

# THE ENCORE Breeze

May 2016 • 12295 Schold Place NW • Silverdale, WA 98383 • 360-692-1228

## INSIDE

Page 2: Country Meadows  
Page 3: Clearbrook Inn  
Page 4: The Ridge  
Page 5:  
Page 6: Featured Staff Member  
Page 7: Seasonal  
Page 8: Here's to Your Health

Northwoods Lodge



CLEARBROOK INN



COUNTRY MEADOWS



THE RIDGE

## CONTACT US

360-692-1228

EDITOR

Pam Duerr

LAYOUT

Peggy Reece



## Grandma always wore a hat...



*"There's just something special about a woman in a hat."  
~Betmar, a women's millinery begun in 1933*

When our Grandma dressed for a special occasion, the ensemble always included a hat and gloves. She had a presence about her that awed us—one of authority, and of grace. Actually, she exuded that presence without the hat and gloves, but somehow when she put them on, she attained a somewhat regal status that made us feel important and compelled to behave as flawlessly as we could muster.

When Grandma dressed in a hat and gloves, we thought she looked pretty and special, and we, all clean and starched and pressed, thought we were pretty and special, too. We knew that how we looked mattered to her, but more than our appearances, Grandma cared about our conduct. I don't remember ever hearing her say, "Pretty is as pretty does," but she made it clear to us that how we treated each other and how we responded with respect to our elders was more important than how we looked.

Grandma gravitated from dresses, hats and gloves to pantsuits in the

70's, but she never lost her regal presence. Even though she no longer wore her unique accessories, she tucked them away in hat boxes and dress bags, and we still have them to enjoy and remind us of her.

Today I know that her regal bearing and her beauty had nothing to do with her hats. Grandma was a hard worker who may have worn the gloves to cover her work-worn hands. She kept her family well fed and dressed during the Depression by her diligence, frugality and hard work. She always had enough to "spoil" the grandchildren. As long as she was able, did things for others whom she felt were less fortunate than she. We never heard her complain.

The beauty and grace that we saw in our Grandma was that which shone from within.

Even though women don't usually wear hats today to complete their ensemble, they can still present an aura of grace and loveliness that comes from caring hearts. There is beauty in every face that smiles at another, in hands that help and heal, that clean and comfort, in hearts that care, in arms that hug. The beauty that comes from within is true beauty indeed, even without a fabulous hat.

♥ Peggy Reece





# May Event Highlights



May brings lots of special things for the gals! Our Mother's Day Brunch and Ladies' Tea are annual highlights lavished upon us by our dedicated and loving dietary team. We'll bring in a few babies & toddlers to make us smile, arrange flowers, shop & more tea. We love our ladies!

**Cinco de Mayo Piñata Party**  
Thursday May 5th at 2:00 p.m.

**Bremerton City Nursery**  
Friday May 6th, departing at 1:30 p.m.

**Flower Arranging with Gwen**  
Tuesday May 10th at 1:00 p.m.

**Whitney Rhododendron Gardens**  
Thursday May 12th departing at 10:00 a.m.  
Lunch at the Halfway House in Brinnon

**Mother's Day Tea**  
Saturday May 14th from 1:00-2:30 p.m.  
Music by noted local pianist Denny Gore

**"Baby Day" Little Ones Visit**  
Monday May 16th at noon (between naps!)

**Picnic at Salisbury Park**  
Thursday May 19th, departing at 10:00 a.m.  
This is early for a picnic, but you've all been asking; better bring your woolies!

**Timber Falls Mini-Golf**  
Friday May 20th, departing at 1:30 p.m.

**Pajama Ice Cream Run**  
Friday May 20th, departing at 7:00 p.m.

**Choral Belles Concert**  
Tuesday May 24th at 1:00 p.m. in the Barn

**Pippa's Real Tea in Port Townsend**  
Thursday May 26th, departing at 10:00 a.m.  
"Not your mother's tea room"—proper scones, no extra charge for the love that goes into them

**"Cat Walk" in the Barn**  
Tuesday May 31st from 11:00-2:00





CLEARBROOK  
INN

## April Showers Bring May Flowers May 2016

### "Best Dog" Birthday Party May 3 @ 2:00

Kendal, our lovable resident therapy dog, is 10 years old. Join us for her birthday party, games and "treat bags."

### Cinco De Mayo May 5 @ 2:00

Celebrate with Margaritas, chips & salsa and a fun game of Loteria!

### Birthday Celebration May 6 @ 2:00

We'll honor our May birthdays with cake and music by Monica at the piano

### Run for the Roses May 7 @ 3:30

Join us for The 142nd Run for the Roses, the Kentucky Derby, & mint juleps, of course!

### Mothers Day Brunch 12:00-1:30

Enjoy a very special meal with mom

### Happy Hour May 13 @ 2:00

Music with Marty Jagodensky as we toast with cocktails and mocktails

### Spring Tea May 21 @ 2:00

We have a very special treat with our Spring Tea and piano music by Marti

### Choral Belles May 24 @ 2:15

We always look forward to the wonderful music by this great group of ladies.

### Blueberry Day May 26 @ 2:00

What is better than a blueberry? Join us as we delight in a variety of Blueberry Treats



Helping the Easter Bunny proved to be a lot of fun! Meryl & Maxine serious about their blackjack game! Alma talks with a student during Music & Memories.

**LUNCH**



**BUNCH**

Mondays bring bus outings: lunch or shopping. Please sign up with the activity department for bus trips.

**May 2 @ 11:00—Red Lobster**

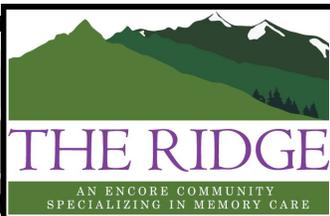
**May 9 @ 11:00—Olive Garden**

**May 23 @ 11:00—Spiro's**

**May 16**

**April 11 @ 10:30—Safeway**

The happiest people in the world are those who are too busy to feel miserable or too busy to complain.



Planting garlic bulbs



LeMay Car Museum



Caramel corn



Buddies playing cards



Peanut butter bird feeders



## May Event Highlights

Every morning at 9:30 we exercise  
 Monday morning brings News & Nibbles  
 Bible Study meets on Tuesdays at 10:30am  
 On Wednesdays, manicures with Meredith  
 Thursdays are filled with sing-a-long,  
 coloring with pencils and a walk  
 Friday we go out to lunch  
 Saturday brings J's barber & bingo

Remember, loved ones are always encouraged to join us for our daily activities, special events and outings.  
 Please see our calendar or our website to discover the events unique to each week; so many of our activities are in keeping with the season and we have been enjoying the warm spring weather.

The Ridge warmly invites family members and friends to attend our monthly Support Group. At 1:00 p.m. on the last Wednesday of each month we serve a light lunch and visit around the table, sharing our questions and concerns, being encouraged by each other and learning from educational presentations or visiting professionals. Everyone is welcome and respite care is provided for guests during the meeting.

**Mark your calendar for Sunday  
 September 18th for the  
 Walk to End Alzheimer's!**

"The Ridge Walkers Have Heart & Sole," our successful Alzheimer's Walk team, meets the last Wednesday of each month 2:30 p.m. to make plans for a bigger and better turnout and more funds raised. We would love to have you join us with your ideas and enthusiasm, too!

# DRIVER SAFETY <sup>SM</sup>

**AARP** Real Possibilities

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills & capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking, and using a cellphone

After completing the course, you will have a greater appreciation of driving

challenges and a better understanding of how to avoid potential collisions and injuring your self and others.

The AARP Smart Driver Course is the nation's largest classroom driver safety course and is designed for drivers age 50 and older. You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

AARP membership is not required to take the course and there are no tests to pass. The classroom course costs only \$15 for AARP members and \$20 for non-members.



These classes are offered every other month at the Red Barn Clubhouse at Country Meadows. The class schedule is as follows:

Tuesday and Wednesday

9:00 a.m.-1:00 p.m.

May 17-18

July 19-20

September 20-21

November 15-16

Please call Country Meadows at 360-692-4480 to reserve your space. Classes are filled on a first-call first-serve basis, so don't delay.

## FEATURED STAFF MEMBER



### JENNIFER MEIER

#### ***What is your idea of perfect happiness?***

When my house is clean, all my chores are done, my kids are playing together nicely and I can relax and have a cold beer.

#### ***What is your most treasured possession?***

My most treasured possessions are my children & my sense of humor.

#### ***If you could have dinner with anyone from the past or present, who would it be?***

I would choose someone who lived during a major historical event (the Civil Rights Movement, the Holocaust, the sinking of the Titanic) so I could listen to their story.

#### ***What is the most rewarding experience you have had and what made it so?***

Being a mother, because it's taught me to trust and love myself. I have learned how to be responsible, to pick my battles, and to put someone

else's needs before my own. When I think about the adults I want my kids to become, that reminds me that I am a good mom and a good person. There is nothing more challenging or fulfilling than being a parent.

#### ***In your lifetime, what change has come around that you like?***

I'm grateful that I'm alive in a time and place where it's okay to be different.

I make decisions based on what works for me, not necessarily what's normal or accepted. I have a different racial background than most people I know. I had kids very young and out of wedlock. Instead of these being negative things, they have made me a much better person. I'm lucky that I have the freedom to live the way I want to and to learn that you don't have to just like everyone else to be valuable.

#### ***What might someone be surprised to know about you?***

I'm adopted and have a twin brother.

#### ***What words or phrases do you overuse?***

"NO!" "Stop!" and "What are you doing?" usually said to my children.

#### ***What have you enjoyed the most about working at Encore?***

Definitely the people. I love getting to know the residents and my coworkers.

Jennifer grew up in Washington; her daughter Monet (6) is named after the painter Claude Monet, and her son Anthony(4) after her twin brother. She likes spicy food and people who make her laugh, and to read and sing. She doesn't like spiders or mushrooms. And when she grows up she wants to buy a nice little house with a porch swing and spend her weekends gardening while her kids play outside. Jennifer's quick analytical thinking and caring attitude are definite assets in her role as the Transportation Scheduler at Clearbrook Inn. We are loving getting to know her, too!

## Celebrating Moms & Grandmas



Jean sat comfortably in her arm chair, her faithful dog leaving just enough room on her lap for the embroidery project that she was so engrossed in that she needed to be reminded to come to dinner.

As she got ready to go, we chatted about the little things that make life so sweet, like her lovable little dog, the meaningful work of her embroidery, the birds outside her window. Then our talk turned to our grandchildren and we agreed that being a grandma is the best thing ever.

She folded up her needlework, put her little dog on the floor and took a sheet of paper out of a stack of correspondence on her table. "Have you seen this one?" she asked. "Does this describe us?" she chuckled. "Take this," she said, "you'll like it." And she was right! So I'm sharing it with all of you. This description of a grandma was written some time ago by a 9 year old girl; some things may be a bit different today, but the sentiment remains the same!

### What Is A Grandmother?

A Grandmother is a lady who has no children of her own, so she likes other people's little girls. A grandfather is a man grandmother. He goes for walks with boys and they talk about fishing and tractors and things like that.

Grandmas don't have to do anything except be there; they're so old they shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is and have lots of dimes ready. Or if they like to take us for walks, they slow down as we pass things like pretty leaves or caterpillars; they never say, "Hurry up."

Usually they are fat, but not too fat to tie kids' shoes. They wear glasses and funny underwear. They can take their teeth and gums out.

It is better if they don't typewrite or play cards except with us. They don't have to be smart, only answer questions like why dogs hate cats and how come God isn't married. They don't talk baby talk like visitors do, because it is hard to understand. When they read to us, they don't skip or mind if it is the same story.

Everyone should try to have one, especially if you don't have television, because Grandmas are the only grownups who have got time.



"Grandchildren are proof that great things come in small packages."  
"Grandmas are mommies with frosting!"



# HERE'S TO YOUR HEALTH!

*Peggy Reece*



## Let Me Kiss It Better—the Healing Power of Touch

While a mother's kiss on a scraped knee is of no known therapeutic value for the injury itself, there are dozens of scientific studies which show the profoundly positive effects on our health provided by caring touch. The kiss on the "boo-boo" could actually reduce the suffering because when we experience friendly, affectionate touch, our bodies release oxytocin, sometimes referred to as the "love hormone." Oxytocin lowers blood pressure, decreases the stress-related hormone cortisol, and increases pain tolerance.

Not only can a caring touch alleviate our immediate discomfort, it can have profound effects on our general physical health. New research from Carnegie Mellon indicates that feeling connected to others, especially

through physical touch, protects us from stress-induced sickness. Besides having the emotional support of meaningful relationships to carry them through difficult times, the more often people hugged, the less likely they were to get sick. Even the World Health Organization identifies social networks as a determinant of health—good relationships, better health outcomes.

Not only is caring touch free of cost and free of risky side effects, it is as beneficial for the giver as it is for the one on the receiving end. Giving a hug or a pat on the back or a handshake benefits both of you. Even a boisterous, seemingly impersonal "high five" is a positive touch that could make someone's day. And if you can't reach out and touch someone, at least touch them with a smile!

ENCORE COMMUNITIES

under

Find us on  
Facebook



12295 Schold Place NW  
Silverdale, WA 98383  
www.encorecommunities.com



CLEARBROOK  
INN