

# Scholl Canyon Estates

## Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

NOVEMBER 2020

### SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN

Assistant Managers ..... JAMEY BROWN  
& MARA RUTH

Executive Chef .....ALESSANDRA "ALEX"  
MCBRIDE

Sous Chef .....JOSUE LUNA

Activity Coordinator .....ALLYSON SEVERYN

Maintenance .....PAUL GONZALES

Bus Driver .....JUAN PARRA

### HOPE BEAUTY SALON

**Susie Lopez, Owner**

Wednesday-Friday, by appointment  
818-288-2429

**HAWTHORN**  
SENIOR LIVING

## Meet Your New Assistant Managers: Jamey Brown and Mara Ruth!

My name is Jamey Brown  
and I am originally from  
Ocala, Florida.

I grew up in a military family. Growing up, we traveled all over the United States including Maryland, Hawaii, Kansas and Florida. In fact, the first time I lived outside a military base, I was 15 years old. I was living in Ft. Lauderdale, Florida, when the pandemic hit. As the country was going on lockdown and work was no longer available to me in Florida, I flew out to California to be with Mara. Little did I know, I would not be returning! My passion for caregiving came when I worked at the Swimming Hall of Fame Museum in Ft. Lauderdale in my 20s. One day, my manager asked if I would sit bedside at Holy Cross Hospital for her friend's father who had suffered a stroke. From the moment I walked in the door, I was immediately overcome with a deep sense of vocation and I have been caregiving full time ever since. I have cared for a spectrum ranging from children with special needs, to two young boys for whom I was a full-time nanny for many years. I have had both live-in and live-out positions as a full-time caregiver to senior citizens (both male and female). Some of the best times of my life were spent pushing my dear friend and client of many years, Mamasan, for strolls through the redwoods in Santa Cruz, California, to watching old reruns of "Gunsmoke" with my last full-time client, Bob, who was 91 years old at the time. When I read about the position at Scholl Canyon on the internet, it was another pure calling I felt in my heart.

*(Continued inside.)*



*Jamey and Mara with Cam :)*



## Meet Your New Assistant Managers: Jamey Brown and Mara Ruth! (Continued)

I am grateful beyond my wildest imagination to be here in Glendale, California, living life with my true love, Mara, and spending my days with all of the residents with whom I look forward to getting to know on a deeper level as the years go on! I am currently living my best life! A goal Mara and I have had for years was to live and work together. We never dreamed we would be doing it at this amazing level. I am now residing in my dream home, with my dream girl and working my dream job! Mara and I count our blessings as we lie in bed at night. We wake up every day, eager to come in. I consider this position to be a stage for our special gifts and Mara and I both strive for mastery in our performance!

My name is Mara Ruth and I am from Santa Cruz, California, by way of Bakersfield, California.

I wound up in the LA area after Jamey and I had an extended stay in Palm Desert where we looked after my mother during lockdown. While in Santa Cruz, I studied Business Management Economics with an emphasis in accounting at UCSC. My passion for senior citizens began from growing up with an older mother, who is now 80 years old. I also spent a lot of time with my grandmother. Between the two of them and their friends, we enjoyed everything from getting our nails done to hanging out at the country club. Some of my favorite times were spent cooking them a meal, always immersed in their wisdom. I became close with many of their friends and we always had so much fun. When I was 21, I began working as a full-time caregiver to my dear friend Cameron. "Cam" is a young man with CP who needs maximum assistance with his daily affairs. I found a deep sense of purpose helping Cam live the highest quality of life possible. I also spent some time caring for Cameron's grandmother, whom I affectionately called "Gmom." Further down the line, I wound up living with the family and did so all the way until COVID hit. I love getting to know people and about the lives they have lived. My goal in life is to help make the lives of those around me a happier and healthier one. For those of you interested, Jamey and I met in Santa Cruz through a dating app six years ago. We became friends first and developed our relationship slowly and intentionally. We dated long distance for many years and are so happy to finally be living together. Working together has been a long-time dream and we are so happy that it happened sooner than expected! We feel so incredibly happy and lucky to be here in Scholl Canyon living with all of the amazing residents!

## Carl's Corner (Words, Trivia, Drivel, Humor)

Here are some Tom Swifties, some old, some new:

"You're making a grave mistake," said Tom cryptically.

"This is a great hot dog," said Tom with relish.

"Many thanks for your help in Paris," said Tom merci-fully.

"I like to eat at McDonald's," said Tom archly.

"I've spotted more black birds than you have," crowed Tom.

"So, this is Nebraska," said Tom flatly.

"Yes, I'm on welfare," said Tom dolefully.

"I like hitting piñatas," said Tom bashfully.

"This pencil needs sharpening," said Tom bluntly.

"I think I'll use a different font," said Tom boldly.

"I just got a job putting up steel girders," beamed Tom.

"No, I haven't read Voltaire," said Tom candidly.

"Yes, I'm wearing a wedding ring," said Tom with a-band-on.

"Not solid, it's just gold leaf," said Tom guiltily.

"I used to be a lion tamer," said Tom offhandedly.

"Actually, I'm in kitchen remodeling," said Tom counterproductively.

"I can't find a flower to play 'she loves me, she loves me not'," said Tom lackadaisically.

"And that's the end of that," said Tom finally.





## Fun Facts About Veterans Day!

Have you ever wanted to know almost all there is to know about Veterans Day? Well, now's your chance! Below are some fun and interesting facts about the day we choose to celebrate our amazing veterans:



1. Veterans Day coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries, that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect.
2. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.
3. The National Veterans Award was also created in 1954.
4. Veterans Day is not to be confused with Memorial Day; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who died while in military service.
5. In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Weeks led a delegation to Gen. Dwight Eisenhower, who supported the idea of a National Veterans Day.
6. Although originally scheduled for celebration on November 11 of every year, starting in 1971 in accordance with the Uniform Monday Holiday Act, Veterans Day was moved to the fourth Monday of October (October 25, 1971; October 23, 1972; October 22, 1973; October 28, 1974; October 27, 1975; October 25, 1976; and October 24, 1977). In 1978, it was moved back to its original celebration on November 11.
7. As Veterans Day and the birthday of the United States Marine Corps (November 10, 1775) are only one day apart, that branch of the Armed Forces customarily observes both occasions as a 96-hour liberty period.
8. While the holiday is commonly printed as Veteran's Day or Veterans' Day in calendars and advertisements (spellings that are grammatically acceptable), the United States Department of Veterans Affairs website states that the attributive (no apostrophe) rather than the possessive case is the official spelling "because it is not a day that 'belongs' to veterans, it is a day for honoring all veterans."

As fact No. 8 so beautifully points out, Veterans Day is a day for honoring all veterans, and we are truly so grateful to our residents who served in the armed forces. Look out for some fun events this month that are specifically designed to honor our vets!

Thank you again, to those who have fought to protect our country.

NOV 2020

Birthdays

Maxine Pearl, 5th

Francesca Fagnani, 6th

Pete Minkler, 14th

Hugh Roberts, 22nd

Edie Turrill, 23rd

George Turrill, 25th

Vern Koehn, 25th

Margaret Atencio, 29th

Transportation

Monday, 9:30 a.m.

1st, 3rd and 5th — Ralph’s and Post Office

2nd and 4th — Von’s and Rite Aid

Monday, 11 a.m.

1st, 3rd and 5th — Von’s and Rite Aid

2nd and 4th — Ralph’s and Post Office

Monday, 2 p.m.

CVS Pharmacy

Tuesday and Thursday, By Appointment Only

Doctor & Medical Appointments

Friday, 10:15 a.m.

1st — 99 Cent Store

2nd — Big Lots

3rd and 5th — Trader Joe’s/Walgreens

4th — Walmart

Friday, 2 p.m.

1st — Trader Joe’s/Walgreens

2nd — Target and Macy’s

3rd — Dollar King

4th — T.J. Maxx, Ross, Nordstrom Rack

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> </div>	<div>2</div> <div> <div>9:30 Shopping: Ralphs and Post Office</div> <div>11:00 Shopping: Vons and Rite Aid</div> <div>2:00 Shopping: Cvs Pharmacy</div> <div>2:00 Game of Taboo</div> </div>	<div>ELECTION DAY</div> <div>3</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> <div>3:00 Bible Study with Idell</div> <div>3:30 Adventures with Doug</div> </div>	<div>4</div> <div> <div>9:00 Yoga</div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> </div>	<div>5</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> <div>🍰</div> </div>	<div>6</div> <div> <div>9:30 Gentle Yoga</div> <div>10:00 Shopping: 99 Cent Store</div> <div>2:00 Shopping: Trader Joe’s/Walgreens</div> <div>2:00 Hangman!</div> <div>🍰</div> </div>	<div>7</div> <div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Movie Night!</div> </div>
<div>8</div> <div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> </div>	<div>9</div> <div> <div>9:30 Shopping: Vons and Rite Aid</div> <div>11:00 Shopping: Ralphs and Post Office</div> <div>2:00 Shopping: Cvs Pharmacy</div> <div>2:00 Game of Taboo</div> </div>	<div>10</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> <div>3:00 Bible Study with Idell</div> </div>	<div>VETERANS DAY</div> <div>11</div> <div> <div>9:00 Yoga</div> <div>10:30 Veterans Show and Tell!</div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> </div>	<div>12</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> </div>	<div>13</div> <div> <div>9:30 Gentle Yoga</div> <div>10:15 Shopping: Big Lots</div> <div>2:00 Shopping: Target and Macy’s</div> <div>2:00 Hangman!</div> </div>	<div>14</div> <div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Movie Night!</div> <div>🍰</div> </div>
<div>15</div> <div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> </div>	<div>16</div> <div> <div>9:30 Shopping: Ralphs and Post Office</div> <div>11:00 Shopping: Vons and Rite Aid</div> <div>2:00 Shopping: Cvs Pharmacy</div> <div>2:00 Game of Taboo</div> </div>	<div>17</div> <div> <div>9:30 Workout with Weights</div> <div>12:00 Manager’s Meeting with Residents</div> <div>2:00 Bingo!</div> <div>3:00 Bible Study with Idell</div> </div>	<div>18</div> <div> <div>9:00 Yoga</div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> </div>	<div>19</div> <div> <div>9:30 Workout with Weights</div> <div>12:00 Chef’s Meeting with Residents</div> <div>2:00 Bingo!</div> </div>	<div>20</div> <div> <div>9:30 Gentle Yoga</div> <div>10:15 Shopping: Trader Joe’s/Walgreens</div> <div>2:00 Shopping: Dollar King</div> <div>2:00 Hangman!</div> </div>	<div>21</div> <div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Movie Night!</div> </div>
<div>22</div> <div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> <div>🍰</div> </div>	<div>23</div> <div> <div>9:30 Shopping: Vons and Rite Aid</div> <div>11:00 Shopping: Ralphs and Post Office</div> <div>2:00 Shopping: Cvs Pharmacy</div> <div>2:00 Game of Taboo</div> <div>🍰</div> </div>	<div>24</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> <div>3:00 Bible Study with Idell</div> </div>	<div>25</div> <div> <div>9:00 Yoga</div> <div>2:00 Game of Taboo</div> <div>3:00 Bible Study with Idell</div> <div>🍰</div> </div>	<div>THANKSGIVING</div> <div>26</div> <div> <div>9:30 Workout with Weights</div> <div>2:00 Bingo!</div> </div>	<div>27</div> <div> <div>9:30 Gentle Yoga</div> <div>10:15 Shopping: Walmart</div> <div>2:00 Shopping: T.J. Maxx, Ross, Nordstrom Rack</div> <div>2:00 Hangman!</div> </div>	<div>28</div> <div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Juan</div> <div>6:45 Movie Night!</div> </div>
<div>29</div> <div> <div>11:00 Adult Coloring</div> <div>2:00 Movie &amp; Popcorn</div> <div>🍰</div> </div>	<div>30</div> <div> <div>2:00 Shopping: Cvs Pharmacy</div> <div>2:00 Game of Taboo</div> </div>					

# NOV 2020

## Birthdays

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George Turrill, 25th  
Vern Koehn, 25th  
Margaret Atencio, 29th

## Transportation

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## Adventures With Doug! The Carlsbad Caverns

Standing on a plateau of open land in New Mexico, filled with cactus, desert shrubs and grassland as far as the eye can see, who would ever guess that miles of mystery hide deep below your feet? But there are — a vast underground system of 120 known caves.

We'll make sure the batteries in our flashlights are fresh and drop deep into the heart of world-famous Carlsbad Caverns. After a brief visit through the jaw-dropping Big Room and the Hall of Giants, we'll put on our helmets and explore even further, dropping even further where fewer people venture: Lower Cave. Join us for our slide show adventure, filled with fun stories, fascinating facts and stunning images as we head into this magnificent gem.



*Carlsbad Caverns*

## An Attitude of Gratitude

A thankful heart is a happy heart — it may sound clichéd, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

**Keep a journal** — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

**Create a collage** — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

**Say "thank you"** — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

**Give back** — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

In September a few of your fellow residents created a wreath for "The Heart that Gives and Gathers" project, which took place across all of Hawthorn Retirement Group's locations. The wreath was made in honor of our first responders who have been risking their lives to keep us safe during COVID. We were able to donate the wreath to the Glendale Police Department, and they were so grateful. This project serves as a little reminder of what even a small amount of generosity and thankfulness can do. Let's continue to spread gratitude and thankfulness to our friends and family as we enter into the Thanksgiving season!



*Wreath dedication — Glendale Police Department*



## Recipe Central!

This month we are focusing on all of the amazing health benefits of cranberries, but that doesn't mean they can't be used to make some extra delicious treats! Check out the cranberry white chocolate cookie recipe below. We might be making these in the Activities Room this month. :)



### **Cranberry White Chocolate Cookies!**

#### **Ingredients:**

- 1/2 cup butter, softened
- 1/2 cup brown sugar, packed
- 1/2 cup white sugar
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 1 1/4 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup dried cranberries
- 1/2 cup white chocolate (chips or chunks)

#### **Directions:**

Preheat oven to 350 degrees.

Cream the butter and sugars in a bowl before beating in the egg and vanilla extract.

Mix the flour, baking soda and salt before mixing into the wet ingredients followed by the cranberries and white chocolate.

Form the dough into tablespoon-sized balls and place on a baking sheet 2 inches apart and bake in a preheated 350F/180C oven for 8-10 minutes. They should be just barely golden brown around the edges on the bottom, before pulling them out of the oven to cool on the tray for 5 minutes before transferring them to a cooling rack.

## Crazy for Cranberries!

Why are cranberries so good for us?

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits: cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!



*Cranberries*

### **1. Cranberries may help prevent urinary tract infections.**

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidin, or PACs for short. PACs reduce the ability of bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

Note: Before you sip unsweetened cranberry juice for this explicit purpose, you should know that research on the subject is mixed; however, some experts still recommend drinking cranberry juice as a preventive measure, but talking to your doctor and trying a better, science-backed natural remedy is a better bet until more research can be done.

### **2. They can improve your digestion.**

Fiber is great for overall gut health, and cranberries are packed with it—one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber helps you feel fuller longer, which means you're less likely to reach for a not-so-healthy snack.

### **3. They can help prevent gum disease.**

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick to and grow in the oral cavity and limit gum disease, in the same way they do with UTIs.



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A photograph of a still life arrangement featuring several pumpkins in orange and white, ears of corn, and other autumnal decorations on a dark, textured surface.

*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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Gracious Retirement Living

**818-951-3830**