

Glenmoore

Gracious Retirement Living

12154 SE 114th Court • Happy Valley, OR 97086 • Phone (503) 698-3555 • www.seniorlivinginstyle.com

JUNE 2020

GLENMOORE STAFF

Managers.....DAVE & GINGER WOOD
Assistant ManagersRICK &
RACHELLE MCCARTHY
Executive ChefKRISTIN WIGGINS
Activity CoordinatorGRACE MCLEAN
Maintenance Coordinator DANIEL RIDDLE
Transportation RUTH WOOD

TRANSPORTATION

Monday, 9:30 a.m.-noon:
Walmart and Fred Meyer

Tuesday & Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Wednesday, TBA: Outings

Friday, 9:30-11 a.m.: Safeway,
Rite Aid and Walgreens

HAWTHORN
SENIOR LIVING

Celebrating Fathers in June — A History

Did you know it took almost 60 years for Father's Day to be a recognized holiday? Originally founded in Spokane, Washington, in 1910 by Sonora Smart Dodd at her local YMCA, this celebration was created to complement Mother's Day by honoring fathers or father figures. It did not have much success in the beginning and through the 1930s, when Dodd started raising awareness at the national level.

Before Dodd started petitioning the nation, a bill to accord national recognition of the holiday was introduced to Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak at a Father's Day celebration. He wanted to make it an official holiday, but Congress resisted, thinking it would become too commercialized. In retrospect, this is a fair point, as both Mother's Day and Father's Day are equally commercialized. In 1924, President Calvin Coolidge recommended that Father's Day be observed by the nation, but stopped short of making it an official proclamation because two earlier attempts had been defeated by Congress. In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring paternal figures for 40 years while honoring mothers, "singling out one of our two parents."

In 1966, President Lyndon B. Johnson made the first Presidential proclamation honoring fathers, designating the third Sunday of June as Father's Day! Six years later, Father's Day was made a permanent holiday when President Richard Nixon signed it into law in 1972.

Whether you are a stepfather, birth father, or a father figure to someone you care about, you are celebrated with love and gratitude for being the man that you are! Happy Father's Day!





Playing With Paint

Fun watercolors with handmade cotton paper, pour painting using strainers ... we had a great time experimenting with different ways to paint, here at Glenmoore! With limitations on group gatherings, we have been able to enjoy fun crafting and painting classes in two or more sessions, and we always have a great turnout. Be sure to join us for the next painting session! No previous experience is necessary, and all materials are provided. Just bring yourself, and your creative curiosity!



Vicki Suyat painted a beautiful, abstract tree with lots of movement of color.



Pouring with a strainer



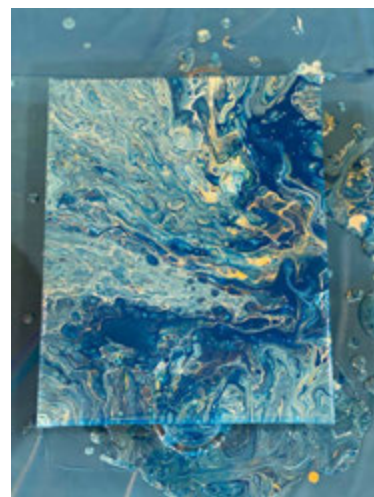
Rosie Garcia joins pour painting for the first time!



Trevor, one of our fabulous evening servers and Class of 2020 graduate, trying pour painting for the first time



Beverly Snyder painted a beautiful bouquet in our watercolor class.





A Shout-Out to All the Mommies!

Mothers

Believe in us more than we believe in ourselves
Do more for us than they do for themselves
Worry about us more than we realize
Pray for us more than we'll ever know

Value us more than anything in the world
Give us more than they can afford
Love us more than anyone else can
Matter more than words can express
Poem By: Kathy Jeffords

We celebrated almost 100 mothers here at Glenmoore on Mother's Day! It was a day filled with smiling eyes, beautiful ladies, and a building full of love. Executive Chef Kristin, a mom of three herself, prepared an exquisite meal that was hand-delivered to each apartment, and received nothing but praise. We are lucky to have so many wonderful mothers in all their capacities! Thank you for being a part of our family, and you deserve to be celebrated every day.



Beverly Snyder dressed in her Mother's Day best — including a beautiful hat she made!



Lorraine Brown and Sylvia Doig receive their Mother's Day gifts from Glenmoore with gracious smiles!



Lavon Pleasant received a wonderful drawing from her great-granddaughter — it was large enough to send a hug.



Lori Lauck received a new T-shirt from one of her three daughters, but won't say which one.

June Birthdays

Help us in celebrating your friends and neighbors on their special day!

- Elaine Grover, June 5th
- Mark Hall, June 5th
- Jerry Jones, June 6th
- Rosie Garcia, June 10th
- Doris Powers, June 18th

"Age is strictly a case of mind over matter. If you don't mind, it doesn't matter." — Jack Benny
Happy Birthday!



Here To Help

David and
Patti Eldridge,
503-896-6701.

BB's Hair Design

Beckie Brown
503-750-9575
Available Monday-Friday,
please make an appointment.

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.

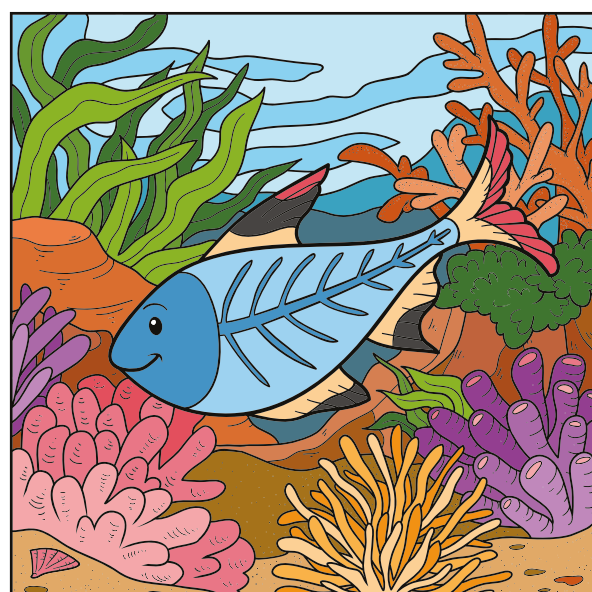
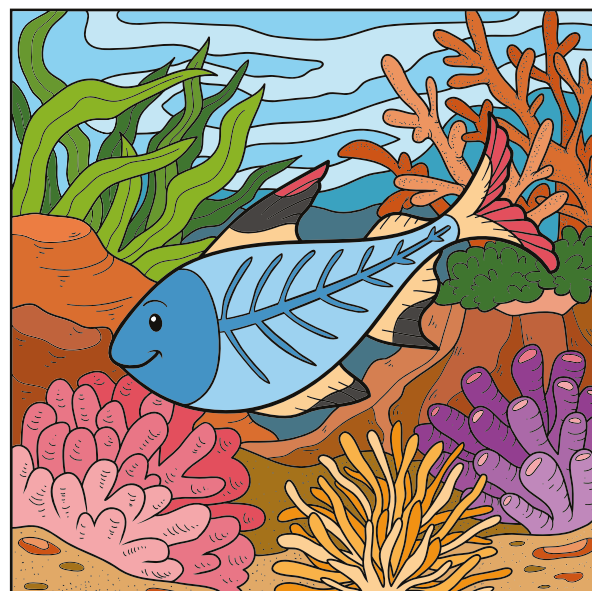
- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

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”

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





The Very Best of Glenmoore's Spirit Week

May the Fourth Be With You, Funny T-Shirt Day, and Wear Your Favorite Holiday Attire were the most popular days during our Spirit Week here at Glenmoore. We got a little sneak peek into the personalities of our residents, and their fun sense of humor. It was a great week!



Jim Shore always has a silly shirt available for Funny T-Shirt Day.



Edith Haines in her favorite quilting sweater



Ruth and Grace show off their Christmas sweaters.



Uni Kincaid shows off a T-shirt from one of her many adventures.



Beverly Snyder in her cute Christmas sweater



Patsy Palmer in her wildcat shirt



Our wonderful transportation guru, Ruth, in her funny T-shirt about driving the bus!



Legard Waldrop in her Halloween best!



This Month in History

June 6, 1872: Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York. After voting rights had been granted to African-American males by the 15th Amendment, she attempted to extend the same rights to women. She led a group of women who voted illegally, to test their status as citizens. She was arrested, tried and sentenced to pay \$100, which she refused. Following her death in 1906 after five decades of tireless work, the Democratic and Republican parties both endorsed women's right to vote. In August of 1920, the 19th Amendment to the U.S. Constitution was finally ratified, allowing women to vote.



June 14, 1777: John Adams introduced a resolution before Congress mandating a United States flag, stating, "... that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation." This anniversary is celebrated each year in the U.S. as Flag Day.

June 18, 1983: Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger, launched from Cape Canaveral, Florida.

June 28, 1919: The signing of the Treaty of Versailles formally ended World War I. According to the terms, Germany was assessed sole blame for the war, forced to give up Alsace-Lorraine and overseas colonies, and pay reparations of \$15 billion. The treaty also prohibited German rearmament.

Source: The History Place

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.





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

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