

# Julian Estates

## Gracious Retirement Living

13305 94th Ave East • Puyallup, WA 98373 • Phone (253) 845-3232 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### JUNE 2020

#### JULIAN ESTATES STAFF

Managers.....KENDALL & CATHY CLAPPER

Assistant Managers .....TOMMY  
& MILDRED ALLEN

Executive Chef.....CHEF RELL

Activity Coordinator ..... KARIN FOX

#### TRANSPORTATION

Monday, Shopping and errands

Tuesday, Medical Appointments

Wednesday, Outings

Thursday, Medical appointments

Friday, Shopping and errands

**HAWTHORN**  
SENIOR LIVING

### Let's Continue to Stay Safe!

We are so fortunate that the coronavirus has not gotten into our building. To keep this from happening, we need to remain vigilant in staying safe. Here is how we do that:

1. Maintain safe social distance of 6 feet from other people at all times.
2. Wear your face mask when you leave your apartment.
3. Wash your hands for at least 20 seconds.
4. Do not touch your face.

We will continue the protocol of disinfecting all packages that come into the building. Help us by telling your family to disinfect items they will be bringing to you.

Remember, we are all in this together!

### Happy Birthday to You!

We wish a very Happy Birthday to all of our residents born in the month of June! This is a great time to spread some cheer and drop a birthday card on their door clip to help them celebrate.

Nicci Johnson, June 4th

Theres Hosphenthal, June 5th

Barbara Meadors, June 8th

Bill Havens, June 8th

Donna Nyblod, June 10th

Dennis Sharp, June 24th

Happy  
JUNE  
Birthdays!



Bob Henkel, June 26th

Billie Jo Murker, June 29th

Audrey Schmitt, June 29th

Bob Studebaker, June 30th



## Did You Know That Father's Day Began in Washington?

It was while listening to a Mother's Day sermon in 1909 that the idea of a Father's Day suddenly struck Spokane, Washington, resident Sonora Dodd. She wanted to honor her own father, William, who was well-deserving of a special day as a widowed farmer left alone to single-handedly raise his six kids.

One year after, residents embraced the idea so warmly that by June 10, 1910, the first Father's Day celebration was proclaimed in Spokane. June was chosen because it was the month of Dodd's father's birth. Decades later, the first presidential proclamation honoring fathers was issued in 1966, when President Lyndon Johnson designated the third Sunday on June as Father's Day. Father's Day in America has been officially celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent.

To all the amazing dads at Julian Estates, we say, "Dads are most ordinary men, turned by love into heroes, adventurers, storytellers and singers of songs." -Pam Brown

Happy Father's Day!

## Julian Estates Joins the Facebook Community!

We have recently launched a Facebook page for Julian Estates called Julian Estates Gracious Retirement Living!

Please be sure to like us and help us generate a strong following! By accessing this page, you, your family and friends will be able to see photos and information about the fun we have at the place we call home.

See you online!

## Social Distance Dancing and Concert

It was a beautiful sunny day on May 8th, and we decided to have some good, old-fashioned music to celebrate. Lyle Schaefer provided the soundtrack as our residents headed outside to enjoy the sound of an accordion and the feel of the sun on their faces. Several residents enjoyed the view from their balconies and two groups of nine saw the show from the grass. It was a wonderful way to welcome in the spring and blow off some steam.



*Mary Ann listening from her balcony.*

Expect more concerts like this one in the weeks to follow when the weather becomes nicer. Please remember, these concerts are for residents only. This rule is due to the governor's restrictions on group sizes of less than 10 people, and we need to save spaces for the people who live here. Seats can be reserved by signing up in the activity room.



*Herb and Barbara showing off their best dance moves, 6 feet apart.*



*We love a good concert!*



## Happy Anniversary From Julian Estates!

All our love to the six amazing people in three spectacular couples and the celebration of their combined 118 years of wedded bliss.

Bob and Billie Jo Murker were married on June 10, 2018, celebrating two years together.

John and Jane Wren were married on June 12, 1976. This makes it 44 years since their wedding day.

Bob and Louise Henkel were married on June 23, 1948. This date shows their impressive achievement of 72 years of marriage.

We wish you many more years of love and togetherness, hope you find peace and fulfillment within each other and enjoy this special day like never before.

Happy Anniversary to the happy couples!



*Bob and Louise Henkel*



*John and Jane Wren*



*Bob and Billie Jo Murker*

## Take a Moment to Look After Your Mental Health With a Simple Meditation!

Meditation can help us eliminate negative thoughts, worries and anxiety, all factors that can prevent us from feeling happy. It has been proven that the practice of meditation, carried out on a regular basis, will mitigate the symptoms of stress and anxiety. This is especially important during times of uncertainty.

**To help, here is a simple meditation you can do:**

- Find a relaxing position.
- Bring your hands together and begin to create friction by rubbing them together quickly for 10 seconds.
- Place warm hands on the head, one hand with the palm over the forehead and one cupping the lower part of the back of the skull.
- Release the hands down and begin to take long 6 second breaths, 6 second inhales and 6 second exhales.
- Concentrate and allow the breath to relax you. Take as long as you need.
- As you focus on the breath, begin to paint a picture in your mind of somewhere that makes you feel completely at ease.
- Now as you are in this place, imagine you are doing an activity. Anything you enjoy (walking, swimming, reading, etc.). As you are doing this activity, repeat these affirmations to yourself: I am human, I am strong, I am grateful, I deserve happiness, I am me.
- Allow this place to become yours. Believe in it and allow it to keep you strong, calm and help keep you grounded.
- To return, start to bring your focus back to the breath, bringing awareness back to the present space.
- Slowly bring movement back to the body. Wiggling fingers and toes.
- Lastly, slowly open your eyes with a strong exhale.

## 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)

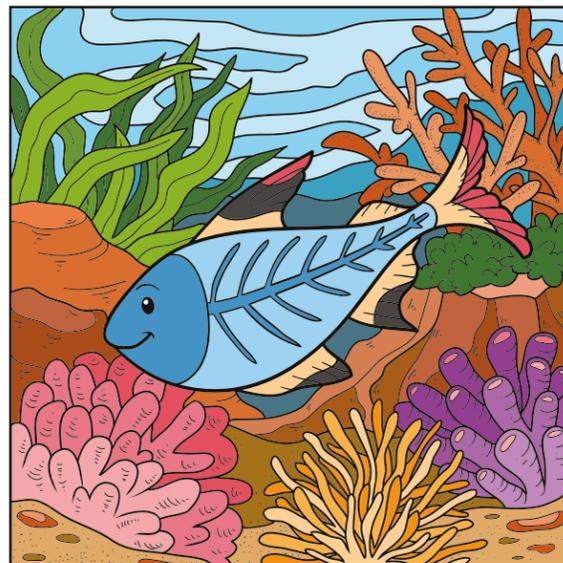
## Summertime Snicker

**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"

## 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.

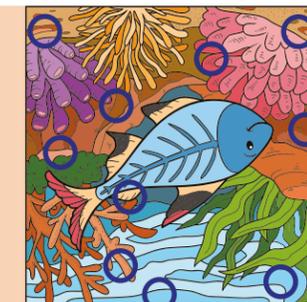
### TV Dads

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

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





## Library Services That You Can Access from Home

Are you looking for a fun way to pass the day? Do you like to learn and read? Then you need a visit to the local library. We all know the libraries are closed, but their online services remain open 24-7 and you can still access many of their resources. Here is a handy list of resources you may find useful:

### 1. Online Database Resources for Ancestry research.

Ancestry is allowing out-of-library-building access during this time, which means, if you have a library card, you can use this database for free at Julian Estates. Normally, Ancestry has to be accessed within a library building.

<https://polariscatalog.piercecountylibrary.org/POLARIS/search/misc/esources.aspx>

### 2. Download a digital E-book or magazine.

<https://www.piercecountylibrary.org/books-materials/audiobooks-ebooks/Default.htm>

### 3. Don't have a library card? Sign up for one here!

If you want one, you can sign-up for an e-card. This e-card will give you access to all services listed above. Here is more about how obtain a library e-card:

<https://www.piercecountylibrary.org/ecard.aspx?id=1502>

If you need help signing up or logging in, bring your tablet or smartphone to the activity room.

## Hawthorn Heart Project

The Hawthorn Heart project started as a movement designed to spread a simple message of warmth and human solidarity as many people felt increasingly isolated and anxious under the threat of COVID-19. A heart is a universal message of love, and we wanted to paint a positive message focusing on kindness instead of dwelling on the negativity and the unknown.

Residents at Julian Estates took part by cutting out paper hearts of all sizes and colors and placed them on their windows, doors and even their meal delivery boxes. For those residents unable to participate, it allowed for a different kind of fun. When walking around the building, people could “hunt” for hearts on their daily walks.

If you would still like to participate, please notify a manager, and we will provide you with supplies.

A very special thank you to all those who joined in on the fun and showed us their hearts!





## Julian Gets Some Love From The Outside World

Humans are hardwired to interact with others, especially during times of stress. Luckily, Julian Estates has been overflowing with love and support from friends from the local community and the children and teens from our local schools.

For the past month, Julian Estates has been receiving cards, letters and gifts from a local community Facebook Group, "Sending Smiles...Senior Lives Matter," from the students of Zieger Elementary School, Ballou Junior High School and Emerald Ridge High School. These selfless children, teens and adults have taken time from their work and school schedules to reach out a hand of love and support to the residents of Julian Estates!

If you would like to be taken off the list to receive something, please stop in to the activity room.



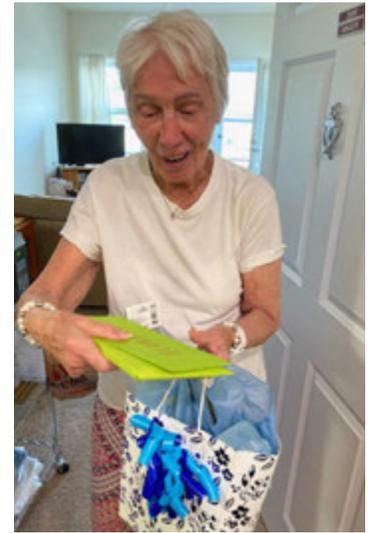
*Gladys and her flower*



*Herb and a gift from a student at Zeiger!*



*Emerald Ridge High School can sure paint some fun rocks!*



*Dorothy appreciates the gift from Ballou Junior High.*

## The Julian Jolly Snack Cart Rolling Out to See You!

Do you hear that nostalgic ice cream truck music outside your door?

It is not your imagination, but the Julian Jolly Snack Cart coming your way. Every day, you can listen for that fun tune and open your door to get a delicious treat for the eyes and tummy sure to brighten your day. As an added bonus, you get to see the smiling eyes of your favorite friendly neighborhood activity coordinator, Karin.

The happy and brightly decorated snack cart features a treat and decor that was lovingly prepared for you to enjoy.

The Snack Cart will follow the same schedule every day, so be sure to listen for that catchy sound at the following times:

**4th Floor** — 3 p.m.

**3rd Floor** — 3:20 p.m.

**2nd Floor** — 3:40 p.m.

**1st Floor** — 4 p.m.



*Hope you have a BeeYouTiful day!*



*Donut Worry, Bee Happy!*



*When life hands you lemons, make sorbet!*

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

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