

MULLIGAN PARK

Gracious Retirement Living

1800 Hermitage Blvd • Tallahassee, FL 32308 • Phone (850) 553-3252 • www.seniorlivinginstyle.com

JUNE 2020

MULLIGAN PARK STAFF

Managers..... DOUG & MARY WELLS
Assistant ManagersRICH &
JAN STEMMERMAN
Executive ChefJAMILA TOBIAS
Community Sales JEANIE
MARTIN-ARMSTRONG
Activity CoordinatorJAMIE GREEN
MaintenanceSCOTT LYNN
Bus Driver SUSAN TIPLER

TRANSPORTATION

Monday, 9:40 a.m.: Shopping and Banking

Tuesday & Thursday, 9 a.m.:
Professional Appointments

Wednesday, 9 a.m.: Outings

Friday, 9:40 a.m.: Shopping/Salon/Pharmacy

HAWTHORN
SENIOR LIVING

Welcome Back to Activities, Dear Residents

We are so excited to have our dear residents back to activities we can hardly stand it — and I know you can't either! To be able to socialize and be active is key to our mental and physical well-being. We have created new ways to participate in many of our previous activities to follow the Covid-19 protocols put in place by Florida's state guidelines with 6-feet social distancing, wearing face masks and limiting activities to 10 people or fewer at all times. So far, this practice has worked out well, and we have begun to get into a new routine, our "new normal." As we dive into a new month, we will begin to uncover new activities, new schedules and new routines, in hopes of opening the doors for more fun, fewer rules and good news!

I can't wait to see what our future holds, as we can only go up from here!





Happy Father's Day, Mulligan Dads!

Happy Father's Day to our amazing men of Mulligan Park! We love you all and hope you have an amazing day! We can't wait to celebrate with you.

Love,
Your Mulligan Park Staff



Happy Birthday to Our June Birthday Residents!

We wish all of you a very happy birthday, and I love you all!

Joyce D.: June 6th

Nancy M.: June 6th

Betty B.: June 15th

Trish B.: June 22nd

Jonnie S.: June 23rd

Margaret A.: June 24th

Jean B.: June 24th

Don G.: June 26th



Virtual Chair Yoga and Ageless Grace With Amanda

Due to COVID-19, our activities have changed a bit. Normally, our beloved Amanda Cannon would come every week to give us an amazing "Chair Yoga" session and twice a month she would come to bless us with a brain and body fitness program titled

"Ageless Grace." With our "new way" of living and performing activities, we have adapted and found new ways of enjoying these exciting programs. Every day at either 3 or 4 p.m. you can enjoy one of these exciting chair exercises in the Activity Room virtually with Amanda in front of the TV screen. It's a great way to stay active, keep fit physically and mentally, and stay happy! I encourage all of you to come give one or both of these virtual exercise programs a try!

Also, don't forget about Jamie's morning chair exercise every morning at 9:30 a.m. in the Activity Room!



We Are All in This Together!

Through all of the Covid-19 protocols and changes in the way we live our day-to-day lives, many of us may be feeling blue, or hopeless. I want you to remember that "we are all in this together," as we enter a new phase of this crazy pandemic. Stay positive, stay healthy, and know that together, we will rise, together we will prosper, and together we will get through this!

Pick up your "we are all in this together" bracelet today!

Ask Jamie, your Activities Coordinator, for details.





Beautiful Hats for Patients With Cancer

Mulligan resident Carol creates beautiful hats for patients with cancer — and she needs your help!

Since Mulligan Park's Grand Opening, charter resident Carol Kramer has partnered with an organization to help those affected by cancer, by doing what she loves and getting fellow residents involved as well! Courage Through Cancer (CTC) Ministries is a nonprofit Christian cancer-support ministry dedicated to minister to those who have been touched by cancer.

Through this ministry, hats are knitted with love and patience and then distributed to chemo doctors, and then are handed out to cancer patients who are in need of warmth.

Currently, there are only two Mulligan Park residents actively knitting and pouring their hearts into this project here at Mulligan Park since the grand opening. They have created more than 1,500 beautiful hats so far. These two wonderful souls are not the only residents who have participated in creating these hats, as there have been many. Sadly, some have moved, passed, or just are not able to anymore. This group is in need of help, whether you are a knitter, and can help create these amazing hats, or would like to donate to the cause. Or, you may want to purchase a hat for \$10. All proceeds go back into the cause! Each purchase will help make another 1.5 hats! If this is something you might be interested in, please contact Jamie or Carol.

The Knitting Club will meet on Wednesdays at 4 p.m., in the Atrium on the couches.

Thank you, Carol and fellow knitters, your hard work and dedication is amazing!

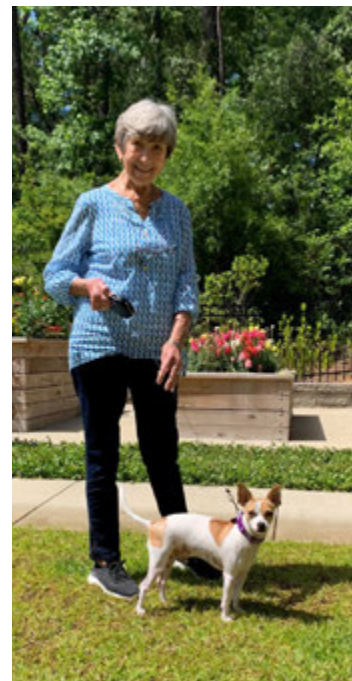


Pet and Owner of the Month: Meet Elvis and Linda

Elvis is a Jack Russell/Chihuahua mix who was born August 15th of 2019 and is a "rescue" baby. Linda's daughter, Susie, found him and had him flown from Fort Worth, Texas!

Elvis is Linda's constant companion and has grabbed her heart, filling the hole that was made when she lost her other Jack Russell, George (16 years old), in September 2019. Elvis is very energetic and spirited. If you walk by Linda's apartment, you will notice the sign, "Elvis is practicing his dance moves"! Make sure when you see Elvis and Linda you stop and say hello, as he is a doll baby.

Elvis is in the house!!



Our Very Own Resident Horace Grows a Beautiful Artichoke Plant!

About three months ago, Mulligan Park resident Horace, and long time Garden Club member, decided to try his hand at growing an artichoke. He had never grown one before and had no idea what would come of this delicious vegetable. To his surprise this amazing plant would grow into the tallest sustaining plant around the community, with an ornamental purple flower at its crown.

Residents around the community walk by and can't believe their eyes. We thank you, Horace, for your green thumb, as this plant has been the talk of the town at Mulligan Park, and we cannot wait to see what you grow next!



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

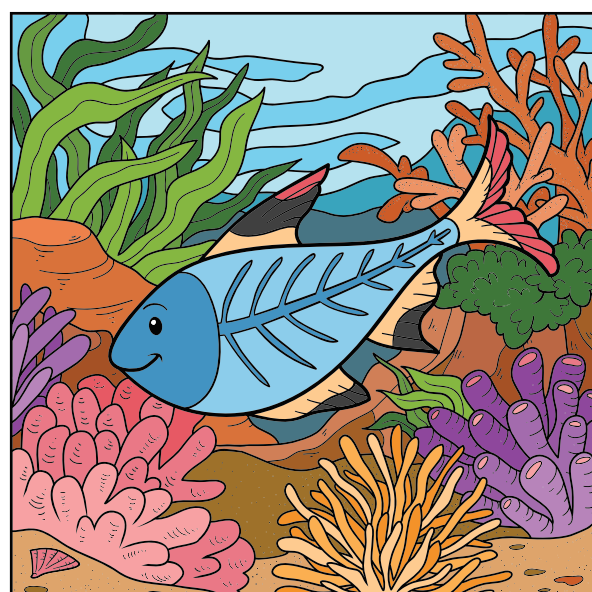
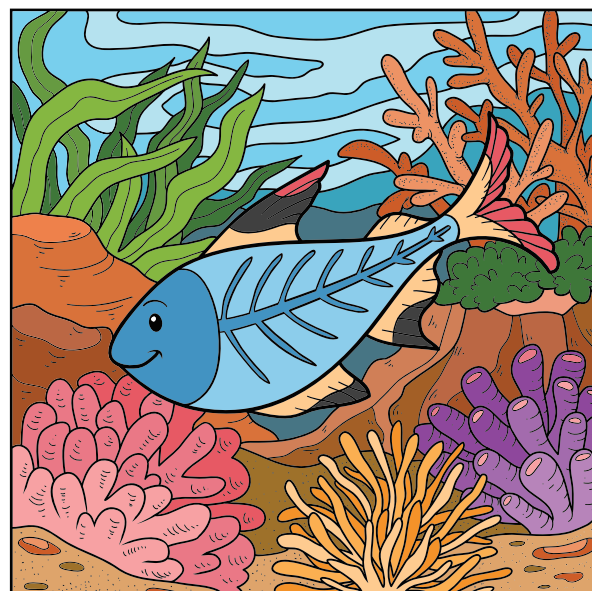
Summertime Snicker

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





Mother's Day Memories — It Was Bee-You-Tiful

What a bee-you-tiful Mother's Day we had at Mulligan Park, surrounded by canopies of various colors of flowers, a huge spread of amazing food prepared by our fantastic culinary team, and beautiful gifts and roses for our special Mulligan ladies.

This day will be a day we will never forget. Thank you, ladies, for being you, for being amazing mothers. We love you. We hope you had an amazing Mother's Day!

Gift Basket Winners:

- Joanne B.
- Terri K.
- Millie G.
- Barbara G.
- Nancy W.

Congrats to all of our bee-you-tiful winners!



Mildred loved her gift and rose.



Terri just couldn't believe she won the honey and tea gift basket!



Hazel had the biggest smile when she received her Mother's Day gift!



Five gift baskets were won!

Can You Guess the Answers to These Riddles?

Try and guess the answers to the following riddles. See Jamie for the correct answers.

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is 5 feet 10 inches tall, and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?



4. How much dirt is there in a hole that measures 2 feet by 3 feet by 4 feet?
5. What word in the English Language is always spelled incorrectly?

Good Luck!



Meditation to Diminish Stress

We all dream of aging like good wine, getting better and better as the years progress. And we all know that this dream is rarely realized; growing old comes with its fair share of losses and challenges. Memory loss accelerates, the digestive function becomes more finicky, aches and pains seem to spring out of nowhere and moods may be less predictable.

The good news is that there are steps we can take right now to make the goal of “aging gracefully” more attainable. Mindfulness training is one of those steps; research has clearly shown that regular meditation comes with a wide range of physical, mental and emotional health benefits that should particularly interest seniors.

Top Six Benefits of Meditation For Seniors

1. **Slowing down the progression of Alzheimer's:**

Alzheimer's disease and other forms of dementia are progressive illnesses prevalent among the elderly. It's estimated that up to 50 percent of all people over 85 have some form of dementia. However, the National Institute on Aging reminds us that “It is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia.”

Dementia destroys memory, disrupts crucial mental functions and can wreak havoc with emotions. However, a recent study showed that a combination of meditation and breathing exercises can help slow down the development of dementia-related diseases. Other studies suggest that mindfulness meditation helps people cope

better with the anxiety, stress and depression that often accompany memory loss.

2. **Enhancing digestion:**

Our digestive functions can be affected by a variety of factors, including diet and age. Luckily, it seems that meditation can improve digestion. The deep breathing that occurs naturally during meditation improves circulation and increases oxygen levels in the blood. For the elderly, regular meditation may afford relief from digestive issues that aren't caused by other ailments.

3. **Developing a sharp, focused mind:**

One of the great benefits of mindfulness is its ability to sharpen mental alertness and ward off decline. Regular meditation causes the brain's physical structure to change. For example, the amygdala region that's associated with processing negative emotions such as stress, worry and anxiety often shrinks, while the areas responsible for self-awareness, personality development and planning (such as the prefrontal cortex) increase. As a result, meditators experience improved focus, creativity and cognitive function: a great boon for seniors.

4. **Managing moods and emotions:**

Managing moods and emotions is a challenge for most of us, regardless of our age. As we grow older, physiological changes may impact mood stability and make it even more difficult to control our emotional reactions. Add to that the difficulty of adjusting to the



loss of independence and, often, the passing of people and pets who are near and dear to us, and it's no wonder that experiences of loneliness, sadness, and even despair are prevalent among the elderly. Meditation, with its focus on nonjudgmental presence, teaches us that we can observe our emotions without being compelled to react to them. There is also evidence that meditation enhances positive emotions of well-being and empathy for young and old alike.

5. **Improving memory:**

Meditation stimulates the memory centers within the brain. And since memory loss is one of the undesired “side effects” of aging, improved memory and cognitive function are precious allies as we grow older. Preliminary evidence indicates that mindfulness helps maintain both long- and short-term memory functions.

6. **Promoting relaxation and calmness:**

Ultimately, we all need to take a break and just breathe. Putting aside time to simply smell the roses, take a walk or connect with loved ones does wonders for everyone, regardless of age. Mindfulness for seniors has a calming effect that can't be achieved by prescription drugs. Meditation helps the elderly relax, organize thoughts more efficiently, and maintain a clear perspective.

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is staying apart,
we are coming
together.

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