

# Oak Park Retirement

## Gracious Retirement Living

548 White Oaks Drive • Salisbury, NC 28147 • Phone (704) 636-4600 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## NOVEMBER 2020

### OAK PARK STAFF

Managers..... KEVIN & ANGELA TOOF  
Assistant Managers ...RANDY & ROBINN COOK  
Executive Chef ..... JUSTIN GRIER  
Community Sales .....CHRISTINA HELM  
Activity Coordinator .....GINA GRUBB  
Maintenance ..... PETE TOWNSEND  
Transportation..... NELSON GERALDS

### TRANSPORTATION

**Monday, 9 a.m.-2:30 p.m.:**

Doctor's Appointments

**Tuesday, 9 a.m.-noon:** Errands

**Wednesday, 9 a.m.-2:30 p.m.:**

Doctor's Appointments

**Friday, 9:45 a.m.:** Walmart

**HAWTHORN**  
SENIOR LIVING

## Giving Back

Hawthorn recently challenged each of their communities to create and donate a wreath to show appreciation to their local first responders during the Covid pandemic. The contest was called "The Heart that Gives, Gathers." Since many of our military veterans here at Oak Park depend on the VA Hospital for their medical needs, it seemed fitting that we would choose W.G. Hefner VA as our recipient. Residents worked together creating a wreath which reflects both military and medical service. Once the wreath was completed, Gina our Activity Coordinator, along with Chris Spence and Washington Berry (both veterans) presented it to Todd Goodman, Public Relations Manager at the VA Hospital. Mr. Goodman expressed much gratitude as he accepted the wreath.



*Chris and Washington presents wreath to VA Hospital.*





## Welcome Our New Residents

Evalina Adams is a native of Gastonia, North Carolina. Shortly after graduating from Hunter Harris High School, she began her first career as a dental assistant. In 1978, she joined the Army where she served as an administrative specialist. Through the years, she has worked in the retail industry. Evalina's hobbies include bowling and journaling. In fact, she noted that she has kept a journal most of her life.



*Evalina Adams*

John and Shirley Goodman are our newest couple here at Oak Park. A resident of Rowan County since birth, John was employed by Norandal here in Salisbury for 42 years! To keep busy after retirement, John works part time doing landscaping and handyman work when he's not playing golf.



*John and Shirley Goodman*

Shirley grew up the youngest of 11 children on the family's dairy farm in Iredell County. She graduated from Bowman Grey School of Medicine and practiced as a medical psychiatrist. In 1995, she moved to Salisbury where she continued her career at the VA Hospital for more than 14 years. The couple has three children, four grandchildren, and two new kittens, Emily and Lilly.



*Penny Godfrey*

Penny Godfrey, like many other women of her generation, devoted her life to raising a family and supporting her husband's military career. However, once her three boys had all graduated, it was Penny's time to answer the call to the ministry and further her education. Graduating from Duke Divinity School, she went on to serve and encourage others as a hospital chaplain. Nowadays, she devotes her time to taking care of Sam, her beloved canine companion.



## Happy Veterans Day to Our Oak Park Veterans

- Evalina Adams
- Harold Barkley
- Carl Basinger
- Washington Berry
- Alvin Best
- Wilbur Boltz
- Ronald Booth
- Donna Boughton
- Benjamin Carpenter
- Lonnie Childress
- Daniel Dagenhart
- Dick Derr
- Dennis Eccleston
- Ellen Eccleston
- Bob Edward
- Jim Houston
- Ed Keeter
- Walter Leather
- Dorothy Leggett
- John Livingston
- Marlana Nobody
- Ed Shinn
- Herbert Spaul
- Chris Spence
- Ned Thomas
- Pete Townsend
- Joe Tullys



## Oak Park's Fall Carnival

It was a gorgeous autumn day. An artist could not have painted a more perfect backdrop for our carnival. The warm, October sun beckoned residents outside. Colorful banners and balloons blowing in the breeze welcomed everyone to the festivities.

Sounds of old familiar tunes were delivered by our own DJ Nelson and friend Bernard Cheeks. It was almost like someone had turned back time watching the residents enjoying the carnival games, smiling and laughing while playing childhood contests they most likely took part in their younger days. Horseshoes, ring toss, duck matching game, putt-putt, and football were among the choices to play.

Many couldn't resist the whimsical notion of a temporary tattoo. Artist Eric Melton was on hand to sketch caricature drawing of those who waited to sit in his chair. Of course, you can't have a carnival without food. Justin and the Culinary team served funnel sticks, mini corn dogs and soft pretzels.

The grand finale of the afternoon allowed residents to throw water balloons at the staff. Our Managers, aka Randy and Robin Raincoat, and The Tyrannosaurus Turners dodged the wet ammo launched by the amazing strong arms of our residents. Bystanders cheered on their peers with joyful shouts of "Get Them, Get Them!" Even our Kitchen Servers got in on the fun, throwing the balloons at one another.

Several residents commented on how much they enjoyed all the carnival festivities, expressing the carnival was almost like a rite of passage after months of dealing with the effects of Covid.

No doubt it was an amazing afternoon.



*Lonnie, that looks just like you!*



*Washington showing off his putting skills to Chuck*



*Miriam poses for her caricature sketch by Eric Melton.*



*My, what big teeth you have there Alvin!*



*You don't have to be crazy to work here ... we will train you.*



*Give it your best shot ,Betty!*

NOV 2020

Birthdays

Robert Claxton, 3rd  
Dorothy Leggett, 15th  
Dolores Kane, 19th  
Bill Greenstreet, 19th  
Bobbie Melton, 21st  
Washington Berry, 28th  
Eleanor Peeler, 30th

Locations

Activity Room  
(First Floor), AR  
Art Studio (Second  
Floor), AS  
Atrium, ATR  
Chapel (Third Floor), CH  
Dining Room (First  
Floor), DR  
Game Room (Second  
Floor), GR  
Library (Second  
Floor), LIB  
Lobby, LB  
Screen Porch  
(First Floor), SP  
Television Lounge  
(Second Floor), TVL

“Thanksgiving  
just gets me all  
warm and tingly  
and all kinds  
of wonderful  
inside.”  
—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Communion Service, CH</div> <div>4:00 Chapel Service, CH</div>	<div>2</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise with Legacy, AR</div> <div>10:30 White Board Games</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:30 Line Dancing</div>	<div>ELECTION DAY</div> <div>3</div> <div>9:00 Errands</div> <div>9:15 Exercise with Gina, AR</div> <div>10:00 Balloon Volleyball, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div> <div></div>	<div>4</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts with Gina, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div>	<div>5</div> <div>Thursday Outings</div> <div>9:15 Exercise with Legacy, AR</div> <div>12:30 National Nacho Day with Justin, AR</div> <div>12:30 Chef's Meeting, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Thursday's Virtual Tours/Snacks, AR</div> <div>7:00 Poker Night, TVL</div>	<div>6</div> <div>9:15 Exercise with Gina, AR</div> <div>9:45 Walmart</div> <div>10:30 Timeless Trivia, AR</div> <div>11:00 Learn to Play Chess, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Game Shows, AR</div>	<div>7</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>6:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div>
<div>8</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>9</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise with Legacy, AR</div> <div>10:30 White Board Games</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:30 Line Dancing</div>	<div>10</div> <div>9:00 Errands</div> <div>9:15 Exercise with Gina, AR</div> <div>10:00 Bocce Ball, ATR</div> <div>12:30 Blood Pressure Checks with Legacy, ATR</div> <div>12:30 Senior Fit Test with Legacy, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div>	<div>VETERANS DAY</div> <div>11</div> <div>Local Doctor Appointments</div> <div>8:00 Veterans' Appreciation Breakfast, AR</div> <div>9:00 Veterans Honor Guard Ceremony</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts with Gina, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div>	<div>12</div> <div>Thursday Outings</div> <div>9:15 Exercise with Legacy, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Thursday's Virtual Tours/Snacks, AR</div> <div>7:00 Poker Night, TVL</div>	<div>13</div> <div>9:15 Exercise with Gina, AR</div> <div>9:45 Walmart</div> <div>10:30 Timeless Trivia, AR</div> <div>11:00 Learn to Play Chess, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Game Shows, AR</div>	<div>14</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>6:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div>
<div>15</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div> <div></div>	<div>16</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise with Legacy, AR</div> <div>10:30 White Board Games</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:30 Line Dancing</div>	<div>17</div> <div>9:00 Errands</div> <div>9:15 Exercise with Gina, AR</div> <div>10:00 Balloon Volleyball, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>3:30 Health Talk with Legacy, AR</div> <div>7:00 Poker Night, AR</div>	<div>18</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts with Gina, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div> <div>3:00 Minute to Win It Thanksgiving Games, AR</div>	<div>19</div> <div>Thursday Outings</div> <div>9:15 Exercise with Legacy, AR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>2:00 Gingerbread Village Planning Meeting, AR</div> <div>3:30 Health Talk with Legacy, AR</div> <div>7:00 Poker Night, TVL</div> <div></div>	<div>20</div> <div>9:15 Exercise with Gina, AR</div> <div>9:45 Walmart</div> <div>10:30 Timeless Trivia, AR</div> <div>11:00 Learn to Play Chess, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Game Shows, AR</div>	<div>21</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>6:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div> <div></div>
<div>22</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>23</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise with Legacy, AR</div> <div>10:30 White Board Games</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:30 Line Dancing</div>	<div>24</div> <div>9:00 Errands</div> <div>9:15 Exercise with Gina, AR</div> <div>10:00 Bocce Ball, ATR</div> <div>12:30 Blood Pressure Checks with Legacy, ATR</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>3:00 Art Classes, AS</div> <div>7:00 Poker Night, AR</div>	<div>25</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise, AR</div> <div>10:30 Crafts with Gina, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>2:30 National Parfait Day, AR</div> <div>3:00 Stitch and Knit, AR</div> <div>3:00 Bible Study, CH</div>	<div>THANKSGIVING</div> <div>26</div> <div>2:00 Bridge, TVL</div> <div>2:00 Numbered Dominoes, AR</div> <div>7:00 Poker Night, TVL</div>	<div>27</div> <div>9:15 Exercise with Gina, AR</div> <div>9:45 Walmart</div> <div>10:30 Timeless Trivia, AR</div> <div>11:00 Learn to Play Chess, AR</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, TVL</div> <div>3:00 Game Shows, AR</div>	<div>28</div> <div>9:15 Cornhole, AR</div> <div>2:00 Bridge, TVL</div> <div>6:00 Wii Bowling League, AR</div> <div>7:00 Classic Movie Night, TVL</div> <div></div>
<div>29</div> <div>10:00 Coffee Chat, AR</div> <div>2:00 Numbered Dominoes, AR</div> <div>4:00 Chapel Service, CH</div>	<div>30</div> <div>Local Doctor Appointments</div> <div>9:15 Exercise with Legacy, AR</div> <div>10:30 White Board Games</div> <div>2:00 Bingo, AR</div> <div>2:00 Bridge, GR</div> <div>3:00 Stitch and Knit, GR</div> <div>3:30 Line Dancing</div> <div></div>					



## Gratitude

We're living through unusual and trying times. The COVID pandemic has people feeling stressed and frightened.

That's why it's more important than ever to focus on gratitude — the practice of noticing and being thankful for what is valuable and meaningful to you. It's good for your mental and physical health, it can help you relax and its effects can help you stay well through the pandemic and beyond.

Yes, I did say gratitude is good for your health!

Focusing on silver linings.

Counting your blessings. Stopping to smell the roses.

These aren't just cliches; they're activities that research shows may improve your quality of life. The health benefits of practicing gratitude are wide-ranging — and maybe even a bit surprising.

Improving Your Immune System

The practice of gratitude can improve immune function, according to the American Heart Association. This is especially important during the COVID-crisis, since people with compromised immune systems face a high risk of becoming severely ill from Coronavirus.

Lowering Your Risk for Mental Health Issues

Studies have shown that people who practiced gratitude showed a significantly lower risk for major depression, anxiety disorder, and substance abuse, according to the National Alliance on Mental Illness.

Setting Yourself Up for Success

In clinical trials, grateful people have been shown to exercise more and eat healthier diets.

Practicing Gratitude Can Be Easy, Rewarding — and Fun

Cultivating thankfulness isn't hard, and it doesn't require much time or energy. You can start small by taking a few moments to notice things that are going well in your life.

To help make this a regular habit, set aside a short time each day to intentionally practice gratitude. Try one or more of these activities to start.

Jot Down Your Joys

Make a habit of writing down the things you're grateful for.

Try sitting down and listing out:

One place that is safe and relaxes you

One thing that's going well in your life

Three things you enjoy

Three things you're looking forward to

Two people whom you love and who love you

Health: Think of what your body allowed you to do today. Maybe your feet enabled you to walk around your apartment, or your arms allowed you to hold a pet you love.

Eat: What nourishment did you provide your body today? What was your favorite meal?

Activity: Did you do something today that you really enjoyed? Take a moment to reflect on and savor it.

Relationship: Did you see or talk to someone today who brings you joy? Or are you planning to see someone on a video chat who fits that description? (Remember: The person in the mirror counts.)

Time: There's no time like the present. Allow yourself to be grateful for the fact that you're here.

If this sounds like too much to tackle, pick and choose what you'd like to focus on, and feel free to change it up depending on your mood or ability.

And if you find yourself saying that you have nothing to be grateful for, try thinking about all the little things you have. You may find that you're taking for granted certain abilities or privileges you have that others don't.

Make Mealtimes Mindful

Before and during meals, take time to appreciate the bounty on your table. When eating, slow down and savor every bite. Not only will you feel more thankful, but you'll also be less likely to overeat.

Count Blessings Instead of Sheep

Before falling asleep, take a moment to think about the positive things that happened during your day. Research shows that gratitude may help you get a better night's sleep.

Stop and Savor

It might be hard to recognize positive moments while they're happening, but if you practice enough, you will get the hang of it. When you find yourself enjoying a moment — a sound, a memory, a conversation try to pause for a bit and bask in the experience.

Pass It On

The more selfless you are, the more you may get out of it. Research shows that you may feel happier and more satisfied with life when you volunteer. During this COVID pandemic, you can help make an impact on your community while staying safe.

Find ways to give back and be part of the outpouring of support.

If ever there was a time when these traits were needed, it's now.

Let's all prepare our hearts and minds for Thanksgiving by practicing gratitude each and every day.



## Fun Facts About Thanksgiving

The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.

Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce).

Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had a Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation — and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.

There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

The average number of calories consumed on Thanksgiving is 4,500.

Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.

The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving 1920.

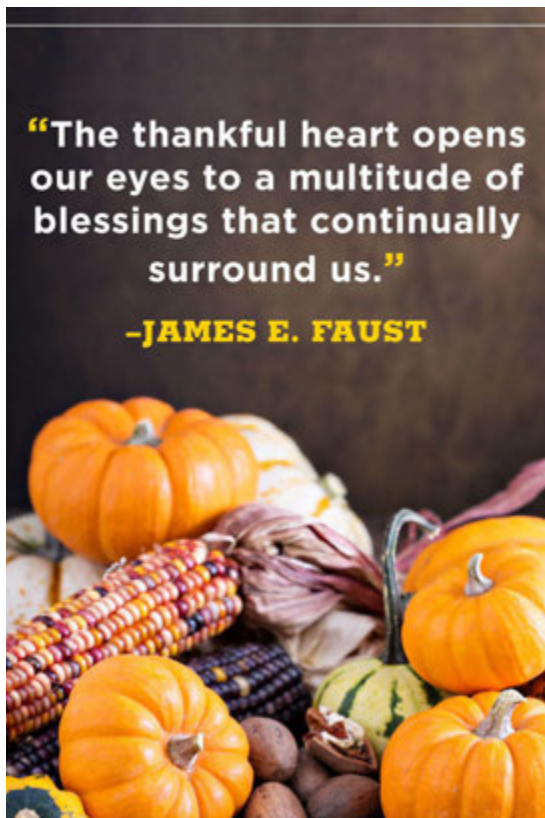
On average, 54 million Americans will travel during the Thanksgiving holiday. That number is expected to be much lower this year due to the Coronavirus.



## November Quote

**"The thankful heart opens  
our eyes to a multitude of  
blessings that continually  
surround us."**

**—JAMES E. FAUST**



## Happenings at the Park



*Phyllis made a new friend  
at the Pet Fashion Show.*



*Wilbur's submission to Hawthorn  
"What Makes You Happy?" Contest*

Oak Park Retirement  
Gracious Retirement Living

548 White Oaks Drive  
Salisbury, NC 28147



# 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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**704-636-4600**