

Maple Ridge

Gracious Retirement Living

1531 Juliette Way • Cedar Park, TX 78613 • Phone (512) 425-0053 • www.seniorlivinginstyle.com

JUNE 2020

MAPLE RIDGE STAFF

Managers.....HERSCHEL & DONNA STAUFFER
Assistant ManagersSHAWN & ANITA DENIO
Assistant ManagersBOB & LORI ANN REBER
Executive ChefART WALKER
Community SalesLYSA DODD
Activity CoordinatorKELLY MELDAU
Bus DriverKERI MCCOY

TRANSPORTATION

Monday, 9 a.m. to 2 p.m.: Shopping

Tuesday, 9 a.m. to 2 p.m.: Appointments

Wednesday, TBD: Outings

Thursday, 9 a.m. to 2 p.m.: Appointments

Friday, 9 a.m. to 2 p.m.: Shopping

HAWTHORN
SENIOR LIVING

Color Calendar Fun

During these uncertain times, it is vital to stay consistent with a daily schedule. In other words, act as if things were normal. Continue to get up, get dressed and go out while maintaining a safe 6 foot distance. Routines brings us peace of mind and reduces stress, so while it is fine to stay in our pajamas every now and then, it is not fine to

do so every day. For that reason, The Hawthorn Company has created The Wardrobe Color Calendar. Getting dressed should be fun. This gives us something to look forward to, creates purpose, and makes us look around our community for those wearing the same color! Join in on the fun!

- Mondays are Blue days, symbolizing serenity.
- Tuesdays are Orange days, symbolizing happiness.
- Wednesdays are Yellow days, symbolizing cheerfulness.
- Thursdays are Green days, symbolizing tranquility and harmony.
- Fridays are R.E.D. days; R.E.D. is acronym for Remember Everyone Deployed.
- Saturdays are Purple days, symbolizing wisdom.
- Sundays are Pink days, symbolizing calmness and joy.



*Ms. Toni sporting
her yellow*



Keeping Our Joy While Social Distancing

While we all struggled through the Corona Virus, we found new ways to have fun. Our gym is one place where we can continue social distancing every day and get some good physical exercise! Jan and Sherry are just a few of our Maple Ridge residents who enjoy the benefits of staying active.

Our local community has been so wonderful about bringing us joy! The Darby family and Calcote family came to “Chalking the Walk” for us. Messages of love, hope, and joy were written all over the community. We are so blessed to be loved by our local community.

As you can see even during these uncomfortable times, we find joy in the smallest of things!



Jan and Sherry in the Gym



The Calcote Family and Darby Family

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



The Strawberries in our Maple Ridge Raised Gardens Are Delicious

The strawberry (*fragaria ananassa*) originated in Europe in the 18th century. It is a hybrid of two wild strawberry species from North America and Chile. Strawberries are bright red, juicy, and sweet. They're an excellent source of vitamin C and manganese, and also contain decent amounts of folate (vitamin B9) and potassium.

Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control. Usually consumed raw and fresh, these berries can also be used in a variety of jams, jellies, and desserts.

Heart disease is the most common cause of death worldwide. Studies have found a relationship between berries and improved heart health.

According to a study in middle-aged people with well-established risk factors for heart disease, berries may improve HDL (good) cholesterol, blood pressure, and blood platelets function.

Strawberries may also:

- improve blood antioxidant status
- decrease oxidative stress
- reduce inflammation
- improve vascular function
- improve your blood lipid profile
- reduce the harmful oxidation of LDL (bad) cholesterol

If you take a walk around our beautiful community you will see our raised planter beds. If by chance, there is a fresh strawberry growing, feel free to gobble it down! Our Green Thumb Bloomer Garden Club will be so pleased to know that their neighbors are enjoying our fresh bounty!



“Jaws” Turns 45

Hard to believe but the movie “Jaws” turns 45 this year! Seems like just yesterday that the scary ocean movie hit the theaters. Considered to be the first summer blockbuster, the thriller “Jaws” opened in theaters on June 20, 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.”

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

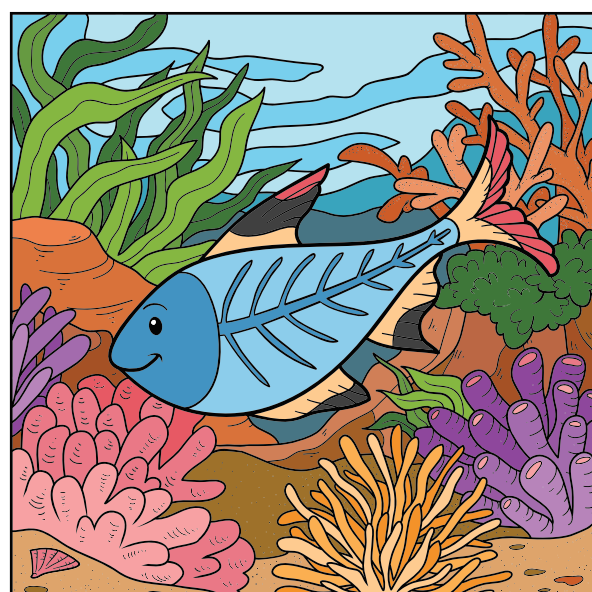
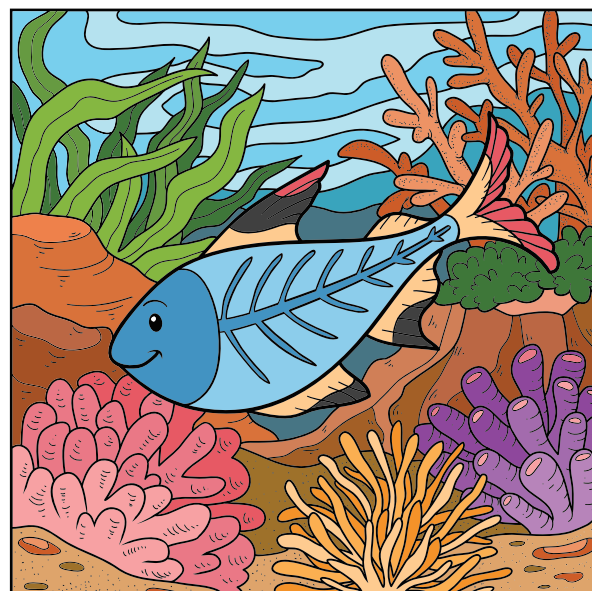
Summertime Snicker

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





Mother's Day Week at Maple Ridge

Hawthorn knew Mother's Day would look a little different this year, so we planned a whole week around our precious mothers of Maple Ridge. Boy, was it fun! Our theme this year was Bee YOU tiful Mothers, so all things were "bee" related.

On Tuesday of that week we had a Bed, Bath & Bee YOU tiful buggy go around to each room and let our residents "go shopping" since they cannot get out and shop right now. Thursday we had a Tiki Juice Bar where we tasted very healthy juices to yummy smoothies! We all gathered around (as much as we could) and learned 10 fast facts about bees and honey. It was fascinating! Just to name a few we learned that: Honey bees must gather nectar from two millions flowers to make one pound of honey! That is a lot of work! Another fun fact is, honey never spoils. It is one of the rare food commodities with an eternal shelf life. In fact, there have been reports of finding edible honey in ancient Egyptian tombs. And lastly, a fun fact is that the queen bee can live up to five years. She is busiest during the summer months, when she can lay up to 2,500 eggs a day! Now, back to spoiling our Maple Ridge mothers.

On Friday we had a Sweet and Treat Cart for them. We had assorted candy bars and sodas, which our residents have been missing during this extended "staycation." We had a couple of very nice gift basket giveaways as well. Winners were: Janet Turner, Mary Burke and Peggy Alley. What fun! Then, for the big finale, our newest Assistant Managers, Bob and Lori Ann Reber built and decorated the most Bee YOU tiful cart that held the Spongelle Honey Blossom Lotions and Portland Bee Balm for our ladies.

It was a wonderful week of spoiling our moms and blessing them for all the love and support they have given to their families and friends. Moms, we hope you had a wonderful week and know that your family at Maple Ridge loves you!



Bed, Bath and Bee YOU tiful Buggy



Sweet Treat Cart



Ms. Merle



Ms. Pat getting her honey lotion



Some of the Bee YOU tiful girls of Maple Ridge



June Birthdays

June 7th — Barbara Melchior

June 27th — Dale Mullikin

June 28th — Sherry Windham

Did you know that June is considered the first month of summer and it is just one of four months that has 30 days? June is also known for being a great month to get married! Fun fact, June 2nd is National Rocky Road Day. You can be sure Kelly will have Rocky Road on the schedule for that day!

Chef Art and His Maple Ridge Culinary Team

Chef Art was recently promoted to head Chef a few months back and boy are we lucky to have him and his team. Chef Art along with his team: Alex, Terrance, Patty, Sammy and Jeffery have really stepped up their game during this time of social distancing. Serving room to room (room service) is new to Hawthorn and he, along with our Servers, have really worked hard at making this new and uncomfortable worldwide situation not only bearable but a real blessing. We realize that not being able to sit in the Dining Room is something we all miss, but we can assure you that you will be served three meals a day with a bright and beautiful smile! It has been a learning experience serving room to room for Chef Art and his team as well. He has been open minded, flexible and teachable during this time and he really inspires his team to set the bar high. Chef Art tries to listen to all our residents' concerns or suggestions, and is willing to change things if need be.

That being said, he served the most wonderful meal for Mother's Day! He pulled out all the stops to bless all of our Maple Ridge mothers. The team started off the morning with grilled custard French Toast, Eggs Saratoga and crispy applewood bacon. Dinner then started with shrimp cocktail, followed by steak and a lobster mac and cheese and ended with a mixed berry cheesecake for dessert. The pictures say it all.

Art has always wanted to cook and he feels so blessed to come to Maple Ridge each day to make wonderful meals for you. Art was born in Mississippi and now lives here with his wife, Stephanie and three children. He loves comic books and he loves to read.

Chef Art will always make time to visit with you or you can join him twice a month for his Chef Chats and Chef's Corner.



*Terrance, Sammy, Chef Art and Alex.
Not pictured: Patricia and Jeffery*



*Steak and Lobster
Mac and Cheese*



Shrimp Cocktail

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is staying apart,
we are coming
together.

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