

Somerset Lodge

Gracious Retirement Living

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

AUGUST 2020

SOMERSET STAFF

Managers..... CLARK & JEAN DAVIS
Assistant Managers WAYNE &
DANAELA MOFFORD
Executive ChefJENNIFER CLOUGH
Activity Coordinator SUSAN WISE
MaintenanceJEFF MOONEY
Transportation BOB WYTCHERLEY

OFFICE HOURS

Monday - Sunday: 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

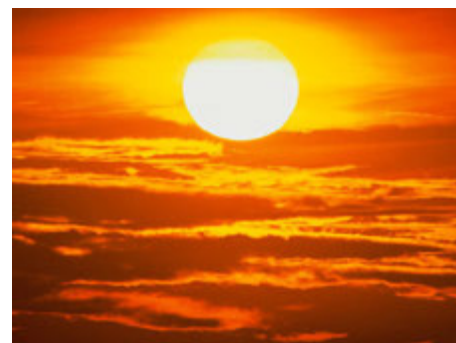
Thursday, Varies:
Medical Appointments
— North

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

Friday, 2 p.m.:
Scenic Adventure

How Hot Is It? It's So Hot That ...

1. Instead of regular milk, the cows are giving (evaporated milk).
2. The chickens are laying (hard-boiled eggs).
3. I saw a dog chasing a cat, and they were both (walking).
4. All the water faucets are dispensing (hot water).
5. To pull worms out of the ground, birds have to use (oven mitts).
6. I filled my waterbed with (ice cubes).
7. I'm staying cool by drinking (hot sauce).
8. When I turned on my lawn sprinkler, all that came out was (steam).
9. I bought a loaf of bread, and by the time I got home, it was (toast).
10. I had to install an air conditioner inside my (refrigerator).
11. All the sand on the beach has turned into (glass).
12. I caught a catfish that was (fried).
13. I bought a dozen eggs, and by the time I got home, they were (chicks).
14. I cooled the house down by (turning on the heater).
15. I just saw a goose fly by that was (cooked).
16. All the corn in the fields is (popped).
17. The devil decided to (go home).
18. Ice is now worth more than (gold).
19. I baked a batch of cookies on my (dashboard).
20. Artificial flowers are (wilting).



HAWTHORN
SENIOR LIVING



Strong Arm Singalong

A few minutes of working out the upper body goes a long way. Add these chair exercises to your regular workout routine to help develop some “cool” arm muscles. Singing simple songs while you exercise is a nice distraction and helps raise the heart rate.

“Row Your Boat”

Row, row, row your boat gently down the stream

(Twist your body gently to the right and bring your hands into loose fists near your right hip. Keeping the hands a few inches apart from each other, make circular rowing motions as though you are rowing a rowboat.)

Merrily, merrily, merrily, merrily life is but a dream.

(Gently twist your body to the left so your hands are near your left hip. Make circular rowing motions.)

Again!

Row, row, row your boat gently down the stream

Merrily, merrily, merrily, merrily life is but a dream.

(Pretend you’re rowing a canoe, going from side to side, and bringing the arms back in a paddling motion, as if you’re pulling a single oar through the water. Continue switching sides until the song is over.)

Last time!

Row, row, row your boat gently down the stream

Merrily, merrily, merrily, merrily life is but a dream.

(Reach your arms in front of you and lean your body forward. With control, pull your arms back and lean your body back, ending with your hands near your hips. Reach forward to begin your next stroke, like you’re rowing on a crew team.)

“My Bonnie”

My Bonnie lies over the ocean,

My Bonnie lies over the sea,

My Bonnie lies over the ocean,

Oh, bring back my Bonnie to me.

(Stretch your arms out to your sides with your palms facing up. Reach your arms up overhead and bring — or try to bring — your palms together. Stretch your arms back out to your sides and continue repeating the exercise.)

Bring back, bring back, oh bring back my Bonnie to me, to me,

Bring back, bring back, oh bring back my Bonnie to me.

(Lean forward as you reach your arms forward with your palms facing up. Curl the arms back so your hands are in loose fists near your shoulders as you sit back up straight. Reach forward again and continue doing more repetitions.)

Oh, blow ye winds over the ocean,



Oh, blow ye winds over the sea.

Oh, blow ye winds over the ocean,

And bring back my Bonnie to me.

(Reach your arms out to the sides with your palms facing down. Make small clockwise circles with your arms.)

Bring back, bring back, oh bring back my Bonnie to me, to me,

Bring back, bring back, oh bring back my Bonnie to me.

(Switch directions and make counterclockwise circles with your arms.)



Tree of the Month — Oak

There are more than 600 species of oak trees and shrubs, which are part of the Quercus genus, in the beech family. Oak tree leaves are arranged in a spiral pattern, and its fruit is a nut, commonly called an acorn or oak nut. The lone seed inside an acorn matures in six to 18 months. The average oak tree lives to around 200 years, but some survive up to 1,000 years. Oaks can be found in the Americas, Asia, North Africa, and Europe, and

will thrive in a variety of climates, from cool temperate to tropical regions. They can be deciduous or evergreen. The tall and mighty live oaks of the American South have come to symbolize the beauty and resilience of the region. Oak trees were also prized by Celts and Druids who believed in powerful “oak fairies.” Ancient rulers across cultures often wore oak leaf crowns. Because the trees are often struck by lightning, they were also linked to Thor and Zeus.



In the Good Old Days of August

In August 1932, the average annual income was \$1,652. A new house cost \$6,515, and a new car was \$610. A gallon of milk cost 43 cents, but you could get a gallon of gasoline for only 10 cents.

In August 1990, the average annual income was \$14,777. A new house cost \$128,732, and a new car was \$9,437. A gallon of milk cost \$2.15, but a gallon of gasoline was \$1.08.

Bus Outings

Mondays: Fred Meyer at 9:30 a.m. and 10 a.m.

Tuesdays: South side appointments

Wednesdays: Scenic Adventure at 11 a.m.

Thursdays: North side appointments

Fridays: Safeway at 9:30 a.m. and 10 a.m.

There is a six person limit on the bus at any given time. Please sign up in the Activity Room for any and all outings, including doctor appointments.



AUGUST
2020

Birthdays

Phyllis Packard, 11th
Polly Fee, 16th
Ron Marcoe, 18th
Joan Hoffman, 18th
Blanche Kober, 30th

Anniversaries

Cecil & Alice Roy,
8/2/1949
Rick and Annemarie
Frazee, 8/20/1956

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Sunday Fun Day 2 10:00 Chair Exercise, AR 2:00 Adult Color Therapy, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR 	Wear Blue 3 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 Fred Meyer #2, Bus 11:00 Word Scramble, AR 2:00 Walmart & Clackamas Town Center, Bus 2:00 Watermelon Day Fun: Cookie Cutter Watermelon, AR 3:00 Chair Exercise, AR 6:45 Bingo, AR	Silly Sock Day 4 9:30 Get Moving, AR 11:00 Hangman, AR 2:00 Social Hour with Wayne & Danaela, AR 3:00 Blue Ribbon Cupcake Walk, AR	T-Shirt Day 5 9:30 Get Moving, AR 10:00 Bring and Share, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:00 Social Hour with Clark & Jean, AR 3:00 Chair Exercise, AR 4:00 What Am I?, AR	Name Tag/J Jeans Day 6 9:30 Get Moving, AR 11:00 Hangman, AR 2:00 Color Your Own Bookmarks, AR 3:00 College of Knowledge, AR 4:00 Happy Birthday Lucy! I Love Lucy, AR	Wear Something Red 7 9:30 Chair Drumming, AR 9:30 Safeway/RA/Walgreens, Bus 10:00 Travel with Susan, AR 10:00 Safeway #2, Bus 11:00 Word Scramble, AR 2:30 Bingo, AR 3:30 Cheery-O Bird Feeders, AR	1 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, AR
Sunday Fun Day 9 10:00 Chair Exercise, AR 2:00 Adult Color Therapy, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR	Wear Blue 10 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 Fred Meyer #2, Bus 11:00 Word Scramble, AR 2:00 Chair Exercise, AR 3:00 World Lion Day: “Born Free” The Movie, AR 6:45 Bingo, AR	Silly Sock Day 11 9:30 Get Moving, AR 11:00 Hangman, AR 2:00 Social Hour with Wayne & Danaela, AR 3:00 “State Fair” Movie, AR 	T-Shirt Day 12 9:30 Get Moving, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:00 Social Hour with Clark & Jean, AR 3:00 World Elephant Day: “Dumbo” Nonanimated Movie, AR	Name Tag/J Jeans Day 13 9:30 Get Moving, AR 11:00 Hangman, AR 12:00 Resident/Manager Meeting, DR 2:00 Word Unscramble, AR 3:00 College of Knowledge, AR	Wear Something Red 14 9:30 Chair Drumming, AR 9:30 Safeway/RA/Walgreens, Bus 10:00 Travel with Susan, AR 10:00 Safeway #2, Bus 11:00 Word Scramble, AR 2:30 Bingo, AR 4:00 “I Got You Babe Day” Sonny & Cher Comedy Hour, AR	15 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, AR
Sunday Fun Day 16 10:00 Chair Exercise, AR 2:00 Adult Color Therapy, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR 	Wear Blue 17 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 Fred Meyer #2, Bus 11:00 Word Scramble, AR 2:00 Walmart & Clackamas Town Center, Bus 3:00 Chair Exercise, AR 6:45 Bingo, AR	Silly Sock Day 18 9:30 Get Moving, AR 11:00 Hangman, AR 2:00 Social Hour with Wayne & Danaela, AR 3:00 County Fair Games and Snacks, AR 	T-Shirt Day 19 9:30 Get Moving, AR 10:00 Bring and Share, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:00 Social Hour with Clark & Jean, AR 3:00 Chair Exercise, AR 4:00 What Am I?, AR	Name Tag/J Jeans Day 20 9:30 Get Moving, AR 11:00 Hangman, AR 1:30 Patty Runner: Paws of Tranquility 2:30 Chef’s Meeting, LB 3:00 College of Knowledge, AR 	Wear Something Red 21 9:30 Chair Drumming, AR 9:30 Safeway/RA/Walgreens, Bus 10:00 Travel with Susan, AR 10:00 Safeway #2, Bus 11:00 Word Scramble, AR 2:30 Bingo, AR	22 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, AR
Sunday Fun Day 23 10:00 Chair Exercise, AR 2:00 Adult Color Therapy, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR	Wear Blue 24 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 Fred Meyer #2, Bus 11:00 Word Scramble, AR 2:00 Chair Exercise, AR 3:00 Mt. Vesuvius Eruption Day: Videos and Pictures, AR 6:45 Bingo, AR	Silly Sock Day 25 9:30 Get Moving, AR 11:00 Hangman, AR 2:00 Social Hour with Wayne & Danaela, AR 3:00 Movies & Stars: Ann Blyth, AR 4:00 Who Am I?, AR	T-Shirt Day 26 9:30 Get Moving, AR 11:00 Scenic Adventure, Bus 2:00 Wii Bowling, TV 2:00 Social Hour with Clark & Jean, AR 3:00 Chair Exercise, AR 4:00 Travelogue: Georgia on My Mind, AR	Name Tag/J Jeans Day 27 9:30 Get Moving, AR 11:00 Hangman, AR 2:30 Activity Meeting, AR 3:00 King of the Jungle Day: “Tarzan” The Movie, AR	Wear Something Red 28 9:30 Chair Drumming, AR 9:30 Safeway/RA/Walgreens, Bus 10:00 Travel with Susan, AR 10:00 Safeway #2, Bus 11:00 Word Scramble, AR 2:30 Bingo, AR	29 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, AR
Sunday Fun Day 30 10:00 Chair Exercise, AR 2:00 Adult Color Therapy, AR 3:00 Billiards, BL 3:00 Show Time! Movie, AR 	Wear Blue 31 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 Fred Meyer #2, Bus 11:00 Word Scramble, AR 2:00 Chair Exercise, AR 3:00 Cowabunga Surf’s Up Social: “Surf’s Up” The Movie, AR 6:45 Bingo, AR					



Self-Care Tips for Seniors

Eat a Healthy Diet

Healthy eating habits can be hard to maintain when you're not feeling your best. For seniors, health issues may make it hard to prepare healthy meals. When you're not feeling well, it's easier to just have food delivered or make a microwave meal. Family caregivers don't always have time to cook healthy meals every day for themselves or for seniors in their care.

For anyone, healthy eating is an important part of self-care. A healthy diet gives you the vitamins and minerals you need to stay healthy. It's no surprise that good nutrition is linked to physical health, but it's also linked to emotional health. Professional caregivers can help with this aspect of self-care by going grocery shopping for you and helping you prepare nutritious and delicious meals.

Get Regular Exercise

Only one-quarter of people between 65 and 74 years old exercise regularly. Many people think they're too old or out-of-shape to start a new workout regimen, but exercise is good for everyone. Getting some exercise can boost your mood, make you stronger, and improve your balance. Exercise can even reduce your risk of falls.

Walking is a great place to start. Seniors and their at-home caregivers can even go for walks together, and improve their health while spending time together. Swimming is another gentle, yet fun exercise that seniors and their caregivers may enjoy together.

Get Enough Sleep

Older adults need between seven and nine hours of sleep a night, but many don't get it. Older individuals may experience more trouble falling asleep. Since they tend to sleep less deeply, they also wake up more often during the night. That makes it hard to get a good night's sleep.

When seniors don't get enough sleep, they're more likely to be depressed. They're also more likely to suffer a fall at night. To improve your sleep, try to follow a regular bedtime regime and sleep schedule. Regular exercise can also help you sleep better at night.

Make Time for Hobbies

It's easy to forget to make time for your favorite hobbies. When you don't make time for fun and relaxation, it's easy to become stressed and upset.

There are many hobbies seniors and their caregivers can enjoy together. Creating art or doing crafts can be fun for people of all ages. Playing cards or board games is another fun hobby for the whole family to enjoy. Of course, try to make time for your favorite solo hobbies, too.

Take Time to Relax

Being a family caregiver is rewarding, but it also requires patience and energy. Caregivers may become so focused on looking after their loved one that they may put themselves second. They can become stressed, depressed and isolated. To counteract caregiver stress, caregivers need to make sure to take some time for rest and relaxation.

Respite care can help! Respite care means a professional caregiver looks after your loved one for a while so you can relax and rest. During this time, you can take a bubble bath, meditate, nap or just sit and relax. The respite caregiver can clean your loved one's home, prepare meals, or just spend time with your loved one. You can relax without worrying about your loved one since you'll know they're in good hands. If you think this would help you, learn how to have a conversation about senior home care.



Basketball Madness — A Short Story

I hold the ticket in my hand. I have carried it in my pocket all day long. It is a flimsy, worn stub of paper. It is dog-eared with a small tear. Fragile and worthless. But it promises me something special and invaluable. I hand the ticket to a clerk at the entrance gate. She smiles and nods solemnly. I enter the arena. Each week, I join thousands of others in the arena to cheer on our basketball team.

Inside the arena, I join a sea of red and blue. Men and women, old and young, from all walks of life, wear our team colors in shirts, hats, coats, and pants. The cavernous hallways are cramped with our slow-moving procession. I shuffle along, shoulder-to-shoulder with other fans. We are strangers, but we feel a strong camaraderie. Someone pats me on the back. Another slaps my hand with a high five.

“Johnson will get a triple-double tonight for sure,” says one.

“Look for Barker in the post all night long,” says another.

“Miller has to protect the paint,” I add.

We speak this strange secret language, the language of basketball. We nod in agreement. We furrow our brows. We wave red and blue banners. I hear a voice rise in song. Others join in the chant, and soon all of our voices sing our team’s fight song together. I parade the halls, arm-in-arm with my comrades, singing and smiling. Then I see it. Section 22. I break off from the throng and walk down the gangway. Before I even see the court, I hear the telltale squeaking of sneakers. I hear the bouncing of balls on the wooden floor below.

From my high seat, the court looks small, a tiny wooden rectangle etched with white lines, circles, and dashes. The players, too, look small. But I know that they are towers of men. They are athletes in the prime of life, lean and vicious. Exquisite specimens of the human race. They move like hulking ballerinas. They bound across the floor with spins and leaps. They float toward the basket like graceful astronauts in space. But this is no ballet. The bodies bang and crash to the floor. Carefully synchronized movements collapse into chaos.

The men chase the little orange basketball with a crazy mania. Whistles trill. Buzzers sound. I hear the men wheeze and yell. And always, the numbers on the scoreboard tick higher and higher. With every basket, the crowd gasps. People scream. Some pray. We do whatever we can to urge our team to victory.

I am fiercely devoted to my team. Some people tell me that they don’t like sports. They say they don’t understand why someone would put so much effort into supporting a team. Understand? Sports are not about understanding. Understanding is a function of the brain. Supporting a team is a function of the heart. Each game, I put my emotions on the line. I love the players unconditionally. When they are injured, I am injured. When they slump, I slump. With each defeat, I am crushed. With each victory, I am elated. I ride this roller coaster of emotions every season with my fellow fans. We endure the highs and lows together. Sometimes the moments are unbearable. Like now. The game is almost over. There are just a few seconds left on the clock. Our team is losing by a mere four points, but it seems an impossible margin. The bodies below are exhausted. They battle sluggishly. All seems lost. But wait! The ball is stolen. An impossible shot pulls us within one point of our opponents.

These next seconds will be unbearable. Or exhilarating. I clench my teeth. The arena buzzes with tension. Could it be? Our opponents make a costly mistake. The ball is ours. Our players speed down the court, wild and out of sync. But out of this chaos the ball rises up. The buzzer sounds. We all hold our breath as the basketball finds the hoop and swishes through the netting. We have won! The arena explodes into cheers and laughter. For this one night, we are victorious, unbeatable, invincible.

The End



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

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