

STONEYBROOK

ASSISTED LIVING

4650 SW Hollyhock Circle • Corvallis, OR 97333 • Phone (541) 758-2026 • www.seniorlivinginstyle.com

DECEMBER 2020

STONEYBROOK STAFF

AdministratorSTEPHANIE DEATHERAGE
Assistant Administrator..... GRACE MCCRARY
Director of Health Services..... ANDREW ROSENBAUM
Assistant Director of Health Services ..LESLIE WALKER
Resident Services
Coordinator MACKENZIE HENDERSON
Executive ChefADRIEL HAMILTON
Community SalesALYSSA MONNING
Sous Chef KIM JONES
Activity Coordinator TAUNESHA DIXON
Administrative Assistant DEBBIE MUNSEY
MaintenancePATRICK COLLINS
Bus DriverJUSTIN ANDERSON

TRANSPORTATION

Monday, Noon: Lunch Outing

Tuesday & Thursday, All Day: Doctor Appointments

Wednesday, 2 p.m.: Shopping Outings

Wednesday, Morning: Doctor Appointments

Sunday, 9:30 a.m.-3 p.m.: Church Runs

HAWTHORN
SENIOR LIVING

Welcome to the Stoneybrook Team

Andrew Rosenbaum is our new director of Health Services. Andrew comes to us from Denton, Texas, where he was born and raised. An Army veteran of eight years, Andrew



was in Operation Enduring Freedom in 2014. Before he left Texas, he received his nursing degree from Texas Tech.

What brings Andrew to Oregon from Texas one may wonder? His lovely wife, Amara, is what brings them to us. She is currently getting her PhD in child development at OSU. They have three dogs, and just got married last July.

When talking with Andrew, I asked him what his goals are for Stoneybrook. After a short nervous laugh, he replied, "I honestly don't know. I think things are on the right track here. I just want to make sure that we have a high standard of care that's focused on the individual resident. Each one of them is different, and has different needs."

I think Andrew will make a wonderful addition to the Stoneybrook team. So make sure to wave and say hello as you see him in passing.



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.



Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:

Symphony No. 5 — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

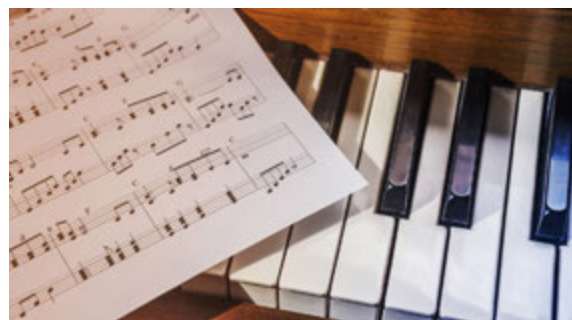
Symphony No. 9 — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

Violin Concerto — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

Symphony No. 3 — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career—and classical music as a whole—when his work became more personal and emotional.

Piano Sonata No. 14 — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

"Für Elise" — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.





Around the World With Chef Adriel

Chef Adriel is the executive chef here at Stoneybrook. We have been doing a series of food demos that have taken our taste buds around the world. We have tasted the delights from a few different countries, and here is where we have been.

We started our tour in the good old USA with strawberry shortcake. Can you say yummy!

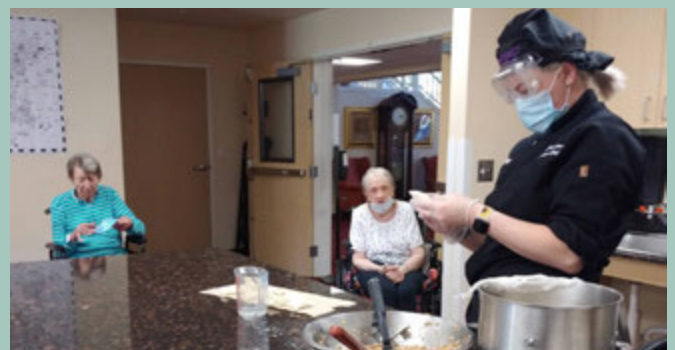
While visiting Thailand, we got to experience the wonderful tantalizing fresh flavors of spicy noodles. Savory and fresh, this was a big hit.

In China, Adriel titillated our saliva glands with savory pot stickers made with ground pork, fried, and then steamed to perfection.

After hitting up China, Japan was next on our tour for the taste buds. Adriel dazzled everyone with a sweet treat, strawberry mochi! Now who knew that a strawberry wrapped in red bean paste, then into a rice flour and powdered sugar package of delicate edible goodness would really be such an amazingly sweet and satisfying treat? This one was a crowd pleaser for sure!

In the month of November we are going to enjoy a special treat from Greece. What we will demo is still under wraps. You'll have to attend the demo to find out.

You may be asking yourselves, how do they pick what country to demo? We ask our residents, of course! After each demo, we ask for five to six locations, place it in a random generator, and then give it a spin. So make sure to show up for Executive Chef Adriel's food demos. Come give your taste buds an unexpected treat, and help us pick where we go next.



DEC 2020

Birthdays

Leanna Biggerstaff, 2nd (Employee)
JoAnne Lattin, 6th
Michael Mulcahy, 7th
Shirley Fry, 13th
Jean Russel, 14th
Joan Wilson, 19th
Jane Corbin, 27th
Myrna McDougal, 30th

Move-In
Anniversaries

Charles & Mary Beddingfield, 12/3/2014
Emory Hunter, 12/5/2019
Glenn Davenport, 12/10/2012
Jane Pyle, 12/12/2019
Jane Ball, 12/12/2016
JoAnne Lattin, 12/19/2019
David Russell, 12/24/2019
Dave Williams, 12/29/2006

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:30 Gingerbread Decorating 1 9:15 Holiday Decorating 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Trivia 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Music of the '50s	8:00 <i>Breakfast Club</i> 2 9:15 Holiday Decorating 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Live and Learn 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Gingerbread Decorating 	8:30 Gingerbread Decorating 3 9:15 Holiday Decorating 9:30 Worship and Fellowship 10:15 Documentary and Discussion 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Gingerbread Decorating 	8:30 Gingerbread Decorating 4 9:30 Country Drive 11:00 Readers' Delight 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Movie & Popcorn	8:30 Gingerbread Decorating 5 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Craftastic 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Gingerbread Decorating 
8:30 Gingerbread Decorating 6 9:15 Holiday Decorating 9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 The Natural World 2:00 Hydration Cart 3:30 Classical Music Appreciation 	8:30 Gingerbread Decorating 7 9:15 Holiday Decorating 9:30 Roadsters Hallway Walkers 10:15 Games 11:00 Live and Learn 1:15 Fitness and Games 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Bingo 	8:30 Gingerbread Decorating 8 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Trivia 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Music of the '50s	8:30 Gingerbread Decorating 9 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Live and Learn 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Gingerbread Decorating	HANUKKAH BEGINS AT SUNSET 10 8:30 Gingerbread Decorating 9:30 Worship and Fellowship 10:15 Virtual Classical Theater 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Gingerbread Decorating 	8:30 Gingerbread Decorating 11 9:30 Country Drive 11:00 Readers' Delight 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Movie & Popcorn	8:30 Gingerbread Decorating 12 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Craftastic 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Gingerbread Decorating 
8:30 Gingerbread Decorating 13 9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 The Natural World 2:00 Hydration Cart 3:30 Classical Music Appreciation 	8:30 Gingerbread Decorating 14 9:30 Roadsters Hallway Walkers 10:15 Games 11:00 Live and Learn 1:15 Fitness and Games 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Bingo 	9:30 Roadsters Hallway Walkers 15 10:15 Bingo 11:00 Trivia 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Music of the '50s	8:00 <i>Breakfast Club</i> 16 9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Live and Learn 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Gingerbread Decorating	17 9:30 Worship and Fellowship 10:15 Documentary and Discussion 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Cooking Demo and Culinary Education	18 9:30 Country Drive 11:00 Readers' Delight 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Movie & Popcorn	9:30 Roadsters Hallway Walkers 19 10:15 Bingo 11:00 Craftastic 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Virtual Tours Around the Globe  
9:30 Roadsters Hallway Walkers 20 10:15 Bingo 1:30 The Natural World 2:00 Hydration Cart 3:30 Classical Music Appreciation	WINTER BEGINS 21 9:30 Roadsters Hallway Walkers 10:15 Games 11:00 Live and Learn 1:15 Fitness and Games 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Bingo	9:30 Roadsters Hallway Walkers 22 10:15 Bingo 11:00 Trivia 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Music of the '50s	9:30 Roadsters Hallway Walkers 23 10:15 Bingo 11:00 Live and Learn 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Needleworking Club	24 9:30 Worship and Fellowship 10:15 Virtual Classical Theater 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Happy Hour 	CHRISTMAS DAY 25 9:30 Country Drive 11:00 Readers' Delight 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Movie & Popcorn	9:30 Roadsters Hallway Walkers 26 10:15 Bingo 11:00 Craftastic 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Resident Jam Session
9:30 Roadsters Hallway Walkers 27 10:15 Bingo 1:30 The Natural World 2:00 Hydration Cart 3:30 Classical Music Appreciation 	9:30 Roadsters Hallway Walkers 28 10:15 Games 11:00 Live and Learn 1:15 Fitness and Games 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Bingo	9:30 Roadsters Hallway Walkers 29 10:15 Bingo 11:00 Trivia 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Music of the '50s 	9:30 Roadsters Hallway Walkers 30 10:15 Bingo 11:00 Live and Learn 1:30 Group Fitness & Games 2:00 Hydration Cart 3:30 Craftastic 	NEW YEAR'S EVE 31 9:30 Worship and Fellowship 10:15 Documentary and Discussion 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Happy Hour		



What Makes Me Smile

What makes you smile? This question was posed to some of our residents, and we received some of the most delightful answers!

Rita told us that sunny days are what make her smile, and we couldn't agree more! What's better than a bright sunny day — we can't think of much.

The answers ranged from little kids to bingo, and even that the staff here at Stoneybrook Assisted Living is what make our residents smile.

So during our holiday season, take a moment to contemplate what it is that makes you smile. Ask your friends and relatives what really matters to them, and try to spread that joy onto others.



Friday Is for Country Drives

With all the beautiful fall colors around, what better time for a country drive? The destinations are not always known,

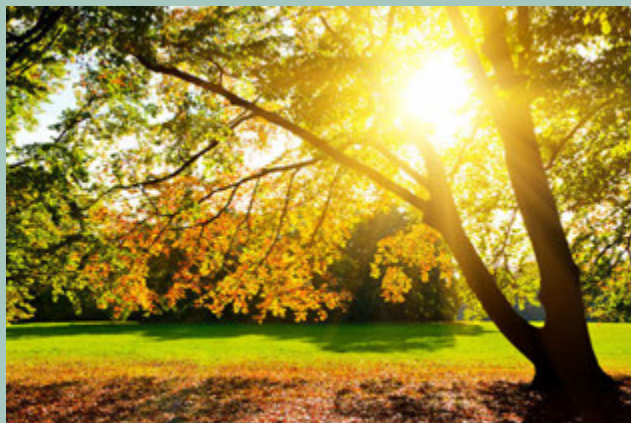


but what is known is that you're in for a treat. On a bright fall day the changing leaf colors cascade into the bus windows, casting bright hues of orange and red all through out.

We might stop at one of the many animal sanctuaries to see what we can find out and about. There are a plethora of birds, deer, and other animals out foraging before winter comes in strong. Will you come join us to see what can be found?

During December we will be adding some evening country drives to the list. This is so that we can take in the beauty of Christmas decorations all over Corvallis neighborhoods.

Maybe we will take the country drive up to one of the mountain lookouts? The sky is the limit, and your input on where we go is always welcomed. So shake off the winter blues by enjoying a country drive.





Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.





4650 SW Hollyhock Circle
Corvallis, OR 97333



It's always Warm at

STONEYBROOK
ASSISTED LIVING

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

541-758-2026