



COTTONWOOD — ESTATES — Gracious Retirement Living

255 Vaughan Drive • Alpharetta, GA 30009 • Phone (678) 242-0334 • www.seniorlivinginstyle.com

JUNE 2020

COTTONWOOD ESTATES STAFF

Managers.....JIM & LAURIE KUCKUCK
Assistant ManagersMICHAEL & ENDIA SIMMS
Executive Chef.....JONATHAN ELAM
Marketing.....SEÂN JOHNSON
Activity Coordinator YOHANNA L.J. STOREY
Maintenance MARK SIMMS
Transportation THOMAS BABER

TRANSPORTATION

Monday, 9:30 a.m. and 2 p.m.:

Windward Pkwy. Shopping

Tuesday & Thursday, 9 a.m.-2 p.m.:

Doctor Appointments

Wednesday, TBD: Outing

Friday, 9:30 a.m.: Northpoint Pkwy. Shopping



HAWTHORN
SENIOR LIVING

A Letter to Dad

Dear Dad,

As I have grown up, I have realized I am truly blessed and thankful for having you in my life. Through the ups and downs, the thick and thin and our chaos, you have always shown resilience and will-power. You have taught me how to succeed in life without holding my hand the whole way. You have given me tools to get ahead in life and to create a life I wanted. Yes, of course, I've made plenty of mistakes, but you were always there to back me up and put me back on the right path. For that, I look up to you as my knight in shining armor.

I never understood how much and how hard you worked to provide for our family until I was older. Probably, I was too stupid, selfish and young to see what going on in front of my eyes; also it was because I wanted to worry about my own life, or maybe I was naive. I don't know, but I truly understand what you have done for our family. You never sat around waiting for things to happen, you went out and created opportunities. I respect how hard you worked and the things you have accomplished and the knowledge you have gained in life.

My friends have always told me how interesting you are, but I never really got it. It's probably because you are my dad, and I have heard your stories before, plus I was jealous of the praise and attention you got. Now that I step back and think, you really are a very interesting man. You have done things in life that many people only dream of. Not only have you done them, but you have succeeded in doing them. Even the things you lacked, you never allowed it to keep you from being the man that you are. That is something to be proud of, and I am proud of you.

(Continued on the inside.)



A Letter to Dad (Continued)

One thing that I have learned in the last couple of years is what it takes to be an adult. You never really understand this fact until you get out of school and into the real world. You truly don't understand it until you have children or other responsibilities. Being a father is not just about taking care of your child. It is much more. It is about taking care of your whole family and teaching values and lessons without even speaking the words. It is about lifting your family up when they are down and pushing the family through when times get tough. A father's role is tough, you have to be patient and understanding, and Dad, you have prevailed at it.

As a young child, I always thought the measure of success was based on how much money you made and how many cool things you had. How wrong was I? I have learned over the years that success really doesn't have anything to do with money. I think success is all about what you have accomplished in your life and the experiences you have gained. Anyone can measure money, but it is much harder to measure accomplishments.

As I look at you, I know you are truly a great success story. You have worked hard, raised a family, taught your kids life lessons and values, become a grandfather, traveled locations around the world and many other things that I can't even think of. Based on these facts, I know I don't have to worry about how much money I have or how much I made, I want to create opportunities and experiences just like you. That is success to me, and I wouldn't be able to achieve that without you here by my side anymore. Your passion, your drive and your knowledge are inspiring and still carry me through.

There is no other man in the world that I wish to compare to you because you are in a class all your own. Having said this, I promise to instill those same valuable lessons into my children you once taught me. I just wish that time wasn't of the essence, that way we could have spent more time together. I miss your touch and loving advice, the way you would comfort me as a child and challenge me as an adult. Not a lot of kids were fortunate enough to say they had a dad like you or even close.

In your honor and to commemorate Father's Day to you this year, I will spend a day on the golf course and drink your favorite beer while listening to your favorite old records, listen to mom talk about how you drove her crazy, gaze upon your old pictures and miss you this Father's Day.

Love,
Your Son

June Birthdays

Lilli Walter, 2nd
Mary Thompson, 13th
Asta Contonio, 17th
Bettye Smith, 17th
Ann Barton, 17th

Karen Freeman, 18th
Donna Shively, 22nd
Lucile Drumheller, 22nd
Bill Adkins, 25th
Lottie Swietoniowski, 26th



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.

Hog Wild for Harleys

For more than a century, Harley-Davidson motorcycles have been synonymous with adventure and cruising on the open road.

In 1901, the wheels began turning for a young Milwaukee man named William S. Harley, who had the idea for a motorized bicycle. He drew a blueprint of a small engine to fit on a bike, and over the next two years, he and childhood friend Arthur Davidson worked on the design. Davidson's two brothers soon joined the team.

They built the first motorcycles in a backyard shed. In 1905, their first dealership opened in Chicago. As business grew, the company hired more employees and built a factory in Milwaukee. Police departments began ordering Harleys for their officers, and the U.S. military bought thousands of bikes during both world wars, where troops used them to deliver messages between units.

After World War II, legions of leisure riders took to the roads, cementing the popular brand as an American icon. The company's bar and shield logo in orange, black and white is one of the most recognizable emblems in the world.

Harley-Davidson motorcycles are sometimes called "hogs," a nickname that began in the 1920s, when one of the company's winning racing teams carried their mascot, a pig, on their victory laps.

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
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

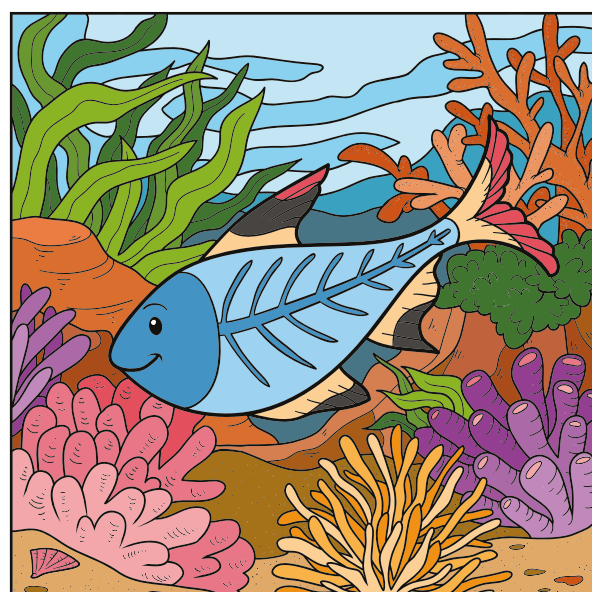
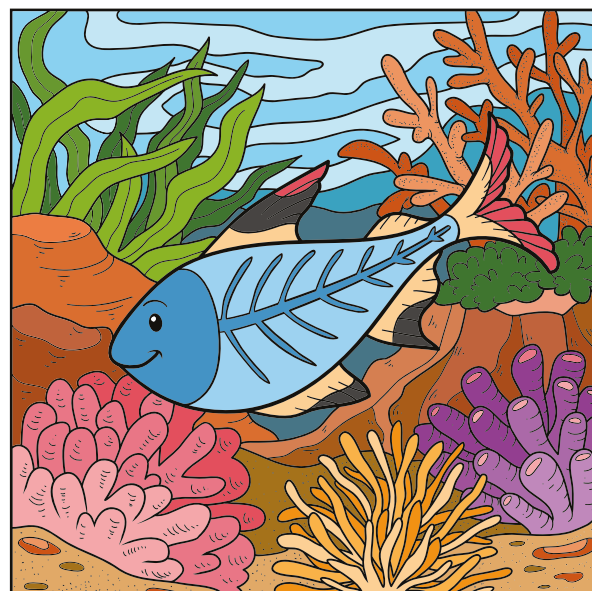
Summertime Snicker

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”

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

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

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





What Is the Meaning of Summertime?

Summertime to me was always portrayed in the month of June when school is out and the sun is always shining.

The neighborhood kids were always running towards the sound of the ice cream truck passing by. Dad was on the grill barbecuing a variety of meats while bragging about his grilling skills to his pals as they stood around and drank beers. Other moms and dads were watching the kids running around playing tag, double dutch, riding bikes, kickball or just doing cannonballs in the local swimming pool. As for my mom, I can see her moving about in the kitchen cooking all the side dishes for our afternoon lunch in our backyard.



Dreaming of summer

I can remember the smell of her potato salad, baked macaroni, corn on the cob, cut-up watermelons, fresh garden salad and an ice-cold pitcher of lemonade. For dessert, her award-winning apple pie always made local headlines in our community and inside of everyone's belly. She made it look so easy preparing all these meals, while never skipping a beat as she listened to the neighbors' wives tell her all the latest gossip.

I can hear my older sister giggling and trying on bathing suits from her bedroom window upstairs as she gets ready to go down to the local watering hole. In the meantime, I remember the smell of my sister's boyfriend smoking a Marlboro Light cigarette as he waited for her in the front yard and splashed Brut Cologne on his neck and chest. He was always combing his hair back and wiping his 1965 GT Mustang with a towel that hung from his back pocket. "What a loser, it's time to beam me up, Scotty," I said to myself. I was very curious to find out why teenagers always smelled so bad, had hair growing in un-godly places and were always kissing each other? "Eww, yuck!"

I can hear the rollerblades of other children zooming by fast as they come down the street, sucking their popsicles. As time grew into the night, I remember seeing the fireworks and kids running with sparklers throughout the community.

As for me, one of my favorite memories was always sitting with my family by the firepit outside in the pitch of darkness while roasting marshmallows and eating gooey s'mores with my mom and dad. Right before bedtime at 8:30 p.m., I would radio in my friends and swap stories about our daily adventures on the walkie-talkies. Susie would tell me all about her tea party with Joann, Betty-Sue, Addison and her stuffed animals. Bart, which was short for Bartholomew, talked for years about building a rocket with Jacob, Weston and Annabelle. We called them the nerds of Harlem Heights; they could figure out the stimulation algorithm of launching a rocket. I remember them giggling about math equations that didn't make a bit of sense to me. However, I marveled at the brilliance of their creative minds. I can still hear my father calling my name and saying it is time for bed. But I loved it when my parents read me stories right before I closed my eyes to drift upon a blank canvas.

I remember those days long ago, a simpler time; where happiness wasn't too far from your grasp and smiles were a sign of hope. That is what summertime means to me.



‘Jaws’ Turns 45

Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20th, 1975. Dive into these fin-tastic facts about the film.

- “Jaws” was based on the novel of the same name by Peter Benchley, who also co-wrote the screenplay. He originally titled the book “Silence in the Deep.”
- Three mechanical sharks were built to portray the great white beast that terrorizes a seaside town.
- To add suspense, the shark isn’t seen until nearly an hour and a half into the film. In total, it only has four minutes of screen time.
- The memorable line “You’re going to need a bigger boat” was ad-libbed by actor Roy Scheider, who played the town police chief, Martin Brody.
- The fishing boat used to track the shark is named the Orca. In real life, orcas are the only natural predators of great white sharks.
- John Williams composed the famously foreboding two-note “Jaws” theme, winning the Academy Award for best original score.
- The first movie to make over \$100 million at the box office, “Jaws” was the highest-grossing film of all time until 1977’s “Star Wars.”

Lure ‘Em In

Open up an angler’s tackle box, and there’s likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

Crankbait: Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

Jigs: A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure’s hook can be adorned with feathers, a fake worm, or live bait.

Spinnerbait: These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed “skirt” made of strands of rubber or animal hair, a spinner’s horizontal movements are irresistible to fish such as bass, perch and pike.

Spoons: One of the oldest lures used was a common utensil—a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

Flies: To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.

COTTONWOOD
— ESTATES —
Gracious Retirement Living

255 Vaughan Drive
Alpharetta, GA 30009



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

COTTONWOOD
— ESTATES —
Gracious Retirement Living

678-242-0334

