

February 2010

Valentine Celebrations



Cupids, chocolate, romance and fun. Just a few favorite things that come to mind when we think of Valentine's.

Our celebration is no exception, and it starts with our first ever Fudge Contest. Make your favorite 1) pure chocolate, 2) with nuts, 3) specialty flavor. Bring a 9x9 pan to the Activities office on Thursday, Feb. 11. A panel of resident, employee and special guest judges will gather that afternoon to choose winners of each category. Winners will be announced and the fudge will be shared at the Friday social. (See the fudge entry form on page 2.)

Also on Thursday, Feb. 11, at 2 p.m., our faithful and dedicated volunteers Charlotte Guerricagoitia and Kay Stobel are planning another Royal Anne Valentine Bingo Party and bringing their famous homemade decorated sugar cookies.

Friday, Feb. 12, at 2:30 get ready

for an hour of laughs when three CherryWood couples play the "Almost Newlywed Game." Bob Eubanks never saw the likes of this lively trio who will try to recall the details of their courtship 40-plus years ago. Remember, we'll be serving fudge and announcing the winners of the contest.

After the "Almost NewlyWed Game," both the Grill and the Royal Anne will serve a special Valentine Dinner created just for you by Chef Adrian Mesa.

Valentine Dinner Friday, Feb. 12 Menu:

Beef Tenderloin with Garlic Butter - \$15

Mahi Mahi with Mango Salsa - \$15

Stuffed Acorn Squash - \$13

All come with Sparkling Cider, Tomato Basil Bisque Soup or Strawberry, Gorgonzola and Baby Greens Salad with Poppysseed Dressing, Sauteed Asparagus, Saffron Rice Pilaf, Tuxedo Chocolate Cake with Berries or Sugar Free Chocolate Cake with Berries.

RESERVATIONS ARE REQUIRED by Feb. 9 by calling the Village Square Desk at (503) 408-0404.

Valentine's isn't just for couples—call a friend and join the fun.

Save a Life
 Immediate medical attention can make all the difference when someone exhibits symptoms of heart attack or stroke. A quick reminder during American Heart Month—know the signs and get help right away. Heart attack symptoms include pain or discomfort in the chest or in other areas of the upper body, shortness of breath, cold sweat, nausea or lightheadedness. Stroke symptoms include sudden numbness or weakness on one side of the body (face, arm, leg), confusion, dizziness or trouble seeing.



Fudge Contest Entry Form

Name _____

**** Fudge Variety ****

Pure Chocolate ____

With Nuts ____

Specialty Flavor ____

Bring a 9x9 pan of fudge to Life Service Directors office on Thurs., Feb. 11, by noon with this form attached. Questions? Call Sue Simpson at (503) 408-0404.

Winter Could Just Fly By

The chilly, dark winter is upon us, so it's a great time to take up a new hobby, make new friends or reacquaint yourself with one of your old pastimes.

There's nothing like a warm 88-degree pool to make you forget about the chilly day and ease your arthritis. Perhaps a game of Mah Jong, Bridge, Pinochle or computer tutoring to keep your brain

exercised. Don't forget to laugh—check the movie schedule for a good comedy, laughter yoga or a humorous book from the library or book mobile.

Winter's dark days can be a little lonely. Studies show that those who have close friendships and are actively involved experience less illness. Check out the activity and wellness calendars for more information. For questions, call Mindy Baker, Wellness Director, or Sue Simpson, Life Services Director, (503) 408-0404.

Emotional Musings

"If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning 'Good morning' at total strangers." —*Maya Angelou*

A Tootsie Take-Off

Leo Hirshfield introduced a chocolate candy on Feb. 23, 1896, and called it the Tootsie Roll. It was named after his 5-year-old daughter Clara, whose nickname was Tootsie.

Fit as a Fiddle

If I asked any person: "Do you want to be strong, independent and confident? Do you look forward to a day spent with family or best friends? Do you make time for the things you love to do?", the answer would be a resounding YES! But what happens when your confidence goes away because of an injury, your endurance wanes and inhibits a visit to a family member's home, or your favorite things just don't happen anymore?

Although we know that being physically active helps us maintain independence, for some, the thought of using the Wellness Center or any gym on their own is too daunting. Some seniors do consult their medical providers and are referred to a physical therapist or therapy program. CherryWood offers such a program called *Fit as a Fiddle*

right on our campus through Generations Therapy Clinics. After a physical therapy evaluation, a restorative aid or personal trainer from *Fit as a Fiddle* works one-on-one with each resident in the Wellness Center or in their own home.

"After working with *Fit as a Fiddle*, I was able to get out of my apartment on my own for meals and started enjoying excursions again", said Betty, resident and former *Fit as a Fiddle* client.

To learn more about the program, stop by the information table across from the library on Friday, Feb. 5, between 3:45 and 5 p.m. after Social Hour. You can also call the *Fit as a Fiddle* coordinator at (503) 594-2238 or stop by the Wellness Center.

Royal Anne Passes State Survey With Highest Score!

In December, the State of Oregon conducted its biannual survey of The Royal Anne Assisted Living. The state team reviewed resident care plans, policies and procedures, nursing and medical services, nutrition and diet, staffing and disaster preparedness plans. We are delighted that the state team gave The Royal Anne a 100% deficiency-free survey! Congratulations to Donise Sunden and her entire team, including the dining services and housekeeping staff.

Congratulations

No matter what happens, look for the good and you'll find it. A positive thinker does not refuse to recognize the negative, he refuses to dwell on it. Positive thinking is a form of thought which habitually looks for the best results from the worst conditions. It is always possible to look for something good; to expect the best for yourself even though things look bad. The remarkable fact is that when you seek good, you will find it.

News From Lake Wobegon Garrison
Keillor debuted the radio show "A Prairie Home Companion" on Feb. 17, 1979.

TEA TIME

Special treats are being planned for our first all campus "Sweetheart Tea" on Wednesday, Feb. 24, at 2:30 p.m. in the Royal Anne Dining Room.

Now, you might think of your sweetheart as being your husband, wife or significant other; but this tea is for all who have friends and family with sweet hearts!

Please bring your special someone and join us in this wonderful afternoon event.



Bisi Lawal, Health Services Coordinator

We discovered something wonderful about Bisi, Health Services Coordinator for Royal Anne Assisted Living: her hauntingly beautiful singing! When Bisi sings in her native language, you can almost feel the grand African countryside all around you.

Born in Lagos State, Nigeria, Africa, Bisi has worked at CherryWood for almost nine years.

Please join us on Friday, Feb. 26, at 2:30 p.m. for our Friday Social Hour, featuring Bisi in full African attire. You might even be looking for lions around every corner!

Other Friday Socials Include:

The vocal stylings of Molli Paige on Feb. 5 will celebrate all February birthdays! Cake is cut at 2:30 p.m.

Almost Newlywed Game Show and Fudge Contest Winners announced on Feb. 12. Begins with fudge at 2:30 p.m.

Jim Templeton on piano returns on Feb. 19. Refreshments at 2:30 p.m.



CONTRIBUTIONS FOR HAITIANS

The Salvation Army began serving in Haiti in 1950 and is assisting victims of the devastating massive earthquake that struck recently. Food, shelter, clothing, medical support and other needs are being supplied by the Salvation Army, and funds are urgently needed to continue assistance.

Contribution boxes will still be available for donation during the month of February. Contributions may be made by making checks payable to The Salvation Army and indicating "Haitian Relief" on the memo line.

May God bless your donation and the Haitians who are in so much need.





ROJO THE LLAMA IS COMING TO CHERRYWOOD!

Rojo lives at Mountain Peaks Llamas in Vancouver, Washington.

Shannon Gregory and her mother, Lori Gregory, both completed Animal-Assisted Therapy Training through DoveLewis in Portland, Oregon.

Shown in the photo at Children's Dornbecher Hospital, Rojo is called the most beautiful, huggable, lovable, amazing "therapy llama" on the planet!

Incredibly touchable and unusually people-friendly, Rojo is rapidly becoming recognized as somewhat of a local celebrity as he participates in parades, visits to children's hospitals and senior communities, and various public relation events.

Please join us on Feb. 22 at 10 a.m. in the Board Room (yes, Board Room) to learn about and touch this amazing therapy llama. Meet and Greet Rojo!

The Census Counts

Are you familiar with the U.S. census? Here are some facts:

- The census is a count of everyone living in the United States every 10 years.
- The U.S. Constitution mandates the act of taking a census.
- U.S. law requires your participation in the census.
- It takes less than 10 minutes to complete a census questionnaire.
- Federal law protects the personal information you share during the census.
- The government uses census data to distribute congressional seats to states, make decisions about community services and distribute \$400 billion annually in federal funds to local, state and tribal governments.

Want more information on the census? Visit:

*[http://2010.census.gov/
2010census](http://2010.census.gov/2010census)*

JAPAN!



You are all invited to a Special Travel Club Presentation by Dick and Mary Lutz and Bob Eisenhart. They traveled with the Portland/Sapporo sister city delegation who visited Sapporo, Japan, in November. They were able to see several of the people who toured Portland in June 2009. They had a fantastic trip and have many photos and stories to share with the group.

Join us on Tuesday, Feb. 16, in the Board Room at 3 p.m. Refreshments will be served.

"Live Well"



Go Red for Women

Friday, Feb. 5, is "Go Red for Women" day. Wear red to raise awareness about heart disease in women. Each female resident who visits the Wellness Center that day will receive a FREE red dress pin while supplies last.



Macular Degeneration Support & Education Group

This month's topic: "Understanding Genetics" with Stuart Richer, O.D., Ph.D., F.A.A.O.
Thursday, Feb. 18, at 1 p.m. in the Board Room

Quinoa Is Keen for Your Diet

If grain is your thing, try including quinoa in your diet. Pronounced *keen-wa*, the plant contains more protein than any other grain, including wheat. Experts consider quinoa, which originated in South America, to be a complete protein source because it offers an array of essential amino acids and is high in lysine, methionine and cystine. You can include quinoa, which cooks in 15 minutes, in everything from casseroles to cold salads. It is gluten-free, easy to digest and costs about \$5 for 500 grams.



Rider's Club Trip to "The Chocolate Story" at the World Forestry Center

With the scent of chocolate wafting through the air, *The Chocolate Story* takes visitors on an educational and fun journey from its beginning as a magical drink used by the Aztecs to its current worldwide popularity. Admission is \$2. Transit is FREE. This trip requires about three blocks of walking.

Wednesday, Feb. 3, 12:30–5 p.m.

Sign up in the Wellness Center



Inspire Your Heart With Art!

Get inspired at our fourth annual arts & crafts show! Recent studies indicate that the arts in general have health benefits, including physical, social and emotional well-being and improvement of symptoms commonly associated with aging.

Wednesday, Feb. 10,
10 a.m.–2 p.m. in the
Community Room

If you are interested in showcasing your work, please stop by the Wellness Desk to sign up.



Five Reasons to Banish Bottled Water

1) *Natural resources.* Bottled water requires petroleum and fossil fuels to distribute. Ironically, it takes two liters of water to put a one-liter bottle of water on the shelf.

2) *Landfills.* One plastic bottle will remain in a landfill for 500 years.

3) *Health.* Tap water has to meet strict FDA guidelines for public safety. Plus, it has added minerals, such as fluoride. Bottled water doesn't have to meet any FDA guidelines.

4) *Fancy labels.* Ninety percent of the cost of producing bottled water goes into making the bottle and designing the label. In fact, more than 25 percent of bottled water comes from city sources, but is repackaged to make money.

5) *Economics.* Clean water from the tap (which you already pay for) costs 10 cents a gallon, as opposed to the dollars per gallon you end up spending on the bottled variety.



Documentary: Food, Inc.

How much do you really know about what you eat?

This documentary lifts the veil on our nation's food industry, exposing the highly mechanized underbelly hidden from the American consumer. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of American farmers, the safety of workers and the environment. *Food, Inc.* reveals surprising—and often shocking—truths about what we eat, how it's produced, who we have become as a nation and where we are going from here.

Tuesday, Feb. 16, at 1:30 p.m.
in the Theater



Please Note

On Thursday, Feb. 25, the Wellness Center will be CLOSING at 4 p.m.

"Live Well"



Year of the White Tiger

Feb. 14 marks the beginning of the Chinese New Year.

Powerful Tools for Caregiving

A six-week course for family caregivers, sponsored by Legacy Health Systems.

Coming in April. See your March newsletter for details.



The 33rd State Oregon officially became the 33rd state in the Union on Feb. 14, 1859.

February 2010

Host Your Clubs and Friends at CherryWood

Many of our best friendships are developed through clubs and organizations: church circles, card clubs, volunteer groups, garden clubs, travel clubs, art groups—the list goes on and on. If you haven't seen some of your dear friends lately and you've been missing them, why not host them at CherryWood and let our staff do the work? As an introduction to our catering services, Marketing will provide a light lunch of sandwiches or salad and dessert to assist you in hosting your group visit at CherryWood.

To coordinate your (first only) complimentary hosting, contact Helen Smith, Randy Dickens or Tory Thompson at (503) 408-0404. Enjoy the company of friends, and we'll do the prep work for your party in our community room, board room or your home. The first hosting is our gift to you. You can coordinate additional events by calling the Village Square desk at (503) 408-0404 and ask for catering.

CherryWood
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