beautiful, and it's always nice to get to spend time with each other and catch up.



Arts and Crafts





8360 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.

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