

STONEYBROOK

ASSISTED LIVING

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

JANUARY 2021

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, Morning: Doctor Appointments

Wednesday, 2 p.m.: Shopping Outings

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

HAWTHORN
SENIOR LIVING

The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech

— One of King's first public speeches took place on December 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.





Parade Time at Stoneybrook

In the typical years at Veterans Day, you could find us lined up waiting to have our float judged and then to be a part of the procession for the Veterans Day Parade in Albany, Oregon. The year of 2020 was anything but normal.

With loads of help from South Willamette Valley Honor Flight, the Corvallis PD, Corvallis Fire Department (Station 2) and even a few classic and hot rod car clubs, we got to pull off the most monumental achievement. A big, beautiful, spirit-uplifting, full-of-love-from-our-community, all-for-the-Veterans Parade! We got to sit back in chairs in front of our facility, wave our American Flags and watch the most wonderful procession of love and gratitude for the Veterans of Stoneybrook Assisted Living.

For the 20 minutes it took to have not only one but two passes of the parade procession, we all got to forget about superbugs and cancelling our normalcy. Residents and faculty alike enjoyed the coming together of our community. Feeling a little normalcy was amazing. To be honored by our community filled our hearts with gratitude.

Memories got made that will warm the spirit and brighten our days. We felt the love, and it was contagious. Thank you to everyone who helped make the day special for so many. You are the real heroes!

After the parade was over, we gathered into the dining hall for a Veteran Appreciation ceremony. During this ceremony, the Facility Director and Activities Coordinator handed out specially made certificates to all 21 Veterans at Stoneybrook Assisted Living.

It is easy to say we care. It's only through our actions you can feel that we do.





App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:



Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



JAN 2021

Birthdays

Buzz Collins, 1st
Jean Hermes, 11th
Naomi Gomez, 16th (Employee)
Russell Apt, 17th
Sandra Dunn, 27th
Wayne Niehaus, 29th
Nami Choe, 30th (Employee)

Move-In
Anniversaries

Robert Funk, 1/1/2018
Johnnie Rice, 1/10/2020
Michael Mulcahy, 1/25/2019

Service
Anniversaries

Carmen Valle, 1/8/2018
Alyssa Monning, 1/12/2017
Holli Nichols, 1/30/2019

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY 1</div> <div>9:30 Roadsters Hallway Walkers</div> <div>10:15 Bingo</div> <div>11:00 Readers' Delight</div> <div>1:30 Fitness and Games</div> <div>2:00 Hydration Cart</div> <div>3:30 Movie & Popcorn </div>	<div>9:30 Roadsters Hallway Walkers 2</div> <div>10:15 Bingo</div> <div>11:00 Craftastic</div> <div>1:30 Ice Cream Drive Thru</div> <div>2:00 Hydration Cart</div> <div>3:00 Evening Country Drive</div>
<div>9:30 Roadsters Hallway Walkers 3</div> <div>10:15 Bingo</div> <div>1:30 National Geographic Movie</div> <div>2:00 Hydration Cart</div> <div>3:30 Classical Music Appreciation</div>	<div>9:30 Roadsters Hallway Walkers 4</div> <div>10:15 Wii Games</div> <div>1:30 Fitness and Games</div> <div>2:00 Hydration Cart</div> <div>3:30 Bingo</div>	<div>9:30 Roadsters Hallway Walkers 5</div> <div>10:15 Bingo</div> <div>11:00 Trivia</div> <div>1:30 Fitness and Games</div> <div>2:00 Hydration Cart</div> <div>3:30 Music From the '60s</div>	<div>9:30 Roadsters Hallway Walkers 6</div> <div>10:15 Bingo</div> <div>11:00 Trivia</div> <div>1:30 Fitness and Games</div> <div>2:00 Hydration Cart</div> <div>3:30 Needle Working Club</div>	<div>9:30 Worship and Fellowship 7</div> <div>10:15 National Geographic Movie</div> <div>1:30 Laughter Yoga</div> <div>2:00 Hydration Cart</div> <div>3:30 Cookies and Milk Social</div>	<div>9:30 Roadsters Hallway Walkers 8</div> <div>10:15 Bingo</div> <div>11:00 Readers' Delight</div> <div>1:30 Fitness and Games</div> <div>2:00 Hydration Cart</div> <div>3:30 Movie & Popcorn </div>	<div>9:30 Roadsters Hallway Walkers 9</div> <div>10:15 Bingo</div> <div>11:00 Craftastic</div> <div>1:30 Ice Cream Drive Thru</div> <div>2:00 Hydration Cart</div> <div>3:00 Evening Country Drive</div>
<div>9:30 Roadsters Hallway Walkers 10</div> <div>10:15 Bingo</div> <div>1:30 Hawthorn Adventures Kick Off to Island Hopping</div> <div>2:00 Hydration Cart</div> <div>3:30 Island Beach Music </div>	<div>9:30 Roadsters Hallway Walkers 11</div> <div>10:15 Beach Reminiscing</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart </div> <div>3:30 Bingo</div>	<div>9:30 Roadsters Hallway Walkers 12</div> <div>10:15 Bingo</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Music From the '60s </div>	<div>9:30 Roadsters Hallway Walkers 13</div> <div>10:15 Bingo</div> <div>11:00 Learn about Island Life</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Needle Working Club</div>	<div>9:30 Worship and Fellowship 14</div> <div>10:15 National Geographic Movie</div> <div>1:30 Laughter Yoga</div> <div>2:00 Hydration Cart</div> <div>3:30 Tropical Fruit Taste Testing</div>	<div>9:30 Roadsters Hallway Walkers 15</div> <div>10:15 Bingo</div> <div>11:00 Readers' Delight</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Movie & Popcorn</div>	<div>9:30 Roadsters Hallway Walkers 16</div> <div>10:15 Bingo</div> <div>11:00 Craftastic</div> <div>1:30 Ice Cream Drive Thru</div> <div>2:00 Hydration Cart</div> <div>3:00 Evening Country Drive </div>
<div>9:30 Roadsters Hallway Walkers 17</div> <div>10:15 Bingo</div> <div>1:30 Arrival to Hawaii and Virtual Tour</div> <div>2:00 Hydration Cart</div> <div>3:30 Health Benefits of Eating Pineapple </div>	<div>MARTIN LUTHER KING JR. DAY 18</div> <div>9:30 Roadsters Hallway Walkers</div> <div>10:15 Wii Games</div> <div>11:00 Learn about Island Life</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Bingo</div>	<div>9:30 Roadsters Hallway Walkers 19</div> <div>10:15 Bingo</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Hawaiian Music</div>	<div>9:30 Roadsters Hallway Walkers 20</div> <div>10:15 Bingo</div> <div>11:00 Learn about Island Life</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Make a Lei</div>	<div>9:30 Worship and Fellowship 21</div> <div>10:15 Hawaiian Documentary</div> <div>1:30 Laughter Yoga</div> <div>2:00 Hydration Cart</div> <div>3:30 Cooking Demo and Culinary Education</div>	<div>9:30 Roadsters Hallway Walkers 22</div> <div>10:15 Bingo</div> <div>11:00 Readers' Delight</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Movie & Popcorn</div>	<div>9:30 Roadsters Hallway Walkers 23</div> <div>10:15 Bingo</div> <div>11:00 Craftastic</div> <div>1:30 Ice Cream Drive Thru</div> <div>2:00 Hydration Cart</div> <div>3:00 Evening Country Drive</div>
<div>9:30 Roadsters Hallway Walkers 24</div> <div>10:15 Bingo</div> <div>1:30 Arrival to Fiji and Virtual Tour</div> <div>2:00 Hydration Cart</div> <div>3:30 Island Beach Music</div>	<div>9:30 Roadsters Hallway Walkers 25</div> <div>10:15 Wii Games</div> <div>11:00 Learn about Island Life</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Bingo </div>	<div>9:30 Roadsters Hallway Walkers 26</div> <div>10:15 Bingo</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Fijian Music</div>	<div>9:30 Roadsters Hallway Walkers 27</div> <div>10:15 Bingo</div> <div>11:00 Learn about Island Life</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Needleworking Club </div>	<div>9:30 Worship and Fellowship 28</div> <div>10:15 Take a Tour of Fiji's Oceans</div> <div>1:30 Laughter Yoga</div> <div>2:00 Hydration Cart</div> <div>3:30 Party in Fiji with Umbrella Drinks</div>	<div>9:30 Roadsters Hallway Walkers 29</div> <div>10:15 Bingo</div> <div>11:00 Readers' Delight</div> <div>1:30 Hula Dancing Fitness</div> <div>2:00 Hydration Cart</div> <div>3:30 Movie & Popcorn </div>	<div>9:30 Roadsters Hallway Walkers 30</div> <div>10:15 Bingo</div> <div>11:00 Craftastic</div> <div>1:30 Ice Cream Drive Thru</div> <div>2:00 Hydration Cart</div> <div>3:00 Evening Country Drive </div>
<div>9:30 Roadsters Hallway Walkers 31</div> <div>10:15 Bingo</div> <div>1:30 Arrival to New Zealand and Virtual Tour</div> <div>2:00 Hydration Cart</div> <div>3:30 Island Beach Music</div>						



Travel with the Hawthorn Adventure

Did you know that every January Hawthorn Senior Living puts on a wonderful, virtual destination experience? This year, we're island hopping! We shall start things off with a full week dedicated to introducing the idea of island hopping with our residents, and that will take place the week of January 10th.

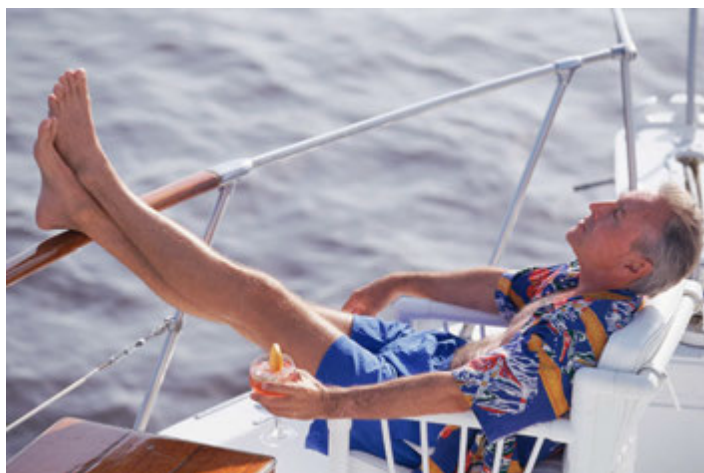
In the proceeding weeks, we will be going on virtual island tours, getting to have some of the smells and tastes of our locations and of course, the facility will be all decked out in tropical themes.

The first location will be Hawaii for the week of January 17th! Aloha! We will get to hop from island to island via boat. All who participate will get to learn some Hawaiian phrases, fun facts, taste test foods and tropical drinks from Hawaii, and have some virtual tours over all the islands!

Our second location is Fiji during the week of January 24th! Bula! Set your internal clocks to "Fiji time." Explore the archipelago's exquisite beaches, undersea marvels, lush interiors and fascinating culture; they should definitely not be rushed. We will most definitely not forget they have amazing bird watching and spectacular hiking as well. We will travel the many islands of Fiji via a helicopter.

Last but certainly not least on our island-hopping tour is New Zealand, during the week of January 31st. Kia ora! Here, we will not only do the tours and enjoy the foods, but we will learn about the very specific wildlife that is found here. Take a page from the Fijian people and enjoy the laid back vibes and rejuvenating activities we shall experience along this wild ride.

Lets unpack your shorts and favorite floral shirts. It's time to unwind, to sip a drink that has a little umbrella in it and have a blast while we all enjoy island hopping with Hawthorn Adventures!





Culinary Demonstration from Executive Chef Adrial

We keep adding wonderful food demonstrations from our executive chef, Adrial. In December, she delighted our taste buds with food from Greece. Spanikopita is phyllo dough filled with savory ingredients such as feta cheese and spinach. Yummy!

Not only does Adrial whip up some exceptional treats for us to all try, but the residents get to jump in and help out as well.

In January, we are taking part in the Hawthorn Adventure travel. While we are in Hawaii, we will try something fabulous that is sure to take everyone to a tropical paradise for their taste buds. Swing on in and join the fun!



Holidays at Stoneybrook

Although things were not as we are used to, Stoneybrook had the holiday spirit to uplift your soul. Holiday music was in the air as we went door-to-door caroling in the facility. We held a door decorating activity to brighten the hallways. There was a pop-up Christmas gift shop for the residents to purchase gifts for their loved ones. Did you hear about the gingerbread decorating? With all the hustle and bustle of the holiday season, there was something for everyone to partake in so that they felt involved and full of the warmth from the holiday spirit.





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