



Somerset Lodge

Gracious Retirement Living

8330 Cason Road • Gladstone, OR 97027 • Phone (503) 657-5659 • www.seniorlivinginstyle.com

JULY 2020

SOMERSET STAFF

Managers..... CLARK & JEAN DAVIS
Assistant Managers WAYNE & DANAELA MOFFORD
Executive Chef JENNIFER CLOUGH
Activity Coordinator SUSAN WISE
Maintenance TBD
Transportation BOB WYTCHERLEY

OFFICE HOURS

Daily: 7:30 a.m.- 7:30 p.m.

TRANSPORTATION

Monday, 9:30 a.m.: Shopping At Fred Meyer

Monday, 2 p.m.: Walmart — Bi-Weekly

Monday, 2 p.m.: Clackamas Town Center — Biweekly

Tuesday, Varies: Medical Appointments — South

Wednesday, Varies: Activity Day

Thursday, Varies: Medical Appointments — North

Friday, 2 p.m.: Scenic Adventure

Friday, 9:30 a.m.: Shopping At
Safeway/RA/Walgreens



HAWTHORN
SENIOR LIVING

Who Am I?

Do you know who I am? Here are some clues:

1. I was born during the War of 1812.
2. My professional origins were in the food industry.
3. Despite growing up in New York, I soon became known nationwide.
4. Throughout my life, I have been influenced by a number of talented artists.
5. Many see me as a man of high ideals and principles.
6. I have appeared repeatedly in the press.
7. My likeness has been used both to unite and divide people.
8. Despite my advanced age, I still look quite healthy and vibrant.
9. Advertisers seem to have a fascination with me.
10. I am a regular at the Smithsonian.
11. My photo has appeared on many "Wanted" posters.
12. I am often featured at parades and celebrations.
13. The U.S. Postal Service honored me in 1998.
14. Many people know me as a supporter of the war effort.
15. When it comes to fashion, I am a fan of three basic colors.
16. I have a bad habit of pointing.
17. People consider me quite patriotic.
18. While I never had children of my own, I am a favorite uncle.
19. My initials are U.S., just like the country I represent.
20. For good or ill, I have become a symbol of the United States.



Fourth of July Poem

“The Landlord’s Tale: Paul
Revere’s Ride”

By Henry Wadsworth Longfellow

Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-
five;
Hardly a man is now alive
Who remembers that famous day
and year.

He said to his friend, “If the British
march

By land or sea from the town to-night,
Hang a lantern aloft in the belfry arch
Of the North Church tower as a signal
light, —

One, if by land, and two, if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village
and farm,

For the country folk to be up and to
arm.”

Then he said, “Good night!” and with
muffled oar

Silently rowed to the Charlestown shore,
Just as the moon rose over the bay,
Where swinging wide at her moorings
lay

The Somerset, British man-of-war;
A phantom ship, with each mast and
spar

Across the moon like a prison bar,
And a huge black hulk, that was
magnified

By its own reflection in the tide.

Meanwhile, his friend, through alley
and street,

Wanders and watches with eager ears,
Till in the silence around him he hears
The muster of men at the barrack door,
The sound of arms, and the tramp
of feet,

And the measured tread of
the grenadiers,
Marching down to their boats on
the shore.

Then he climbed the tower of the Old
North Church,
By the wooden stairs, with
stealthy tread,

To the belfry-chamber overhead,
And startled the pigeons from their
perch

On the sombre rafters, that round him
made

Masses and moving shapes of shade, —
By the trembling ladder, steep and tall,
To the highest window in the wall,
Where he paused to listen and look
down

A moment on the roofs of the town,
And the moonlight flowing over all.
Beneath, in the churchyard, lay
the dead,

In their night-encampment on the hill,
Wrapped in silence so deep and still
That he could hear, like a
sentinel’s tread,

The watchful night-wind, as it went
Creeping along from tent to tent,
And seeming to whisper, “All is well!”
A moment only he feels the spell
Of the place and the hour, and the
secret dread

Of the lonely belfry and the dead;
For suddenly all his thoughts are bent
On a shadowy something far away,
Where the river widens to meet the
bay, —

A line of black that bends and floats
On the rising tide, like a bridge of boats.

Meanwhile, impatient to mount
and ride,

Booted and spurred, with a heavy stride
On the opposite shore walked
Paul Revere.



Now he patted his horse’s side,
Now gazed at the landscape far
and near,

Then, impetuous, stamped the earth,
And turned and tightened his
saddle girth;

But mostly he watched with eager
search

The belfry-tower of the Old
North Church,

As it rose above the graves on the hill,
Lonely and spectral and sombre
and still.

And lo! as he looks, on the belfry’s
height

A glimmer, and then a gleam of light!
He springs to the saddle, the bridle
he turns,

But lingers and gazes, till full on his
sight

A second lamp in the belfry burns!
A hurry of hoofs in a village street,
A shape in the moonlight, a bulk in
the dark,

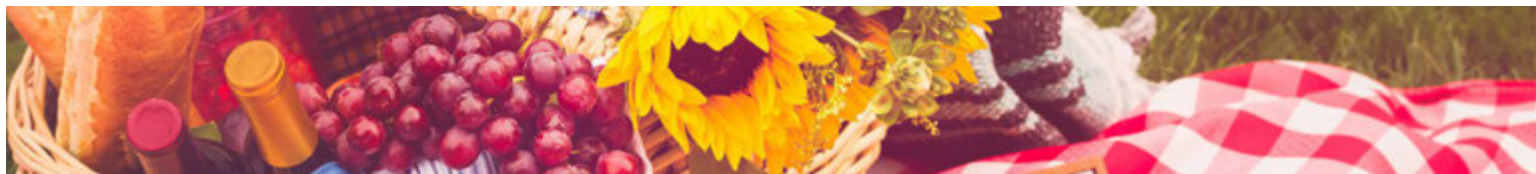
And beneath, from the pebbles, in
passing, a spark

Struck out by a steed flying fearless
and fleet:

That was all! And yet, through the gloom
and the light,

The fate of a nation was riding
that night;

And the spark struck out by that steed,
in his flight,
Kindled the land into flame with
its heat.



He has left the village and
mounted the steep,
And beneath him, tranquil and
broad and deep,
Is the Mystic, meeting the
ocean tides;
And under the alders, that skirt
its edge,
Now soft on the sand, now loud on
the ledge,
Is heard the tramp of his steed as
he rides.

It was twelve by the village clock,
When he crossed the bridge into
Medford town.
He heard the crowing of the cock,
And the barking of the
farmer's dog,
And felt the damp of the river fog,
That rises after the sun goes down.

It was one by the village clock,
When he galloped into Lexington.
He saw the gilded weathercock
Swim in the moonlight as
he passed,
And the meeting-house windows,
blank and bare,
Gaze at him with a spectral glare,
As if they already stood aghast
At the bloody work they would
look upon.

It was two by the village clock,
When he came to the bridge in
Concord town.
He heard the bleating of the flock,
And the twitter of birds among
the trees,
And felt the breath of the morning
breeze
Blowing over the meadows brown.
And one was safe and asleep in
his bed
Who at the bridge would be first
to fall,
Who that day would be lying dead,

Pierced by a British musket-ball.
You know the rest. In the books
you have read,
How the British Regulars fired and
fled, —
How the farmers gave them ball
for ball,
From behind each fence and farm-
yard wall,
Chasing the red-coats down
the lane,
Then crossing the fields to emerge
again
Under the trees at the turn of
the road,
And only pausing to fire and load.
So through the night rode
Paul Revere;
And so through the night went his
cry of alarm
To every Middlesex village and
farm, —
A cry of defiance and not of fear,
A voice in the darkness, a knock at
the door,
And a word that shall
echo forevermore!
For, borne on the night-wind of
the Past,
Through all our history, to the last,
In the hour of darkness and peril
and need,
The people will waken and listen
to hear
The hurrying hoof-beats of
that steed,
And the midnight message of
Paul Revere.



Health Tips for Summertime

1. Air out your home! After a winter of closed doors and stagnant air, let fresh air inside. Open windows and doors. Clean and dust. Wash your sheets, comforters and linens. For an added pick-me-up, add some fresh candles or essential oils to make your house smell delicious.
2. Use sunscreen at all times. Many medications leave one especially sun sensitive. Never leave home without applying sunscreen. Don't forget about your ears, lips, and the tops of your feet! Consider getting screened for skin cancer. As if we melanoma survivors and caregivers don't already have enough to worry about. The screening is painless and takes just a few minutes.
3. Make sure to wear a hat, turban or head protection. Burned scalps are painful and dangerous.
4. Wear good sunglasses when you're outdoors.
5. Always wear shoes. Chances are you've got some neuropathy and you may not feel things that you're stepping on. Plus, it's imperative to keep your body clean, including the bottoms of your feet. Keep flip flops, slippers or socks with you at all times. If you're walking outdoors, it's best to wear shoes with good protection, like sneakers or sandals that have solid support and good soles.
6. Practice good hygiene always. Wash your hands often and keep them away from your mouth, eyes, and ears.
7. If you're camping out at a beach or pool, never go barefoot.
8. Be very weary of public pools and hot tubs. They are a breeding ground for germs. In fact, you may want to consider avoiding them completely. Discuss with your doctor.

(Continued on page 7)

JULY 2020

Birthdays

David Williams, 3rd
Dorothy Ziolko, 4th
Don Callaghan, 7th
Patsy Halburg, 9th
Fern Ringering, 13th
Linda Defazio, 15th
Beverly Cornell, 16th
Barb Siron, 23rd
Muriel Gunther, 29th

Locations

Activity Room, AR
Billiard Room, BL
Bus, Bus
Chapel, CH
Dining Room, DR
Front Yard, FY
Library, LIB
Lobby, LB
Parking Lot, PL
Second Floor, 2nd Fl.
TV Room, TV

Enjoy the convenience of our Beauty Shop: Ernestly Organic Salon Services is located on the Third Floor. Call Ernest at 971-533-2988 to schedule an appointment.

Advertise in our newsletter for just \$25 per month for an ad that is 3 1/2"x2" or for \$40, place a 7"x4" ad on the insert. Contact our Office.

“Be bold, be brave enough to be your true self.”
—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div><div>T-Shirt Day1</div><div>9:30 Get Moving, AR 10:00 Bring and Share, AR 11:00 College of Knowledge, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>2</div><div>Name Tag/J Jeans Day 9:30 Get Moving, AR 10:30 DIY Patriotic Wreaths, AR 2:00 Buzz Word, AR 3:00 Movies & Stars: Donald Sutherland, AR</div></div>	<div><div>3</div><div>Wear Something Red 9:30 Safeway/RA/ Walgreens, Bus 9:30 Chair Drumming, AR 10:00 Travel with Susan, AR 11:00 4th of July Rock Painting, AR 2:15 Quarter Bingo, DR</div></div>	<div><div>INDEPENDENCE DAY4</div><div>10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Social Hour with Wayne & Danaela, AR 3:00 Clackamas River Brass Quartet, PL</div></div>
<div><div>5</div><div>Sunday Fun Day 10:00 Chair Exercise, AR 2:00 Social Hour with Clark & Jean, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR</div></div>	<div><div>6</div><div>Wear Blue 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 11:00 Word Scramble, AR 2:00 Walmart & Clackamas Town Center, Bus 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>7</div><div>Silly Sock Day 9:30 Get Moving, AR 10:15 Hangman, AR 2:00 Discuss & Recall: Summer Jobs, AR 3:30 Junk Drawer Detectives Brain Game, AR</div></div>	<div><div>8</div><div>T-Shirt Day 9:30 Get Moving, AR 11:00 College of Knowledge, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>9</div><div>Name Tag/J Jeans Day 9:30 Get Moving, AR 11:00 Hangman, AR 2:30 Resident/Manager Meeting, DR 3:00 Word Unscramble, AR</div></div>	<div><div>10</div><div>Wear Something Red 9:30 Safeway/RA/ Walgreens, Bus 9:30 Chair Drumming, AR 10:00 Travel with Susan, AR 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR</div></div>	<div><div>11</div><div>10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Social Hour with Wayne & Danaela, AR 3:00 Show Time! Movie, AR</div></div>
<div><div>12</div><div>Sunday Fun Day 10:00 Chair Exercise, AR 2:00 Social Hour with Clark & Jean, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR</div></div>	<div><div>13</div><div>Wear Blue 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>14</div><div>Silly Sock Day 9:30 Get Moving, AR 10:15 Hangman, AR 2:30 Charles & His Angels 3:30 Cranium Crunches, AR</div></div>	<div><div>15</div><div>T-Shirt Day 9:30 Get Moving, AR 10:00 Bring and Share, AR 11:00 College of Knowledge, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>16</div><div>Name Tag/J Jeans Day 9:30 Get Moving, AR 11:00 Hangman, AR 1:30 Patty Runner: Paws of Tranquility 2:30 Chef’s Meeting, DR 3:30 Rainbow Toast with Susan, AR</div></div>	<div><div>17</div><div>Wear Something Red 9:30 Safeway/RA/ Walgreens, Bus 9:30 Chair Drumming, AR 10:00 Travel with Susan, AR 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR</div></div>	<div><div>18</div><div>10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Social Hour with Wayne & Danaela, AR 3:00 Show Time! Movie, AR</div></div>
<div><div>19</div><div>Sunday Fun Day 10:00 Chair Exercise, AR 2:00 Social Hour with Clark & Jean, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR</div></div>	<div><div>20</div><div>Wear Blue 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 11:00 Word Scramble, AR 2:00 Walmart & Clackamas Town Center, Bus 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>21</div><div>Silly Sock Day 9:30 Get Moving, AR 10:15 Hangman, AR 11:00 Summertime Blues: Bugs & Allergies, AR 2:30 The Write Word Game, AR 3:30 Food for Thought: The Trifle, AR</div></div>	<div><div>22</div><div>T-Shirt Day 9:30 Get Moving, AR 11:00 College of Knowledge, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>23</div><div>Name Tag/J Jeans Day 9:30 Get Moving, AR 11:00 Hangman, AR 2:30 Activity Meeting, AR 3:30 Berry, Berry, Berry Bubbly with Susan, AR</div></div>	<div><div>24</div><div>Wear Something Red 9:30 Safeway/RA/ Walgreens, Bus 9:30 Chair Drumming, AR 10:00 Travel with Susan, AR 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR</div></div>	<div><div>25</div><div>10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Social Hour with Wayne & Danaela, AR 3:00 Show Time! Movie, AR</div></div>
<div><div>26</div><div>Sunday Fun Day 10:00 Chair Exercise, AR 2:00 Social Hour with Clark & Jean, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR</div></div>	<div><div>27</div><div>Wear Blue 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>28</div><div>Silly Sock Day 9:30 Get Moving, AR 10:15 Hangman, AR 3:30 Who Am I?, AR</div></div>	<div><div>29</div><div>T-Shirt Day 9:30 Get Moving, AR 11:00 College of Knowledge, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:15 Quarter Bingo, DR 3:00 Chair Exercise, AR</div></div>	<div><div>30</div><div>Name Tag/J Jeans Day 9:30 Get Moving, AR 11:00 Hangman, AR 3:00 Movie: “Beauty and the Beast,” AR</div></div>	<div><div>31</div><div>Wear Something Red 9:30 Safeway/RA/ Walgreens, Bus 9:30 Chair Drumming, AR 11:00 Word Scramble, AR 2:15 Quarter Bingo, DR 3:15 Chair Exercise, AR</div></div>	



Memorial Day

We had a wonderful day with entertainment from Charles and his Angels. They have been greatly missed during these trying times and we were very happy to see them again!

“We Shall Keep the Faith” by Moina Belle Michael, November 1918

Oh! you who sleep in Flanders Fields,
Sleep sweet — to rise anew!

We caught the torch you threw
And holding high, we keep the Faith
With All who died.

We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies,
But lends a luster to the red
Of the flower that blooms above the dead
In Flanders Fields.

And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We'll teach the lesson that ye wrought
In Flanders Fields.



Laverne and Mary Lou



Enjoying the outdoors



Charles and his Angels



Jack



Jim



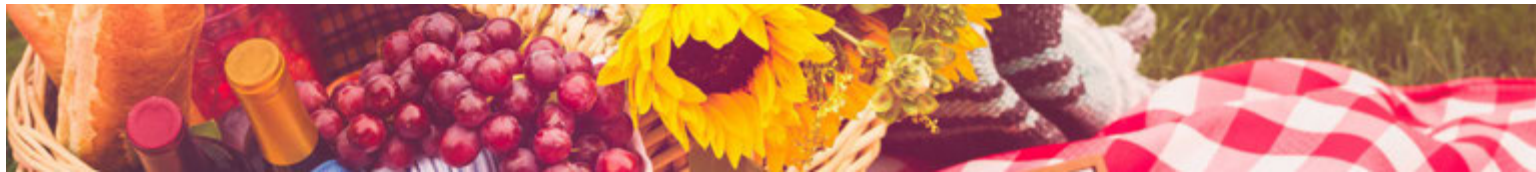
Captain Ameri-girl!



Dorothy

Who Am I: Answer

Uncle Sam!



Health Tips for Summertime (Continued)

9. Get plenty of rest. Our bodies heal and repair while we are sleeping, so make sure you're getting adequate slumber.
10. Get fresh air and move! As much as possible, exercise. Many doctors suggest at least 30 minutes a day. Try to take a walk outdoors (maybe in early morning or evening when it's not as hot and the sun not as strong), work in the yard — anything that gets your heart rate up. Plus, fresh vitamin D is good. Don't forget to wear good shoes, a hat, sunglasses and sunscreen!
11. Eat healthy. Fresh fruits and veggies (if you're not neutropenic) are great options and many have incredible anti-cancer benefits. If you are neutropenic, make sure you understand your dietary restrictions before eating anything.
12. Have fun! If possible, take a vacation, whether it be big or small. We all need to have healthy distractions from doctor appointments, medications, and dietary restrictions. Get lost in a great book, watch a good movie, or explore a new part of town.
13. Consider carrying an umbrella with you to protect your from the sun.
14. Stay properly hydrated. Carry a bottle of water with you at all times. Limit soda or don't drink it at all. If you're getting tired of water, add fresh lemon or lime. Iced tea is also a great choice.



LOL

Take a few moments and enjoy a little humor!

Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought ... he then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now — in her 80's — a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it ...)

— She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

(Oh, just hush-up now and send this one on to somebody who needs a laugh.) Ha!

A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

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

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