

# Somerset Lodge

## Gracious Retirement Living

8330 Cason Road • Gladstone, OR 97027 • Phone (503) 657-5659 • www.seniorlivinginstyle.com

SEPTEMBER 2021

### SOMERSET STAFF

Managers..... CLIFFORD & JANET HANNEMANN  
 Assistant Managers .....MIKE & PJ SALAMEH  
 Executive Chef..... KEVIN WILSON  
 Marketing.....SUSAN MAAS  
 Sous Chef ..... LISA JARVIS  
 Activity Coordinator ..... SUSI WISE  
 Maintenance ..... JEFF MOONEY  
 Transportation ..... STEVE BARNES

### OFFICE HOURS

Monday - Sunday: 7:30 a.m.-7:30 p.m.

### TRANSPORTATION

Monday, 9:30 a.m.: Shopping At Fred Meyer

Monday, 2 p.m.: Walmart – Bi-Weekly

Monday, 2 p.m.: Clackamas Town Center – Biweekly

Tuesday, Varies: Medical Appointments – South

Wednesday, Varies: Activity Day

Thursday, Varies: Medical Appointments – North

Friday, 9:30 a.m.: Shopping At Safeway/RA/Walgreens

Friday, 2 p.m.: Scenic Adventure

HAWTHORN  
SENIOR LIVING

## Kaps for Kids

What do you do in your spare time? A group of ladies at Somerset Lodge spends their free moments knitting – Kaps for Kids. Whenever Pastor Steve Huey, Director for Native Ministries and his wife, Elaine, visit Portland, they stop by our facility to collect another 20 hats for distribution to children in Alaska.

It brings joy to the ladies whenever they finish another hat and they think of another happy child up in the North being kept warm.

When Doreen Bony heard what we do, she offered to share some of her handmade quilts with our project. So, making items to share with others is catching on. What are you planning to do? Please share your ideas with Susi and see how we can bring more happiness to others.



Margaret Geier, Pastor Steve Huey, Doreen Bony and Elaine Huey



Naomi Huey, Dee Wright, Elaine Huey, Jean Sequeira and Margaret Geier



Happy Alaskan kids with kaps

# SEPTEMBER 2021

## Birthdays

Mary Parson, 3rd  
Christine Mattison, 7th  
Ruth Checkis, 19th  
Don Charbonneau, 19th  
Jack Sequeira, 25th  
Cory Kerwood, 26th  
Arlene Pekkolo, 27th

## Anniversaries











Vern & Twyla Schiwisow, 9/6/1959  
Bert & Darlene House, 9/25/1954

## Locations

Activity Room, AR  
Backyard, BY  
Billiard Room, BL  
Bus, Bus  
Chapel, CH  
Dining Room, DR  
Front Yard, FY  
Library, LIB  
Lobby, LB  
Parking Lot, PL  
Private Dining Room, PDR  
Second Floor, 2nd Fl.  
TV Room, TV

Enjoy the convenience of our Beauty Shop: Ernestly Organic Salon Services is located on the Third Floor. Call Ernest at 971-533-2988 to schedule an appointment.

Advertise in our newsletter for just \$25 per month for an ad that is 3 1/2"x2" or for \$40, place a 7"x4" ad on the insert. Contact our Office.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>5</b> <b>Sunday Fun Day</b> 10:00 Chair Exercise, AR <b>11:00 Wii Games, TV</b> <b>2:00 Guiding Light Support Group, AR</b> 3:00 Billiards, BL 3:00 Show Time! Movie, TV	<b>6</b> <b>LABOR DAY</b> <b>ROSH HASHANAH BEGINS AT SUNSET</b> <b>Wear Blue Day</b> 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 11:00 Ava Hoover's Labor Day Performance, DR 2:00 Walmart/Town Ctr., Bus 2:00 "Let's Talk Hydration" W/Home Instead, LB 2:30 Chef's Corner with Kevin, AR 3:30 Bean Bag Baseball, AR 6:45 Bingo, AR 	<b>7</b> <b>Wear a Hat Day</b> 9:30 Chair Yoga, AR 10:00 Hangman, AR <b>11:00 Beading Class, AR</b> <b>2:00 Travelogue: We're Scouting Savannah, AR</b> 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR 	<b>8</b> <b>T-Shirt Day</b> 9:30 Get Moving, AR 10:00 Who Am I?, AR <b>11:00 Bring and Share, AR</b> <b>2:00 Fried Green Tomatoes with Susi, AR</b> <b>2:45 "Fried Green Tomatoes" Starring: Kathy Bates, TV</b>	<b>9</b> <b>Name Tag/Jeans Day</b> 9:30 Get Moving, AR <b>10:00 Card Making Class, AR</b> 11:15 Uno Card Game, AR <b>12:00 Resident/Manager Meeting, DR</b> 2:00 List It! White Board Game, AR <b>3:00 Christian Service with Pastor Bryan, CH</b> <b>3:30 Bingo, AR</b>	<b>10</b> <b>Wear Something Red</b> 9:30 Chair Drumming, AR <b>9:30 Safeway, Bus</b> 10:00 Travel with Rick Steves: YouTube, AR 11:00 Word Scramble with Jim, AR <b>2:00 Scenic Adventure with Steve, Bus</b> 3:00 Farkle! Game, TV 3:30 Bean Bag Baseball Practice, AR 4:30 Chair Exercise, AR 	<b>11</b> <b>PATRIOT DAY</b> <b>Happy Saturday!</b> 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR <b>3:00 Show Time! Movie, TV</b>
<b>12</b> <b>Sunday Fun Day</b> 10:00 Chair Exercise, AR <b>11:00 Wii Games, TV</b> <b>2:00 Guiding Light Support Group, AR</b> 3:00 Billiards, BL 3:00 Show Time! Movie, TV	<b>13</b> <b>Wear Blue Day</b> 9:30 Get Moving, AR <b>9:30 Fred Meyer, Bus</b> 11:00 Word Scramble, AR <b>2:00 Art: Painting Asters, AR</b> 2:00 Walmart/Town Ctr., Bus 3:30 Bean Bag Baseball, AR 6:45 Bingo, AR	<b>14</b> <b>Wear a Hat Day</b> 9:30 Chair Yoga, AR 10:00 Hangman, AR <b>11:00 Charles &amp; His Angels, DR</b> <b>12:30 Social Dinner with Mike &amp; PJ (Must Sign Up), PDR</b> 2:00 What Am I?, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR	<b>15</b> <b>YOM KIPPUR BEGINS AT SUNSET</b> <b>T-Shirt Day</b> 9:30 Get Moving, AR <b>10:00 Mt. Hood Visitors Center and Lunch, Bus</b> <b>11:00 Bring and Share, AR</b> <b>2:00 Famous Firsts of Gladstone with Gladstone Hist. Soc., AR</b> <b>3:30 Apple Tasting, AR</b> 4:30 Chair Exercise, AR	<b>16</b> <b>Name Tag/Jeans Day</b> 9:30 Get Moving, AR 10:00 Hangman, AR <b>10:00 Dave with Clear Hearing, LIB</b> 11:00 Yahtzee: Dice Game, AR <b>1:30 Patty Runner: Paws of Tranquility</b> 2:30 Chef's Meeting, AR <b>3:00 Christian Service with Pastor Bryan, CH</b> <b>3:30 Bingo, AR</b>	<b>17</b> <b>Wear Something Red</b> 9:30 Chair Drumming, AR <b>9:30 Safeway, Bus</b> 10:00 Travel with Rick Steves: YouTube, AR <b>11:00 The Last 10 Years: 1908-1918 Pittock Presentation, AR</b> <b>11:00 Nadja the Vendor, LB</b> <b>2:00 Scenic Adventure with Steve, Bus</b> 3:00 Farkle! Game, TV 3:30 Bean Bag Baseball Practice, AR 4:30 Chair Exercise, AR	<b>18</b> <b>Happy Saturday!</b> 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR <b>3:00 Show Time! Movie, TV</b>
<b>19</b> <b>Sunday Fun Day</b> 10:00 Chair Exercise, AR <b>11:00 Wii Games, TV</b> <b>2:00 Guiding Light Support Group, AR</b> 3:00 Billiards, BL 3:00 Show Time! Movie, TV 	<b>20</b> <b>Wear Blue Day</b> 9:30 Get Moving, AR <b>9:30 Fred Meyer, Bus</b> 11:00 Word Scramble, AR 2:00 Chair Exercise, AR <b>2:00 Walmart/Town Ctr., Bus</b> 3:30 Bean Bag Baseball, AR 6:45 Bingo, AR	<b>21</b> <b>Wear a Hat Day</b> 9:30 Chair Yoga, AR 10:00 Hangman, AR <b>11:00 Beading Class, AR</b> 2:30 Benefits of Curiosity, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR	<b>22</b> <b>AUTUMN BEGINS</b> <b>T-Shirt Day</b> <b>9:00 Wildlife Safari in Winston, Bus</b> 9:30 Get Moving, AR 10:00 Yahtzee: Dice Game, AR 11:00 Bring and Share, AR <b>2:00 Social Hour with Cliff &amp; Janet, AR</b> <b>3:00 The Ageless American Alligator, AR</b>	<b>23</b> <b>Name Tag/Jeans Day</b> 9:30 Get Moving, AR 10:00 Hangman, AR <b>10:00 Card Making Class, AR</b> 11:15 Uno Card Game, AR <b>2:30 Activity Meeting with Susi, AR</b> <b>3:00 Christian Service with Pastor Bryan, CH</b> <b>4:00 Singer: Chris Anderson, DR</b>	<b>24</b> <b>Wear Something Red</b> 9:30 Chair Drumming, AR <b>9:30 Safeway, Bus</b> 10:00 Travel with Rick Steves: YouTube, AR 11:00 Word Scramble with Jim, AR <b>2:00 Scenic Adventure with Steve, Bus</b> 3:00 Farkle! Game, TV 3:30 Bean Bag Baseball Practice, AR 4:30 Chair Exercise, AR	<b>25</b> <b>Happy Saturday!</b> 10:00 Chair Exercise, AR 11:00 Wii Games, TV <b>11:00 Susi's Stunning Sparkles! Jewelry &amp; Mary Kay, LB</b> 2:00 Brain Games, AR <b>3:00 Show Time! Movie, TV</b>  
<b>26</b> <b>Sunday Fun Day</b> 10:00 Chair Exercise, AR <b>11:00 Wii Games, TV</b> <b>2:00 Guiding Light Support Group, AR</b> 3:00 Billiards, BL 3:00 Show Time! Movie, TV 	<b>27</b> <b>Wear Blue Day</b> 9:30 Get Moving, AR <b>9:30 Fred Meyer, Bus</b> 11:00 Word Scramble, AR <b>2:00 Helen Heydel, LB</b> 2:00 Walmart/Town Ctr., Bus 3:30 Bean Bag Baseball, AR 6:45 Bingo, AR 	<b>28</b> <b>Wear a Hat Day</b> 9:30 Chair Yoga, AR 10:00 Hangman, AR <b>11:00 Rachel Christopherson, DR</b> 2:30 Short Story: Six Sentimental Souls in Savannah, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR	<b>29</b> <b>T-Shirt Day</b> <b>7:30 Men's Breakfast, Bus</b> 9:30 Get Moving, AR <b>10:00 Oktoberfest Trivia, AR</b> <b>11:00 Oktoberfest Entertainment: Lynn Haldeman, DR</b> <b>12:15 Kissin' Kate's in Beaver Creek, Bus</b> <b>2:00 Oktoberfest Brain Games, AR</b> 3:00 Funny Photo Captions, AR 4:00 Chair Exercise, AR	<b>30</b> <b>Name Tag/Jeans Day</b> 9:30 Get Moving, AR 10:00 Hangman, AR 11:00 Uno Card Game, AR 2:30 Remembering Fall Sports, AR <b>3:30 Bingo, AR</b> 4:30 Chair Exercise, AR		



## Guiding Light Support Group

We are starting a resident support group entitled Guiding Light. Guiding Light Support Group will be held every Sunday in the Activity Room at 2 p.m. Our hope is that you can come and share things going on in your life whether good or bad with your fellow residents. As the group grows, so will your support system. Everyone needs support in one way or another and this is the first step in building your support system.

## September Activity Corner Highlights

### **Wednesday, September 1st:**

Southern Charm: History of Cotillions & Debutantes, 2 p.m.

**Art:** Fall Leaf Impressions, 3:30 p.m.

**Friday, September 3rd:** Women's Breakfast: Dean's, 7:30 a.m.

### **Monday, September 6th:**

Ava Hoover's Memorial Day Performance, 11 a.m.

Let's Talk Hydration, Home Instead, 2 p.m.

Chef's Corner, Kevin, 2:30 p.m.

### **Tuesday,**

**September 7, Travelogue:** We're Scouting Savannah, 2 p.m.

### **Wednesday, September 8th:**

Fried Green Tomatoes, Susi, 2 p.m.

"Fried Green Tomatoes," starring Kathy Bates, 2:45 p.m.

### **Thursday, September 9th:**

Resident/Mgr. Meeting, noon

**Monday, September 13th:** Art: Painting Asters, 2 p.m.

### **Tuesday, September 14th:**

Charles & His Angels, 11 a.m.

Social Dinner with Mike & PJ, 12:30 p.m.

### **Wednesday, September 15th:**

Mt. Hood Visitors Center and Lunch, 10 a.m.

Famous Firsts of Gladstone with Historical Society, 2 p.m.

Apple Tasting, 3:30 p.m.

**Thursday, September 16th:** Clear Hearing: Hearing Checks and Aid Cleaning, 10 a.m.

**Paws of Tranquility:** Pets, 1:30 p.m.

Chef's Meeting, 2:30 p.m.

**Friday, September 17th:** Nadja, 11 a.m.

**"The Last 10 Years: 1908-1918":** Pittock Mansion Presentation, 11 a.m.

### **Tuesday, September 21st:**

Benefits of Curiosity, 2:30 p.m.

### **Wednesday, September 22nd:**

Wildlife Safari in Winston, 9 a.m.

Social Hour with Cliff and Janet, 2 p.m.

The Ageless American Alligator, 3 p.m.

### **Thursday, September 23rd:**

Activity Meeting with Susi, 2:30 p.m.

Chris Anderson, 4 p.m.

### **Saturday, September 25th:**

Susi's Stunning Sparkles Jewelry and Mary Kay, 11 a.m.

**Monday, September 27th:** Helen Heydel, 2 p.m.

### **Tuesday, September 28th:**

Rachel Christopherson, 11 a.m.

### **Wednesday, September 29th:**

Oktoberfest Entertainment by Lynn Haldeman, 11 a.m.

Kissin' Kate's Restaurant in Beaver Creek, 12:15 p.m.

### **Thursday, September 30th:**

Remembering Fall Sports, 2:30 p.m.

## Oktoberfest 2021

This year we will be celebrating Oktoberfest on Wednesday, September 29th.

**10 a.m.:** Oktoberfest Trivia

**11 a.m.:** Oktoberfest with Lynn Haldeman

**12:30 p.m.:** Oktoberfest Dinner Meal

**2 p.m.:** Oktoberfest Brain Games

## Bring and Share and Walking Club

Susi is bringing back two activities this month that we have not had for quite some time! Bring and Share will be most Wednesdays at 11 a.m. in the Activity Room. Residents are encouraged to bring something to share with our residents. This can be a picture, a collection, etc., anything that is part of a story you have to share! This is a great way to find other residents with hobbies and talents for you to share.

Walking Club will be every Monday and Friday at 10 a.m. Walking Club members meet in the Lobby for a stroll in our Gladstone Nature Park across the street from us. Everyone is welcome and encouraged to come to all activities. If you have any questions please see Susi.

## Grandparents Day: Sunday, September 12th

I hope each and every one of you gets to spend some time with your grandchildren and the rest of your family this weekend. But in the meantime please enjoy a little Grandparents Day Humor!

### **The Age Thing**

#### **Let's start with the perks of being the age of a grandparent:**

- Kidnappers are not very interested in you.
- In a hostage situation, you are likely to be released first.
- No one expects you to run into a burning building.
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- Things you buy now won't wear out.
- You can eat dinner at 4 p.m.
- You have a party and the neighbors don't even realize it.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with elevator music.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are a more accurate meteorologist than anyone at the National Weather Service.
- Your secrets are safe with your friends because they can't remember them anyway.