

STONEYBROOK

ASSISTED LIVING

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

APRIL 2021

STONEYBROOK STAFF

AdministratorSTEPHANIE DEATHERAGE
Assistant Administrator..... GRACE MCCRARY
Director of Health Services..... ANDREW ROSENBAUM
Assistant Director
of Health ServicesLESLIE WALKER
Resident Services
Coordinator MACKENZIE HENDERSON
Executive ChefADRIEL HAMILTON
Community SalesALYSSA MONNING
Sous Chef KIM JONES
Administrative Assistant DEBBIE MUNSEY
MaintenancePATRICK COLLINS
Bus Driver N/A

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

Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4th is International Carrot Day.





April Fun Facts

April is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin *aperire*, meaning “to open,” alluding to the opening of buds in springtime. Others say April was named after Aphrodite, and still others say it was named for the goddess Eostre. Whatever the case, the onset of April means that spring has finally arrived! Below are a few fun facts about this month. Enjoy!



1. April's flower is the daisy, one of the oldest and best-known English flowers. It retains its Anglo-Saxon name, “day's eye,” because of its appearance and the fact that it closes according to the amount of available sunshine. According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. The daisy is also used to tell if “he loves me” or “loves me not” by pulling off the petals one-by-one.
2. The birthstone for April is the diamond. For centuries, this stone has signified romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love. Formed nearly 100 miles beneath Earth's surface in temperatures that exceed 2,700°F, the diamond is the world's hardest naturally occurring substance. It is also the purest of all gemstones, composed completely from crystallized carbon. Its name comes from the Greek word *adamas*, which means “unconquerable.”
3. What's Lucky in April?

Lucky Color: Orange

Lucky Animal: Fox

Lucky Letter: H

Lucky Day: Saturday

Lucky Plant: Snapdragons

Quote of the Month

“The roofs are shining from the rain. The sparrows
tritter as they fly, and with a windy April grace
the little clouds go by.”

— Sara Teasdale



Happy Earth Day!

April 22nd is Earth Day! Earth Day was founded in 1970 by United States Senator Gaylord Nelson as a way to bring attention to environmental issues. Today, Earth Day is celebrated in countries throughout the world and has become a chance for people to learn more about conservation, climate change, deforestation, and a myriad of other issues facing our beautiful planet. In celebration of Earth Day, below are a few fun facts!

1. Earth is the third planet from the sun and the only world known to support an atmosphere with free oxygen, oceans of liquid water on the surface, and — the big one — life.
2. Earth is on the move! You may feel like you're standing still, but you're actually moving — fast. Depending on where you are on the globe, you could be spinning through space at just over 1,000 miles per hour. People on the equator move the fastest, while someone standing on the North or South pole would be perfectly still.
3. Earth moves around the sun! The Earth isn't just spinning: It's also moving around the sun at 67,000 miles (107,826 km) per hour.
4. Researchers calculate the age of the Earth by dating both the oldest rocks on the planet and meteorites that have been discovered on Earth (meteorites and Earth formed at the same time when the solar system was forming). Their findings? Earth is about 4.54 billion years old.
5. As of March 2016, the largest earthquake to shake the United States was a magnitude-9.2 temblor that struck Prince William Sound, Alaska, on Good Friday, March 28, 1964.



Earth Day Spelling Challenge

Below are 10 groups of words all relating to Earth Day. In each group, there is one word spelled incorrectly. Can you find the misspelled word? Answers can be found at the bottom. Good luck!

1. resources, energy, compost, atmosphere
2. bacteria, botanical, biodegradable, balence
3. celestial, combustibile, contamonation, carbon
4. dicompose, deforestation, disposable, diverse
5. evergreen, ecological, enviroment, ecosystem
6. geothermal, fumagation, flourish, greenhouse
7. herbecide, inspiration, humanity, habitat
8. landscape, migratory, metamorphosis, sollar
9. nutriants, ozone, nature, nontoxic
10. protection, emmission, pollution, preservation

Answers:

1. Energy (Energy), 2. Balance (Balance), 3. Contamonation (Contamination), 4. Dicompose (Decompose), 5. Enviroment (Environment), 6. Fumagation (Fumigation), 7. Herbecide (Herbicide), 8. Sollar (Solar), 9. Nutriants (Nutrients), 10. Emmission (Emission)

APRIL 2021

Birthdays

Mitzi Barr, 4th
 James Leslie, 8th
 Wayne Courtney, 15th
 Juby Aipoalani, 17th (Employee)
 Frances Kelly, 18th
 Patricia Kimbro, 26th
 Sivan Fox, 27th (Employee)
 William Putzke, 28th
 Glenn Davenport, 30th

Anniversaries

Shirley & Wayne Courtney, 4/7/1964
 Mary Beddingfield, 4/26/1953

Service

Anniversaries

Debbie Donaldson, 4/10/2002

Move-In

Anniversaries

Jean Peterson, 4/13/2017
 Joyce Wilson, 4/23/2007

“Try to leave the Earth a better place than when you arrived.”

—Sidney Sheldon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					GOOD FRIDAY	
EASTER 4	5	6	7	8	9	10
9:30 Roadsters Hallway Walkers 10:15 Bingo 2:00 Hydration Cart 	9:30 Roadsters Hallway Walkers 10:15 Wii Games 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Bingo	9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Trivia 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Fingernail Polishing and Hand Care Clinic	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart	9:30 Worship and Fellowship 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Happy Hour with Mocktails 	9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Readers' Delight 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Movie & Popcorn	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Craftastic 
11	12	13	14	15	16	17
9:30 Roadsters Hallway Walkers 10:15 Bingo 2:00 Hydration Cart	9:30 Roadsters Hallway Walkers 10:15 Wii Games 10:15 Trivia 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Bingo	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Fingernail Polishing and Hand Care Clinic 	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Craftastic	9:30 Worship and Fellowship 10:15 Documentary 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 Cooking Demo and Culinary Education 	9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Readers' Delight 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Movie & Popcorn	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Craftastic 
18	19	20	21	22	23	24
9:30 Roadsters Hallway Walkers 10:15 Bingo 2:00 Hydration Cart 3:30 Classical Music Appreciation 	9:30 Roadsters Hallway Walkers 10:15 Wii Games 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Bingo	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Fingernail Polishing and Hand Care Clinic	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Craftastic	EARTH DAY 9:30 Worship and Fellowship 10:15 Nova Special on Anthropology 1:30 Laughter Yoga 2:00 Hydration Cart 3:30 New Residents' Welcome Party	9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Readers' Delight 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Movie & Popcorn	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Ice Cream Drive Thru 2:00 Hydration Cart 3:30 Craftastic 
25	26	27	28	29	30	
9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Ring Toss From the Balcony 2:00 Hydration Cart 3:30 Classical Music Appreciation	9:30 Roadsters Hallway Walkers 10:15 Wii Games 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Bingo 	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Fingernail Polishing and Hand Care Clinic 	9:30 Roadsters Hallway Walkers 10:15 Bingo 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Needleworking Club 	9:30 Worship and Fellowship 1:30 Laughter Yoga 2:00 Hydration Cart	9:30 Roadsters Hallway Walkers 10:15 Bingo 11:00 Readers' Delight 1:30 Fitness and Games 2:00 Hydration Cart 3:30 Movie & Popcorn 	



Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.



Technicolor Spectaculars

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot "in glorious Technicolor!"

In the early 1900s, Hollywood entered a new era in moviemaking, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error.

The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include "The Adventures of Robin Hood," "Gone With the Wind" and "Singin' in the Rain." But the most famous Technicolor film is "The Wizard of Oz," with its scenes of the yellow brick road and Dorothy's ruby slippers.





The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.



April Is All About Gut Health

This April, we are focusing on our gut health! Below is a bit of information on why our gut is so important, and a few easy tips for keeping our guts happy and healthy.

What is gut health:

Gut health is the function and balance of bacteria in the many parts of the gastrointestinal tract. Ideally, organs such as the esophagus, stomach and intestines all work together to allow us to eat and digest food without any discomfort. Having a healthy gut allows for this to happen!

Why is good gut health so important?

The human gut is incredibly complex. As it turns out, the gut has a huge impact on the health of the whole body. A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion.

Easy tips for good gut health:

- Eat the Rainbow! When you eat the rainbow, you are not only ensuring a diverse diet, but you are also benefiting from the many vitamins and minerals associated with each colorful food.
- Fiber! Make sure you are getting plenty of fiber in your diet. Fruits, vegetables, nuts, and whole grains all feed healthy bacteria in your gut.
- Exercise! Keep those bodies moving!
- Start adding more probiotic foods such as Greek yogurt and pickles (just to name a couple) to your diet. These foods help to encourage microbes to grow, helping your gut health!
- Hydrate! Drinking plenty of water has been shown to be beneficial to the lining in the intestines leading to a happy, healthy gut!





4650 SW Hollyhock Circle
Corvallis, OR 97333



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.



541-758-2026