

Oak Park Retirement

Gracious Retirement Living

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

DECEMBER 2020

OAK PARK STAFF

Managers..... KEVIN & ANGELA TOOF
Assistant Managers ...RANDY & ROBINN COOK
Executive Chef JUSTIN GRIER
Community SalesCHRISTINA HELM
Activity CoordinatorGINA 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



Artwork by Carolyn Kirkman



HAWTHORN
SENIOR LIVING





Christmas Memories



Joan Pore

“When I was 6 years old, my parents gave me a brand new sled for Christmas. This was a very big deal since times were tough back then, and you knew not to ask for much. They even had a neighbor dress up like Santa to present it to me.” — *Bill Greenstreet*

“One year Art and I gave our daughters a kitten for Christmas. The girls were overjoyed, our dog Ginger ... not so much. Every time the two came in contact, it was disastrous. I gave an ultimatum, either they get along, or the cat would have to go. Would you believe, that very day Ginger didn't chase the cat, but instead the two touched noses. From that day forward, the two were best friends.” — *Joan Pore*

“One Christmas I waited until all the presents had been opened. I then handed Spunky the end of a string and told her to follow it to find her gift. She glanced at me with a puzzled look, but proceeded to follow the string. Down the hall and all through the house until the string finally led her back to the living room and to the Christmas tree. There on one of the branches was a diamond ring. I will never forget the look on her face as she took the ring from the tree.” — *Bubba Tuttle*

“I've always loved dolls. When I was little, my dolls were all destroyed in a house fire. That Christmas I received four new ones to rebuild my collection: Two Hoffmans, an Emilie of the Dionne quintuplets fame, and a Kewpie doll. I was so excited and grateful after having lost so many of my original ones.” — *Flo Starnes*

“I actually have two favorite memories. One when I got a brand new red wagon when I was 5 years old. My other favorite is spending Christmas with my family, especially the great-grandchildren, Payton, (9) and Charlie (3).” — *Murray Cross*

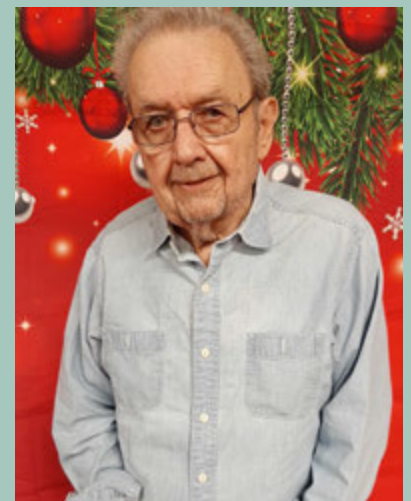
“The day after Christmas, my husband and I drove to the Blue Ridge Parkway, which wasn't far from where we lived. We stood at the edge of the viaduct looking down at the miles and miles of trees below. The frozen tree limbs sparkled in the sunshine making it look like a million twinkling stars. What a beautiful memory.” — *Rachel Brakett*



Bill Greenstreet



Flo Starnes



Bubba Tuttle



Rachel Brakett



Murray Cross



“Happy” Holidays

The holiday season is here and with that can bring a mixed bag of emotions: Excitement, cheer, stress, sadness, and even loneliness. And if Coronavirus is spreading in your community, you may be feeling additional stress, or you may be worrying about your loved ones' health. You may also feel sad or anxious because your holiday plans may look different during this year because of the pandemic.

It's important to realize all these emotions are normal and you're not the only one feeling a little overwhelmed this holiday season. You don't however have to “just get through” the holidays. With a few practical tips and planning, you can ensure a much more merrier season, not only for yourself, but for those you share this time with.

First, acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social groups. Perhaps, you could call up that friend you haven't spoken with in a while.

Be realistic. The holidays don't have to be perfect or like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, be open to creating new ones. For example, if your adult children or other relatives can't come to you, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and family will understand if you can't participate in every event or activity.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to guard against emotions that might bring you down. With a little planning and some positive thinking, you can find peace and joy during this holiday season.

Comic Corner

THE FOUR STAGES OF LIFE
1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus

December Quote



DEC 2020

Birthdays

Mary Austin, 5th
 Flo Starnes, 6th
 Daniel Dagenhart, 7th
 Bubba Tuttle, 14th
 Gene Plummer, 17th
 Harold Poole, 19th
 Dorothy Greenstreet, 22nd
 Shirley VanLangerelde, 23rd

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

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

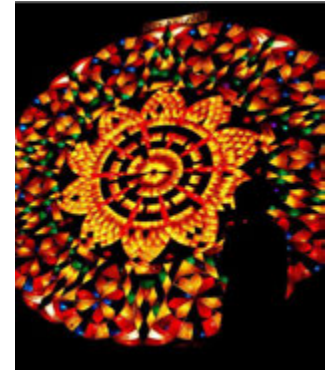
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Decorate Your Door for Christmas Contest Begins 1 9:00 Errands 9:15 Exercise, AR 10:00 Balloon Volleyball, ATR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Art Classes, AS 5:05 Christmas Singalong, DR 7:00 Poker Night, AR	Local Doctor Appointments 2 9:15 Exercise, AR 10:30 Holiday Crafts with Gina, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 3:00 Bible Study, CH	Thursday Outings 3 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 2:30 Gingerbread Village Workshop/Chef Meeting, AR 7:00 Poker Night, TVL	9:15 Exercise with Gina, AR 9:45 Walmart 10:30 Timeless Trivia, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Reindeer Games, AR	9:15 Cornhole, AR 2:00 Bridge, TVL 2:00 Wii Bowling League, AR 7:00 Classic Movie Night, TVL 
10:00 Coffee Chat, AR 6 2:00 Numbered Dominoes, AR 3:00 Communion Service, CH 4:00 Chapel Service, CH 4:30 Enon Children Choir Performance, LB 	Local Doctor Appointments 7 9:15 Exercise, AR 10:00 Rhythm Band (Christmas), DR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Stitch and Knit, GR 3:30 Rockin Around the Christmas Tree Line Dancing, AR 	9:00 Errands 8 9:15 Exercise, AR 10:00 Bocce Ball, ATR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Art Classes, AS 3:00 Christmas Singalong, DR 7:00 Poker Night, AR	Local Doctor Appointments 9 9:15 Exercise, AR 10:30 Holiday Crafts with Gina, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 3:00 Bible Study, CH 3:00 Gingerbread Village Workshop, AR	HANUKKAH BEGINS AT SUNSET 10 Thursday Outings 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Christmas Movie: Elf with Snacks, AR 7:00 Poker Night, TVL	9:15 Exercise with Gina, AR 9:45 Walmart 10:30 Timeless Trivia, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Resident Christmas Shopping Store, AR	9:15 Cornhole, AR 12 2:00 Bridge, TVL 2:00 Wii Bowling League, AR 3:00 Army/Navy Game with Snacks, TVL 4:00 The Sound of Christmas Trip, LB 7:00 Classic Movie Night, TVL
10:00 Coffee Chat, AR 13 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	Local Doctor Appointments 14 9:15 Exercise, AR 10:00 Making Holiday Candy, AR 10:00 Rhythm Band (Christmas) 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Stitch and Knit, GR 	9:00 Errands 15 9:15 Exercise, AR 10:00 Balloon Volleyball, ATR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Art Classes, AS 3:30 Health Talk with Legacy, AR 5:05 Christmas Singalong, DR 7:00 Poker Night, AR	Local Doctor Appointments 16 9:15 Exercise, AR 10:30 Holiday Crafts with Gina, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 3:00 Bible Study, CH 3:30 Christmas Party with Legacy 7:00 Polar Express Movie/Pajama Party, TVL	Thursday Outings 17 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:30 Health Talk with Legacy, AR 7:00 Poker Night, TVL 	Ugly Christmas Sweater Day 18 9:15 Exercise with Gina, AR 9:45 Walmart 10:30 Timeless Trivia, AR 2:00 Bingo, AR 2:00 Bridge, TVL	9:15 Cornhole, AR 19 2:00 Bridge, TVL 2:00 Wii Bowling League, AR 7:00 Classic Movie Night, TVL 
10:00 Coffee Chat, AR 20 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	WINTER BEGINS 21 Local Doctor Appointments <i>Decorate Your Door for Christmas Winner Announced</i> 9:15 Exercise, AR 10:00 Rhythm Band (Christmas), DR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Stitch and Knit, GR 3:30 Rockin Around the Christmas Tree Line Dancing, AR	9:00 Errands 22 9:15 Exercise, AR 10:00 Bocce Ball, ATR 12:30 <i>Blood Pressure Checks with Legacy, ATR</i> 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Art Classes, AS  7:00 Poker Night, AR	Local Doctor Appointments 23 9:15 Exercise, AR 10:30 Holiday Crafts with Gina, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Bible Study, CH 3:00 Stitch and Knit, AR 6:45 Nc Transportation Christmas Lights, LB 	Thursday Outings 24 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Christmas Tea Social, AR 7:00 Poker Night, TVL	CHRISTMAS DAY 25 Merry Christmas 9:45 Walmart 2:00 Bridge, TVL	9:15 Cornhole, AR 26 2:00 Bridge, TVL 2:00 Wii Bowling League, AR 7:00 Classic Movie Night, TVL
10:00 Coffee Chat, AR 27 2:00 Numbered Dominoes, AR 4:00 Chapel Service, CH	Local Doctor Appointments 28 9:15 Exercise, AR 2:00 Bingo, AR 2:00 Bridge, GR 3:00 Stitch and Knit, GR 3:30 Rockin Around the Christmas Tree Line Dancing, AR	9:00 Errands 29 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 3:00 Art Classes, AS 7:00 Poker Night, AR	Local Doctor Appointments 30 9:15 Exercise, AR 10:30 Holiday Crafts with Gina, AR 2:00 Bingo, AR 2:00 Bridge, TVL 3:00 Stitch and Knit, AR 3:00 Bible Study, CH	NEW YEAR'S EVE 31 Thursday Outings 9:15 Exercise, AR 2:00 Bridge, TVL 2:00 Numbered Dominoes, AR 7:00 Poker Night, TVL 7:00 New Year's Eve Party, ATR		



Christmas Around the World

Philippines

If you thought the United States went all out with Christmas decorations, you should see what the Philippines do. Every year, the city of San Fernando holds a giant lantern festival featuring dazzling lights and lanterns that symbolize the Star of Bethlehem.



Philippines



Iceland

Iceland

Children here are visited by the 13 Yule Lads. After placing their shoes by the window, the little ones head upstairs to bed. In the morning, they either have received candy (if they're good) or be greeted with shoes full of rotten potatoes if they're bad.

Norway

In Norway, the Christmas season, called Julebord, begins December 3rd. Families celebrate Little Christmas on December 23rd. Each have their own ritual for the day that may include decorating the tree, making a gingerbread house, or eating risengrynsgrød (hot rice pudding).



Norway



Portugal

Portugal

Brazilian and Portuguese families come together on Christmas Eve to eat dinner as late as 10 p.m. Then, at exactly midnight, they exchange gifts and wish each other a Merry Christmas. Midnight mass is a chance to celebrate with neighbors and extended family to wish them well for the holiday season. The service is often followed by fireworks in the town square.

New Zealand

Because summer falls during Christmastime for Kiwis, a number of their traditions center around a barbie, or grill. The New Zealand Christmas tree is the Pohutukawa, a coastal species that blooms a bright-red color in December, providing shade during the sunny days as people sing carols to each other.



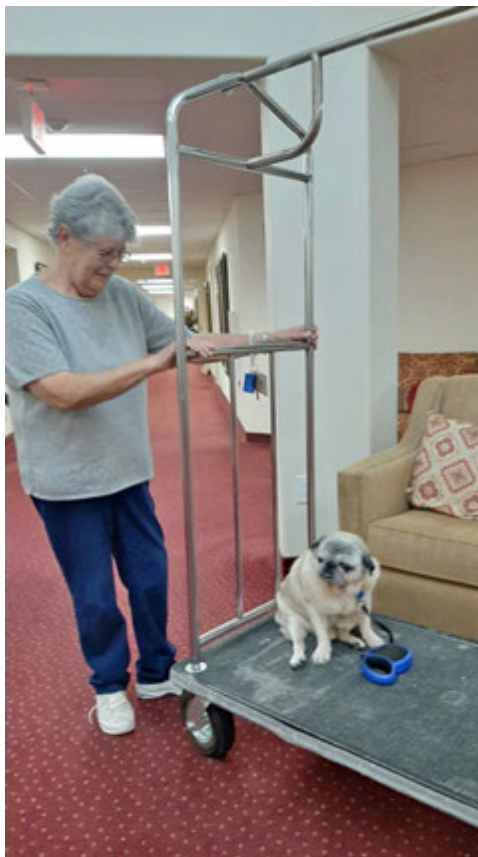
New Zealand



Life at Oak Park



Kathy, Marilyn, and Betty enjoy a warm fire and S'mores.



Sam must have gotten tired, so Penny gave him a quick ride.



Looks like Mary's in the Christmas spirit.

Committed to Service

Congratulations to Chef Justin for earning his 10 year Chef's jacket.

We are grateful for your many years of service (and meals) here at Oak Park.



Chef Justin donning his new jacket

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It's always Warm at

Oak Park Retirement
Gracious Retirement 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.

704-636-4600