

# Carolina Estates

Gracious Retirement Living

4434 Old Battleground Road • Greensboro, NC 27410 • Phone (336) 282-6133 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2020

## CAROLINA ESTATES STAFF

Managers.....PETER & MARY BRETH  
Management Team..DENNIS & LOUISE TWIGG  
Executive Chef.....GARY BURWELL  
Sous Chef .....TIMOTHY ALSTON  
Activity Coordinator .....CHANTEL SMITH  
Maintenance .....RALPH LIPPERT  
Bus Driver.....TIMOTHY ELLIOTT

## OFFICE HOURS

Daily: 7 a.m.-7:30 p.m.

## TRANSPORTATION

**Monday, Wednesday & Friday,**  
**9 a.m.-12:30 p.m.:** Shopping/Errands Day  
**Tuesday & Thursday, 9 a.m.-12:30 p.m.:**  
Medical Appointments Only

**HAWTHORN**  
SENIOR LIVING

## Darlene Helen Beckstrom Thorarinson — On the Go and In the Know

In Sister Bay, Wisconsin, a future sportswoman was born to Helen and Willard Beckstrom. Darlene's father was a small farmer and carpenter and her mother worked for a senior citizens country house.

During her school years Darlene stayed busy with jobs such as a grocery store cashier, being a bus girl in a restaurant, and cleaning motel rooms in the mornings. She excelled in a variety of sports, especially bowling.

While in high school the desire to join the Army developed and she joined the Women's Army Corps for three years. Her love of sports continued, and she was on a bowling team that represented the Army. She won three trophies. Joining the drill team and rifle team, Darlene became an expert marksman with a rank of SP-5. She also worked with Army records.

After her service Darlene met her future husband, Ken, who was on leave in her home town. They had a son Michael, who is a nurse in a clinic in Lexington, North Carolina, and a daughter, Tammy, who works for BB&T in Winston Salem. Darlene and Ken ended up with seven grandchildren and five great-grandchildren.



Darlene Thorarinson

(Continued on page 2.)





## Darlene Helen Beckstrom Thorarinson — On the Go and In the Know (*Continued*)

Among the places her husband was stationed in Heidelberg, Germany; Fort Hood, Texas; Fort Bragg and Fayetteville, North Carolina; where they lived for six years. Ken retired in 1991 and passed away in 1992.

Darlene moved to an apartment in Greensboro, North Carolina, with her kitty cat, Penny. Her daughter found Carolina Estates for her. She moved here and blossomed, being a happy person. She knows everyone's first and last name and likes to help people and make them laugh. She enjoys doing puzzles and has put together 82 in her two years of living here at Carolina Estates. She continues her love of sports as a cheesehead (Green Bay Packers fan) and a Duke fan. She thinks Mary and Peter, Louise and Dennis, Chantel and the staff are doing a wonderful job.

Told by Betty D. and Jerry S.

## Carolina Estates Staff Heroes

Thank you for standing strong and for the sacrifices you make each day. Your dedication, courage and commitment are appreciated more than you will ever know! You are appreciated.



Chantel, Housekeeping/Servers, and Co-Manager Louise



Staff Team

## We Are United!

During this challenging time we have witnessed an outpouring of love to our residents by their families. We have had many residents ask how our friends in the community are doing. This is the beauty revealed in a confusing time. Family isn't always blood. It's the people in your life who want you in theirs, the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what. The love lives here at Carolina Estates, and we are so blessed.

## Welcome to Your New Home

We welcome all of our newest residents here at Carolina Estates. We are excited you have chosen Carolina Estates to be your new home. We have so much fun taking part in outings, entertainment and activities.

- Pat Masterson Apt 132
- Larry Hobbs Apt 231





## Father's Day Outdoor Social Distancing Concert With John Houston

What can we give,  
To an awesome, fabulous Dad.  
On a day like today  
When we are feeling very glad.

How can we repay,  
A loving and giving Dad.  
Who is always there for us,  
Even when he is mad.  
Where should we take,  
Such an amazing Dad.  
Who takes us everywhere.  
And cheers us up when we are sad.  
And to share words of love,

When should we tell or say?  
Every chance we get of course,  
But especially on Fathers Day!

Join us on Sunday, June 21st at 2 p.m.,  
out on the Front Porch as we celebrate  
Father's Day.



## Wishing You a Very Happy Birthday and Many More to Come!

We have several June birthdays. We wish you all a year of good health, happiness and joy!

**Margaret C.:** June 3rd

**Robert C.:** June 8th

**Emily G.:** June 11th

**Stacie D.:** June 13th

**Kathleen C.:** June 20th

**Abby L.:** June 26th

**June C.:** June 29th

**Chantel S.:** June 30th



## Health and Wellness: Legacy Healthcare

### Stress and Anxiety

Stress and anxiety play a role in many people's lives. Did you know that anxiety affects at least 40 million adults in America?

What are some symptoms of stress and anxiety?

- Constant worrying and apprehension
- Feeling powerless or panicked
- Fatigue
- Breathing rapidly
- Increased heart rate
- Sweating and Shaking

As a result of stress and anxiety, individuals may face other issues as well including headaches, insomnia, digestive problems, and decreased social participation in activities they enjoy. If you feel stressed and anxious, do not despair. There are many lifestyle changes that you can make to increase your quality of life and relieve your stress. If you are interested in finding out more about how to manage your stress and anxiety in order to complete your daily activities and improve your well-being, stop by the Legacy Healthcare Services Therapy Department in Room 240 located on the 2nd floor.



# Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

# Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris  
[Louvre.fr/en/visites-en-ligne](http://Louvre.fr/en/visites-en-ligne)
- National Gallery of Art, Washington, D.C.  
[NGA.gov](http://NGA.gov)
- Smithsonian National Museum of Natural History, Washington, D.C.  
[NaturalHistory.SI.edu](http://NaturalHistory.SI.edu)
- San Diego Zoo, San Diego.  
[Zoo.SanDiegoZoo.org](http://Zoo.SanDiegoZoo.org)
- Monterey Bay Aquarium, Monterey, Calif.  
[MontereyBayAquarium.org/animals/live-cams](http://MontereyBayAquarium.org/animals/live-cams)

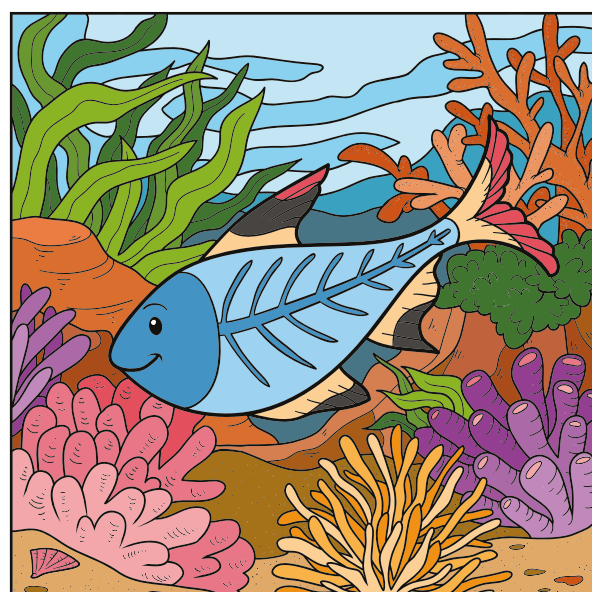
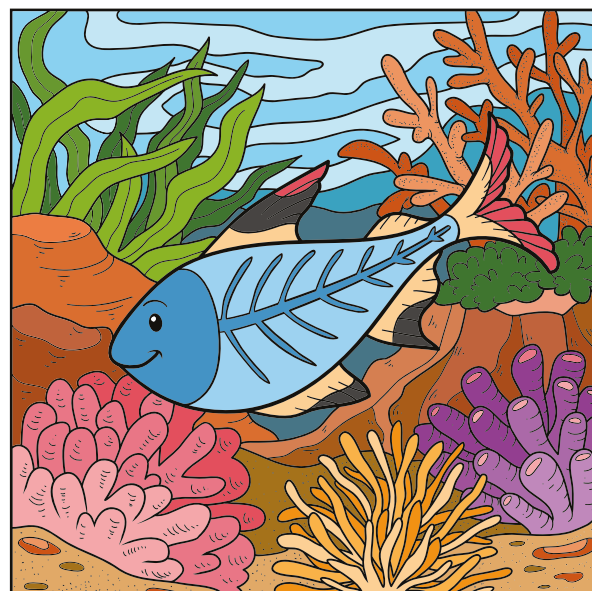
# Summertime Snicker

**Q:** What holds the sun up in the sky?

**A:** Sunbeams!

# Double Take

Fish around and find 10 differences in these two pictures.



# Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

# TV Dads

Match the father figure character to the TV show he appeared in.

## Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

## TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

# Puzzle Solutions

## Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

## TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

## Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

# Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

## DAD

- \_\_\_ Took action
- \_\_\_ A cube with dots

## TIE

## GOLF

- \_\_\_ Wide chasm
- \_\_\_ Sea-loving bird
- \_\_\_ Bovine patriarch

## BALL

## FISH

- \_\_\_ A tightly closed hand
- \_\_\_ Tiny water droplets
- \_\_\_ Chewing gum flavor
- \_\_\_ Two cups
- \_\_\_ Sewing accessories

## FINS

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





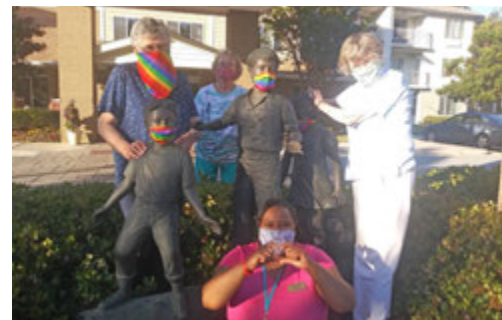
## #All in This Together



*Thank-you poster for the staff*



*Thank-you posters to the first responders*



*Barbara M., Beverly L., Louise T., and Chantel*



*Pat M. and Chantel are showing off our "All in This Together" bracelets*



*Chantel*

## Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.







## We're All Loving Hearts Here at Carolina Estates

There is a movement that is becoming very popular. People are decorating with beautiful heart cutouts placed in various



*Ira Godwin*

designs on the windows of homes, businesses, hospitals and retirement communities. According to CNN News; "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. 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."



*Rina May*

## Our Happy Easter



*Diane Nelson*



*Housekeepers/Servers, Manager Mary Breth, and Chantel*



*Amarysis Allred*



*Alice Ward*



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Greensboro, NC 27410



When the world  
is staying apart,  
we are coming  
together.



**336-282-6133**

