

# Maple Ridge

## Gracious Retirement Living

1531 Juliette Way • Cedar Park, TX 78613 • Phone (512) 425-0053 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

OCTOBER 2020

### MAPLE RIDGE STAFF

Managers.....HERSCHEL & DONNA STAUFFER  
Assistant Managers .....SHAWN & ANITA DENIO  
Assistant Managers .....BOB & LORI ANN REBER  
Executive Chef .....ART WALKER  
Community Sales .....LYSA DODD  
Activity Coordinator .....KELLY MELDAU  
Bus Driver .....KERI MCCOY

### TRANSPORTATION

**Monday, 9 a.m. to 2 p.m.:** Shopping  
**Tuesday, 9 a.m. to 2 p.m.:** Appointments  
**Wednesday, TBD:** Outings  
**Thursday, 9 a.m. to 2 p.m.:** Appointments  
**Friday, 9 a.m. to 2 p.m.:** Shopping

**HAWTHORN**  
SENIOR LIVING

### County Fair at Maple Ridge

We had such a fun week at our Maple Ridge County Fair! We had 10 fair games and prizes for all. The cotton candy was a huge hit! Nancy Mills had never had it and you should have seen the look on her face when she tried it! It was priceless!

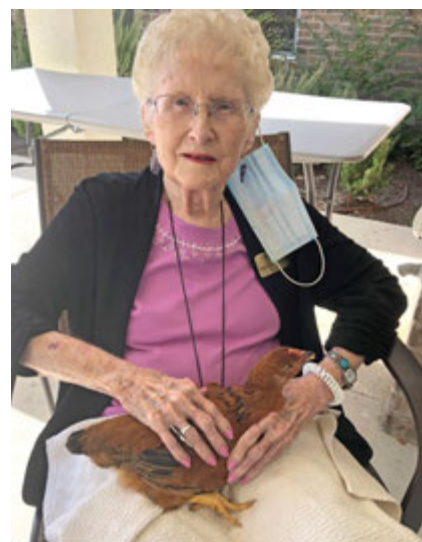
We also had a petting zoo. On Monday we got to pet a skunk! Yes, I said skunk! Tuesday we had a ferret and a chicken.

Does anyone know where the largest county fair is? It is in

San Diego! Not only is this the largest county fair in the country in terms of attendance, it is one of the largest fairs, period.



*June playing Pluck a Duck*



*Ms. Romona holding a chicken*

*(Photos continued inside.)*



## County Fair at Maple Ridge (Continued)



*Ms. Mary Lou enjoying  
some cotton candy*



*Gene holding a baby  
skunk! What?*

## Scenic Drive to South Wind Equestrian Center

On Wandering Wednesday, we found ourselves out in the country with Kelly Jones, owner of SW Equestrian Center where we learned how horses heal! Her ranch offers a unique type of healing for children and adults. Sometimes it is necessary for humans to seek therapy.

Therapy being defined as “the treatment of mental or psychological disorders by psychological means.” In that case, our licensed mental health professionals (LPC, LMSW, PhD) partner with trained and certified equine professionals to provide services to clients who are dealing with the symptoms of past traumas that often include anxiety, depression, eating disorders, post-traumatic stress, attachment disorders, situational stress, loss of a loved one, divorce or anything that causes a disruption in the ability to sleep, concentrate or in general thrive mentally, physically, socially, vocationally and spiritually.

### Trust and Relationship

This therapy is specifically targeted to the brain and nervous system for the purposes of targeting mental disorders. Any riding that is done is for those purposes alone, given that the motion of the horse’s movement is passive regulation and it is helpful when aiding clients in learning self-regulation and targeting areas of the brain that may be “offline” and need regulating.

True fulfillment and joy come when we are fully engaged with the world, not retreating or hiding from it. Horses show us that true connection comes when we fully accept ourselves and find power in the realization of our identity. Horses see us for who we are and wait for us to do the same thing. “The True Self is not our creation, but God’s. It is the self we are in our depths. It is our capacity for divinity and transcendence.” — Sue Monk Kidd

If you didn’t get a chance to go to the ranch, let Kelly or Keri know and we will schedule another outing there. Kelly Jones said we are welcome back anytime.



*Hello Horse!*



*Bess petting a horse at South  
Wind Equestrian Center*



## Resident Wreath Making

We had a fun craft day making clothes pin wreaths for our doors! It is always amazing to me to see how creative our residents are! Next, we will be making a wreath for our veterans and one for our Cedar Park Police Department.



*Ms. Cheryl and her beautiful homemade wreath*



*Ted and his red, white & blue wreath*



*Roseann, our resident bow maker*

## Cooking Class Enjoyed Magic Cookie Bars!

If you have never had a Magic Cookie Bar you are really missing out! Magic Cookie Bars (also known as Hello Dolly Bars or Seven-Layer Bars) are some of the simplest, yet most decadent bar cookies you can bake. These bars are delicious on their own, but they are over the top with ice cream! Just ask Herschel!

You know those occasions when you need a slam dunk, crowd-pleasing dessert? Bake sales? Birthday celebrations at work? Potlucks? Picnics? A baby shower? This recipe is what you should make. Don't hesitate. They are very good: Goopy, crunchy, buttery and delicious all at once. They're versatile, too. If you don't like coconut, or your friends dislike pecans, just swap in something else. You can also add extra layers of ingredients. I'm planning to try a Nutella version, a cookie butter version, and one with cacao nibs and caramel (and ...).

Making the bars is simple. You melt butter, pour it into your pan, and press a layer of graham cracker crumbs into the butter. Pour a can of condensed milk over the pan. Add a layer of chocolate chips, toasted nuts (any kind you like), coconut and bake! I like to use a mix of unsweetened coconut flakes and sweetened shredded coconut for texture and to cut back slightly on the sweetness.

Twenty-five minutes later, your bars are ready. If you find the recipe slightly too sweet, try a mix of semisweet and bittersweet chocolate. These bars freeze beautifully and are a fantastically simple recipe for any baker to keep in their back pocket. Eat one warm from the oven with a glass of cold milk, and revel in the magic of how a few simple ingredients can be transformed into something so wickedly delicious.



*Ted Lockhart was happy to sample the Magic Cookies Bars! He loved them and walked off with the recipe!*

OCT 2020

Birthdays

Peggy Alley, 5th  
Thomas Eng, 6th  
Mae Zakris, 7th  
Cecilia Eng, 10th  
Janet Morgese, 12th  
Liz Cessna, 12th  
Mary Lou Morrison, 13th  
Blanche Moldenauer, 18th  
Lucille Turner, 21st  
Bessie Miller, 22nd  
Cheryl Lundemo, 25th  
Ana Martin, 25th  
Janice Steinmeyer, 29th

Locations

Activity Room, AR  
Billiards Room, BR  
Bus, B  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Dining Room  
Alcove, DRA  
Front Lobby, Lobby  
Gym, G  
Kitchen, K  
Library, L  
Movie Theater, MT  
Patio, P  
TV Room, TV

“Autumn’s the mellow time.”  
—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Cardio Drumming, AR <b>10:00 Prize Bingo with Texas Home Health, AR</b> 10:30 Knitting Circle, TV 10:30 Veterans Coffee & Donuts, DRA 11:30 Wheel of Fortune, AR 2:00 Ring Toss, AR 2:00 Movie & Popcorn, MT 3:00 Bingo: Win a Prize, AR 6:30 Merle the Pearl on the Piano, Lobby 7:00 Movie & Popcorn, MT	8:00 Wear Red & Pledge at 12:15 p.m. in Dining Room 9:30 Friday Dance Party, AR 9:30 Green Thumb Bloomers, AR 10:00 Ventures with Veterans, L 11:00 Giant Crossword Puzzle, BR 2:00 Let’s Reminisce!, AR 2:00 Balance Class, AR 2:00 Movie & Popcorn, MT 3:00 Bingo: Nickel, AR 6:30 Merle the Pearl on the Piano, Lobby 7:00 Movie & Popcorn, MT	9:30 Find a Friend & Go for a Walk, AR 10:00 Nickel Bingo, AR 11:00 Giant Crossword Puzzle, BR 11:30 Bean Bag Baseball Throwing Practice, AR 2:00 Movie & Popcorn, MT 2:00 Wii Games, AR 3:00 Nickel Bingo, AR 6:30 Merle the Pearl on the Piano, Lobby 7:00 Movie & Popcorn, MT
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## Pen Pals Are Having Fun!

Once we sent this request out on Facebook, the letters started coming in! Betty Collins, Sherry Bales, and Raymond Harrington have been very busy responding to all their letters and are enjoying developing fun relationships through the mail.

Having a pen pal develops compassion and understanding of other cultures and values. Writing to others who are different than ourselves help us to learn more about the world. Despite living in different environments, there are many things that make people the same everywhere.

Letter writing promotes patience; delayed gratification! I know I'm guilty of wanting instant text message replies or quick email responses. "Did our pen pals write back yet?" Pen Pals experience the joy of anticipation and then the satisfying reward of getting something after a wait. This makes receiving our pen pal letters even more special!

Let Kelly know if a Pen Pal is something you are interested in. They do bring bunches of joy to you!



*Raymond lets us know he is ready to be a Pen Pal!*

## Simple Ways to Make Someone Smile on World Smile Day, October 2nd

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works, too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



## A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.

## Fall Garden Coming!

It is cooling down and it is time to think of changing the garden beds out back. We will be looking to plant beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, garlic, Swiss chard, and leafy greens such as collard and kale. Keep your eyes peeled for the fall crop!

## VA Coffee and Donuts

Calling all veterans! Please remember to join us on the first Thursday of every month for coffee and donuts! This is just a small way we can honor you and say thank you for your service!



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Fall in love...  
With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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