



SOMERSET

Assisted Living

8360 Cason Road • Gladstone, OR 97027 • Phone (503) 723-7868 • www.seniorlivingstyle.com

JULY 2020

SOMERSET STAFF

Administrator.....APRIL POTTER
Director of Health Services.....ROBIN PARR
Assistant Director of
Health Services TARYN HURLEY
Resident Services
Coordinator.....RYANA VALDROW
Executive Chef..... LISA EVERETT
Community Sales JILL UFFORD
Activity CoordinatorJENNIFER DENLAY
Activity AssistantNANETTE DAHLSTROM
Administrative Assistant .. CINDY LAUDERBACK
Bus DriverNANETTE DAHLSTROM

TRANSPORTATION

Tuesday & Thursday,
8:30 a.m.-4 p.m.: Medical

Tuesday, 1:20 p.m.: Walmart Shuttle

Wednesday, 9:30-11:30 a.m.: Fred Meyer



HAWTHORN

SENIOR LIVING

Fun Facts About Fourth of July Foods

You can almost always count on traditional Fourth of July favorites such as hamburgers, hot dogs, chicken, ribs, salad (both potato and garden), chips and of course, watermelon to be served up at any party. Following is a list of fun facts about these Independence Day classics:

1. There is a one-in-six chance that the beef on your backyard grill came from Texas. The Lone Star State is the leader in the production of cattle and calves.
2. The chicken on your grill probably came from one of the top broiler-producing states: Georgia, Arkansas, Alabama, North Carolina and Mississippi.
3. The lettuce in your salad or on your hamburger probably was grown in California, which accounts for nearly three-quarters of USA lettuce production.
4. Fresh tomatoes in your salad most likely come from Florida or California which, combined, produce more than two-thirds of U.S. tomatoes. The ketchup on your hamburger or hot dog probably came from California, which accounts for 95 percent of processed tomato production.
5. As for potato salad or potato chips or fries, Idaho and Washington produces about one-half of the nation's spuds.
6. For dessert, six states — California, Florida, Texas, Georgia, Arizona, and Indiana — combined to produce about 80 percent of watermelons last year.
7. And the apples in your apple pie? They most likely came from Washington or New York, the two top apple producing states.



Saying Thank You to Our Veterans

Even though things are a little different this year, we still wanted to make Memorial Day special for all our veterans. We decorated all the veterans' doors and made them certificates and delivered a little gift to them to say thank you. The residents loved opening their door and seeing the big thank you and their gift waiting for them. They got a balloon, certificate, a little red, white and blue dessert made by our amazing Kitchen, and some punch.



July Birthdays

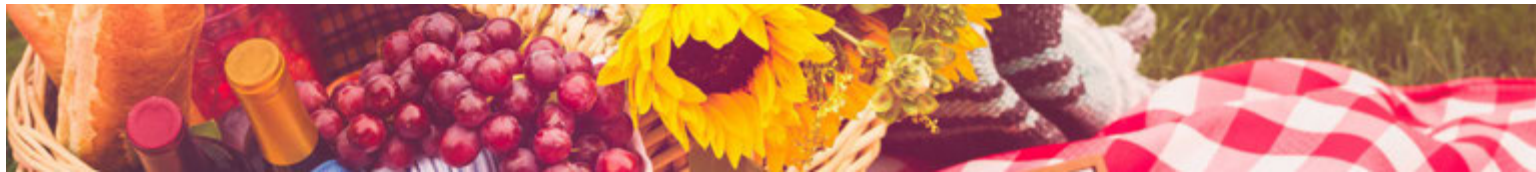
Jean Ballou, 4th	Larry Dunkle, 13th
May Watari, 6th	Van Domelen, 18th
Wayne Green, 11th	Janet Rainear, 31st

Meal Times

Breakfast at 8 a.m.,
Dinner at
12:30 p.m., and
Supper at 5:30 p.m.

Nail Services with Shelley

Third Monday, 2-4 p.m.
Sign up at the Front Desk
for an appointment.



Games to Celebrate During the Fourth

Happy Fourth of July! No holiday is complete without some fun games to help celebrate. Below are three brain bustin' games to play today! Not only are they fun, but you are sure to get a great mental workout from each.

Red, White and Blue Concentration Challenge!

Celebrate the Fourth of July with a little concentration challenge! Ask residents to sit in a circle (safely socially distanced of course at 6 feet apart). The first person names something red, the next person names something white, and the next person names something blue and so on. Be careful though! If you repeat something or can't think of anything, you are out until the next round!

All About the USA Trivia Challenge!

Test your knowledge of the USA with this fun trivia challenge! Questions and answers can be found on the following pages. This is a perfect whiteboard activity, or questions can be printed and answered individually.

Independence Day List It!

Gather your residents for a fun Fourth of July themed List It challenge. Here is how to play:

1. Organize players into small teams and play using your whiteboard, or let people play individually.
2. Use the Fourth of July as your category.
3. Give players a few minutes to try to come up with eight more words that fit the category.
4. Play as many rounds as you like!

All About the USA Trivia Challenge!

Here are 10 fun trivia questions all about the USA! Perfect for a whiteboard trivia challenge, or printed out for individual use. Answers can be found on the following page.

1. What famous document was officially adopted on the Fourth of July?
2. What is the United States' most popular sport?
3. The Declaration of Independence is divided into two parts. The first part lists the goals of the nation, what does the second part list?
4. Which U.S. President grew up on a peanut farm?
5. What is the national flower of the U.S.?
6. Why wasn't the Fourth of July federal holiday moved to the nearest Monday to make it a three-day weekend?
7. What state was bought from the French in 1803?
8. What Scandinavian country celebrates the Fourth of July?
9. In what city was the Declaration of Independence signed?
10. What is the address of the White House?

Fourth of July Easy Red, White and Blue Trifles

Light, airy angel food cake topped with fresh cherry lime sauce, blueberries and whipped cream.

Note: Cherry lime sauce makes approximately 1 1/4 cup; any leftover may be sealed and refrigerated for later use. It may be made the day before. The recipe may be multiplied by the desired servings, keeping the portions the same.

Ingredients

Ingredients per serving (for a single serving use in 8 oz. jar)

- 4 1/2 cups cubed angel food cake
- 1 1/2 cups fresh blueberries, rinsed
- Cherry Lime Sauce
- Fresh cherry, pitted and diced
- 2 tablespoons granulated sugar
- 2+ 4 tablespoons of water
- 2 tablespoons cornstarch
- 1 tablespoon plus 1 teaspoon freshly squeezed lime juice
- 3/4 cubed angel food cake, homemade or store bought
- 3 tablespoons fresh cherry lime sauce
- 1/4 cup fresh blueberries
- Whipped cream to top

Optional: Blue and red sanding sugar on top

Fruits and Berries

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

APPLE

APRICOT

BANANA

BLUEBERRY

CHERRY

GRAPEFRUIT

LEMON

MANGO

ORANGE

PEACH

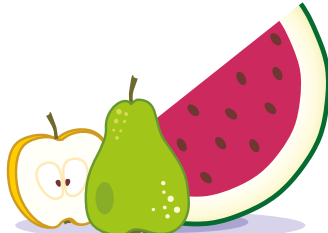
PEAR

PINEAPPLE

PLUM

RASPBERRY

WATERMELON



Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

Logic Problem:
And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

..... Matchstick Math

In every row replace just one matchstick to make the equation correct.

$X - IV + I = V$

$I + X = VI - V$

$V + V - X = X$

$X + X = X - X$

$V = I + I - V$

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Matchstick Math

$X - V + I = VI$; $I + X - VI = V$; $V - V + X = X$; $X + X - X = X$; $V - I + I = V$

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

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

Fruits and Berries

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

Secret
Superheroes

Match these superheroes to their alter egos.

Superhero

1. Captain America
2. Superman
3. Wonder Woman
4. The Green Hornet
5. Daredevil
6. Supergirl

Name

- A. Britt Reid
- B. Diana Prince
- C. Steve Rogers
- D. Clark Kent
- E. Linda Danvers
- F. Matt Murdock



Our Lion King and Under the Sea Carts

We love making our residents smile! We have had fun with different themes. We did Lion King cart and Under the Sea. I love watching the smiles on the residents' faces and of course, we have to have music going so they can dance a little.



Somerset Snack Carts

One of our big things we do are our snack carts. We love to make them special for everyone at Somerset. Every week we are doing a theme and we make sure that everyone is a part of it. The joy that we get to see in the hallway and even from the Caregivers and Management at Somerset is amazing. But we also get a lot of help from our Kitchen staff. They make sure we have delicious snacks and healthy beverages for the residents. We want to say thank you to the Kitchen team for being amazing and always willing to run with the flow and make these carts amazing.





Beauty Salon

Thursday and Friday, call Jane at 503-826-2548 or sign up at Front Desk for an appointment.

Hallway Arts and Crafts

Hallway arts and crafts is one of the residents' favorite things to do. We have been working hard on some special gifts for all of the dads on Father's Day. We have started different hallway activities as well. We do Bocce Ball, Bingo, Chair Zumba, Singalong and of course, our Hallway Socials.



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is staying apart,
we are coming
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