

WILSHIRE ESTATES

Gracious Retirement Living



13716 New Hampshire Ave • Silver Spring, MD 20904 • Phone 240-257-3601 • www.seniorlivinginstyle.com

JANUARY 2021

WILSHIRE ESTATES

ManagersDEBRA SHONKA-BARTA
& RICH BARTA

Assistant Managers..... JOHN & ANNIE HOLLEY

Executive ChefSETH CONNOLLY

Activity Coordinator..... LEORA RASKAS

Bus Driver ERIK ROBERTS

TRANSPORTATION

Monday, 10 a.m.: CVS Outing

Tuesday, 9:30 a.m.-5:30 p.m.: Appointments

**Wednesday, Times vary week
to week:** Outings

Thursday, 9:30 a.m.-5:30 p.m.: Appointments

Friday, 10 a.m.: Target Outing

HAWTHORN
SENIOR LIVING

Message From Rich and Debra

A new year is a powerful occasion — a time to reflect on our gratitude for the past and our hopes for the future. It's a chance to welcome a fresh start to reinvigorate our enthusiasm for life.

2020 was a rough year for all that no one could have imagined. Stay safe, wear a mask, wash your hands, and social distancing was the mantra.

We are so thankful that here at Wilshire Estates, all of our residents came through 2020 with flying colors.

As we kick off 2021, we will move forward with hope and safety for the New Year.

Enjoy New Year's Eve — sing "Auld Lang Syne" and watch the Times Square Ball drop at midnight.

2021 — new adventures are just around the corner!

Thank you, as always, for letting us be a part of this gracious community.



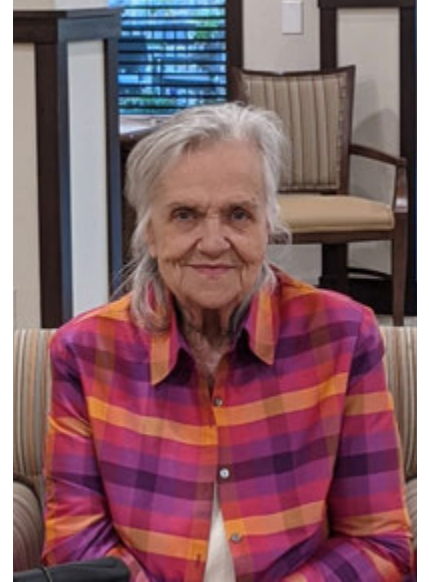
Debra and Rich



Spotlight on Ruth Ann

Ruth Ann Wilding was born in Chanute, Kansas. She was the oldest of five children, three girls and two boys, four of them congenitally deaf – their loss of hearing at birth. Ruth Ann said their deafness, including her own, was a familial condition caused by Pendred Syndrome – a genetic disorder that causes a bilateral hearing loss, often at birth.

She said she attended the Kansas School for the Deaf (KSD), a K-12 residential school located in Olathe, Kansas. She graduated from KSD in 1953 and enrolled in Gallaudet University in Washington, D.C., where she earned her Bachelor's Degree in 1957. At Gallaudet, she met and married Allen Sussman, also deaf, who later earned his PhD in psychology at New York University (NYU) and attained a professorship at Gallaudet. Ruth Ann earned her Master's Degree in school counseling, also at NYU and returned to Gallaudet as a high school counselor at its Model Secondary School for the Deaf.



Ruth Ann said she and Allen parented a son and two daughters – all born with normal hearing. Juniper interprets at Gallaudet; Vicki is a federal employee, and Jeffrey is a computer specialist. She noted that her existential experiences in a world of sound were not unsettling; that deafness is natural, void of anguish. She described her residential communities as those in which everyone was deaf, which created, therefore, environments that were manifested in an atmosphere of normalcy. She noted that two of her most memorable experiences occurred when she was designated Miss Homecoming Queen at both KSD and Gallaudet University.

Ruth Ann's hobbies are acting and painting. In 2015, Ruth Ann performed in Minneapolis taking on the role of a mother of a deaf child. She has performed in other community plays as well, and won the best actress award from Publick Playhouse, a performance art theatre located in Cheverly, Maryland.

She learned of Wilshire Estates through her daughter, and expressed her appreciation that several residents participate in an American Sign Language class that Wilshire hosts weekly – via Zoom. And she is particularly pleased when fellow residents attempt to communicate with her in sign language.

Ruth Ann described her lifetime, generally, as one of pleasure and contentment, and looks forward to enjoying her residency at Wilshire Estates.

Keely's Korner

Keely wants you to enjoy the New Year 2021!

As a reminder, stay safe! Wear your mask, stay 6 feet apart, and socially distance. Wash your paws frequently.

Happy New Year!





Blast From the Past: Elvis Presley

Born on January 8, 1935, in Tupelo, Mississippi to a religious family, Father of Rock and Roll Elvis Aron Presley's musical upbringing began at a local church. He received his first guitar at age 11 but never had any official musical training; instead, he learned by watching others play guitar and by playing by ear. His family's move to Memphis when he was in eighth grade, greatly expanded Elvis' access to music and different musical genres. Elvis recorded his first song, "My Happiness," at Sun Records in August 1953. Sam Phillips, the owner of Sun Records, saw potential in Elvis, pairing him with several other musicians, a move that resulted in the recording and subsequent radio success of the old blues song "That's All Right."

In 1955, Elvis signed a deal with RCA and recorded the hit song "Heartbreak Hotel," which became a number one hit in several countries, including the U.S. This success was quickly followed by many more hit songs, including "Hound Dog," "Blue Suede Shoes," "Shake, Rattle and Roll," and "Jailhouse Rock." His career blossomed, not only as a musician, but also as an actor, acting in dozens of movies including his film debut "Love Me Tender." He put his career on hold when he served in the Army from March 1958 to March 1960. Several years after returning from the Army, in 1967, Elvis married Priscilla Beaulieu, who he had met while stationed in West Germany. By that point, Elvis' career was in trouble as many thought he was being surpassed by other newer musicians like The Beatles. His comeback in 1968 and 1969 brought him into the spotlight again before his death at age 42 from a heart attack following years of drug abuse and declining health.



Join us for an Elvis Presley Singalong on the anniversary of his birthday, Friday, January 8th, at 2 p.m., in the Activities Room.

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 28, 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."



Standing at 30 feet tall, the MLK Memorial in Washington, D.C., visited by the residents earlier this year, honors a man who was larger than life.

(Continued on page 6.)

JAN 2021

Birthdays

Erik Roberts, 4th
(Employee)

Debra Shonka-Barta,
21st (Employee)

Ophelia Diaz, 29th

George Jernigan, 31st

Bob Coyne, 31st

Vince Guglielmi, 31st

Locations

Activities Room, AR

Atrium, AT

Chapel, CH

Dining Room, DR

Fitness Room, FR

Game Room, GR

Library, LI

Lobby, LO

Movie Theater, MT

“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
					NEW YEAR'S DAY 1 9:00 Walking Club, AR 10:00 Target Run, LO 11:30 Yoga, AR 5:30 Shabbat Dinner, AR	2 9:15 Congregation Beth El Service (Online), AR 10:00 Word Searches, DR 2:00 The Best of the Dean Martin Variety Show, MT
					3 10:00 Cedar Ridge Community Church (Online), AR 10:00 19th Street Baptist Church (Online), MT 11:00 Church of the Redeemer Service (Online), AR	4 10:00 CVS Run, LO 10:00 Blood Pressure Readings (By Appointment) 2:00 Dyna band resistance band exercise class, AR 3:30 American Sign Language Lessons with Shanna, AR 6:30 Ice Cream Social, AR
10 10:00 Cedar Ridge Community Church (Online), AR 10:00 19th Street Baptist Church (Online), MT 11:00 Church of the Redeemer Service (Online), AR	11 10:00 CVS Run, LO 10:00 Blood Pressure Readings (By Appointment) 2:00 Dyna band resistance band exercise class, AR 3:30 American Sign Language Lessons with Shanna, AR 6:30 Ice Cream Social, AR	12 9:00 Aerobics, AR 10:00 Tech Tuesday: Free Online Courses, AR 11:30 Resident Meeting, AR 2:00 Retail Store, AR 2:30 Bean Bag Baseball, AR	13 9:30 Scenic Drive, LO 2:00 Bingo, AR 4:30 Island Hopping 2021 Kickoff Party, AR	14 10:00 Balance Training with Legacy, AR 11:30 Crafting Club: Matisse Inspired Tropical Collage, AR 2:00 Bocce 3:00 A Place in the Sun (1951), MT	15 9:00 Walking Club, AR 10:00 Target Run, LO 11:30 Yoga, AR 2:00 Beach Reminiscing, AR 3:30 Barefoot in the Park (1967), MT	16 9:15 Congregation Beth El Service (Online), AR 10:00 Word Searches, DR 2:00 The Best of the Dean Martin Variety Show, MT
17 10:00 Cedar Ridge Community Church (Online), AR 10:00 19th Street Baptist Church (Online), MT 11:00 Church of the Redeemer Service (Online), AR	MARTIN LUTHER KING JR. DAY 18 10:00 CVS Run, LO 10:00 Blood Pressure Readings (By Appointment) 11:30 Martin Luther King Jr. Day Presentation, AR 2:00 Dyna band resistance band exercise class, AR 3:30 Humpback Whales and Hawaii Presentation, AR 6:30 Ice Cream Social, AR	19 9:00 Aerobics, AR 11:30 Yoga, AR 2:00 Retail Store, AR 2:30 Bean Bag Baseball, AR 4:00 Health Talk with Legacy, AR	20 10:00 Seated Cardio, AR 11:30 Name That Tune: Ukulele Edition, AR 2:00 Bingo, AR 4:30 Hawaiian Happy Hour	21 10:00 Balance Training with Legacy, AR 11:30 Crafting Club: Geometric Pineapples, AR 2:00 Cooking Demo: Oahu Pineapple Whip, AR 4:00 Hawaii Poetry Workshop, AR 6:45 Jurassic Park (1993), MT	22 9:00 Walking Club, AR 10:00 Target Run, LO 11:30 Yoga, AR 2:00 Discussion: Race and the Aloha Spirit, AR 3:30 Filmed on Kauaii: Blue Hawaii (1961), MT 6:45 Filmed on Kauaii: Raiders of the Lost Ark (1981)	23 9:15 Congregation Beth El Service (Online), AR 10:00 Word Searches, DR 2:00 The Best of the Dean Martin Variety Show, MT
24 10:00 Cedar Ridge Community Church (Online), AR 10:00 19th Street Baptist Church (Online), MT 11:00 Church of the Redeemer Service (Online), AR	25 10:00 CVS Run, LO 10:00 Blood Pressure Readings (By Appointment) 2:00 Dyna band resistance band exercise class, AR 6:30 Ice Cream Social, AR	26 9:00 Aerobics, AR 11:30 Resident Meeting, AR 2:00 Retail Store, AR 2:30 Bean Bag Baseball, AR 4:00 Discussion: Fiji Water and Greenwashing, AR 4:00 Travel to Fiji (Via Podcast), AR	27 9:30 Scenic Drive, LO 2:00 Bingo, AR 3:00 Beach Volleyball, AR 4:00 Coconut Water Lemonade, AR	28 10:00 Balance Training with Legacy, AR 10:30 Crafting Club: Coral Reef Landscapes, AR 11:30 Crafting Club, AR 2:00 Cooking Demo: Chewy Coconut Cookies, AR 3:00 Cast Away (2000), MT	29 9:00 Walking Club, AR 10:00 Target Run, LO 11:30 Yoga, AR 2:00 What Do You Meme? Fiji Edition, AR 3:30 Fiji Word Games, AR	30 9:15 Congregation Beth El Service (Online), AR 10:00 Word Searches, DR 2:00 The Best of the Dean Martin Variety Show, MT
31 10:00 Cedar Ridge Community Church (Online), AR 10:00 19th Street Baptist Church (Online), MT 11:00 Church of the Redeemer Service (Online), AR						



The Words of MLK (Continued)

“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.

Honor the legacy of Martin Luther King Jr. at the MLK Day Presentation on Monday, January 18th. Feel free to bring a few words, a poem, a book or an article to share with the group.

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:

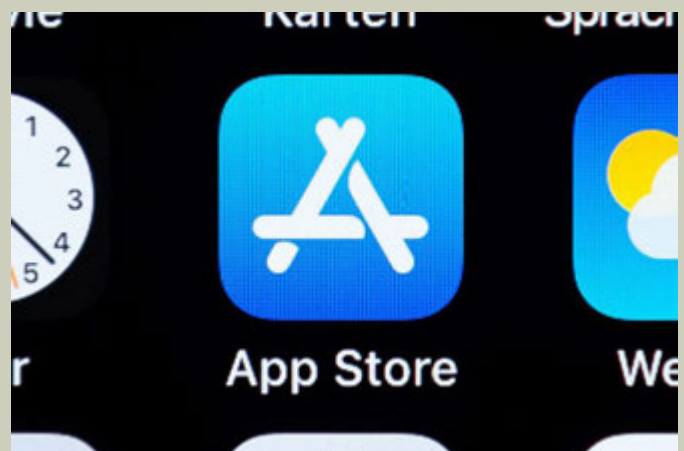
Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today’s mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

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.

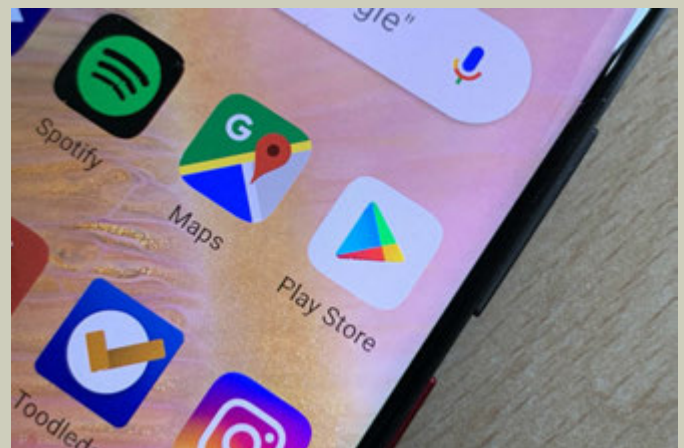
Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you’ll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

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.



iPhones, the smartphone produced by Apple, run on an IOS operating system; users may recognize this icon.



The app store on Android phones, may be listed under other names, including Play Store, Galaxy Store, etc.



Island Hopping 2021

Swaying palms, powder-fine beaches, and clear blue waters – get ready Salishan Gracious Retirement Living, for a tropical getaway you won't soon forget! Beginning the week of January 17th through February 6th, will be embarking on an Island-Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii (January 18th-22nd)
- Fiji (January 25th-29th)
- New Zealand (February 1st-5th)

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 11th, to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide Leora Raskas for all the details!



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Silver Spring, MD 20904



It's always Warm at

WILSHIRE ESTATES
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.

240-257-3601