

Somerset Lodge

Gracious Retirement Living

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

NOVEMBER 2021

SOMERSET STAFF

Managers..... CLIFFORD & JANET HANNEMANN
Assistant Managers MICHAEL HUBRICH & CHRISTOPHER POWELL
Executive Chef..... DAVID HARGROVE
Sous Chef CHRISTOPHER HENDRIX
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, 2 p.m.: Scenic Adventure

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

HAWTHORN
SENIOR LIVING

Veterans Day

By Father Denis Edward O'Brien

It is the soldier, not the reporter,
Who has given us freedom of
the press.

It is the soldier, not the poet,
Who has given us freedom
of speech.

It is the soldier, not the
campus organizer,

Who has given us freedom
to demonstrate.

Who serves beneath the flag,



And whose coffin is draped by the flag,
Who allows the protester to burn
the flag.

My Life Story

This November, we will be embarking on a journey, a journey towards sharing our life stories! This will be a six-week-long project called "My Life Story." Each week, you will be given one chapter with inspiring prompts to spark memories, anecdotes and wisdom gained over the years — all the things that make up the story of your life. At the end of the six weeks, you will have an entire booklet filled with amazing memories and stories you can share with each other and your loved ones. We will be holding meetings every Monday at 10 a.m. in the Activity Room. Be sure to mark your calendars!

Please see Susi to sign up for this activity.

Gingerbread Display Line Up 2021!

We will be working on our 2021 Gingerbread Display starting Tuesday, November 16th, at 10 a.m. Gingerbread days will be Tuesdays and Fridays at 10 a.m. until finished. Everyone's participation is highly encouraged and greatly appreciated! I look forward to sharing one of my personal favorite holiday traditions with all of you!

Happy gingerbread decorating!



NOVEMBER 2021

Birthdays

Dawna Lawler, 1st
Robert Stevens, 6th
Lorene Russell, 7th
Margaret Geier, 13th
Bruce Youmans, 18th
Twyla Schwisow, 19th
Barb Rosanbalm, 20th
Trudi Pennell, 22nd
Lyle Ringering, 30th

Locations

Activity Room, AR
Backyard, BY
Billiard Room, BL
Bus, Bus
Chapel, CH
Dining Room, DR
Fire Place, FP
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
 <p>Wear Blue Day 1 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 My Life Story, AR 11:00 Word Scramble, AR 11:00 Ilani: Senior Day: Fun & Lunch, Bus 2:30 Bingo, AR 3:30 Bean Bag Baseball, AR </p>	<p>ELECTION DAY 2 Wear a Hat Day Election Day! 9:30 Chair Yoga, AR 10:00 Hangman, AR 11:00 Arts & Crafts: Gratitude Trees, AR 2:15 Finish the Feathers: A Dice Game, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR</p>	<p>T-Shirt Day 3 9:30 Get Moving, AR 10:30 Shake Up Your Makeup with Susi, AR 10:30 Cascade Grill & Albany Carousel! Antique Mall, Bus 2:00 Deck of Kindness: Cultivating Kindness!, AR 3:30 Bean Bag Baseball, AR 4:30 Chair Exercise, AR</p>	<p>Name Tag/Jeans Day 4 9:30 Get Moving, AR 10:00 Hangman, AR 10:00 Card Making, AR 11:00 Pickled Peppers Kitchen Band, DR 2:00 Discuss & Recall: Keep Paying It Forward, AR 3:00 Christian Service with Pastor Dennis, CH 3:30 Bingo, AR</p>	<p>Wear Something Red 5 7:30 Women's Breakfast: Dean's Homestyle Cafe, Bus 9:30 Chair Drumming, AR 9:30 Safeway, Bus 10:00 Travel with Rick Steves: YouTube, AR 11:00 Word Scramble with Jim, AR 2:00 Scenic Adventure with Steve, Bus 3:00 Farkle! Game, TV 4:30 Chair Exercise, AR</p>	<p>Happy Saturday! 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, TV </p>	
<p>DAYLIGHT SAVING TIME ENDS 7 Sunday Fun Day 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Guiding Light Support Group, AR 3:00 Billiards, BL 3:00 Show Time! Movie, TV </p>	<p>Wear Blue Day 8 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 My Life Story, AR 11:00 Word Scramble, AR 2:00 Walmart/Town Ctr., Bus 2:30 Bingo, AR 3:30 Bean Bag Baseball, AR</p>	<p>Wear a Hat Day 9 9:30 Chair Yoga, AR 10:00 Hangman, AR 11:00 Charles & His Angels, DR 2:00 Social Hour with Cliff & Janet, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR</p>	<p>T-Shirt Day 10 9:30 Get Moving, AR 10:15 Kindness: A Prescription for Health, AR 10:30 Fultano's Pizza & Canby Country X Mas Bazaar, Bus 11:15 TED Talks: The Power of Kindness, AR 12:00 Resident/Mgr. Meeting, DR 2:00 Who Am I?, AR 3:30 Bean Bag Baseball, AR</p>	<p>VETERANS DAY 11 Name Tag/Jeans Day 9:30 Get Moving, AR 10:00 Hangman, AR 10:00 Veterans Day Brain Games, AR 11:00 Veterans Day Entertainment: Mark Seymour, DR 2:00 History of the U.S. Department of Veterans Affairs, AR 3:00 Christian Service with Pastor Bryan, CH 3:30 Bingo, AR 4:30 Famous Battleships - What Am I?, AR</p>	<p>Wear Something Red 12 9:30 Chair Drumming, AR 9:30 Safeway, Bus 10:00 Travel with Rick Steves: YouTube, AR 11:00 Word Scramble with Jim, AR 2:00 Scenic Adventure with Steve, Bus 3:00 Farkle! Game, TV 3:30 Fireside Chat: Reflections on Kindness, FP 4:30 Chair Exercise, AR</p>	<p>Happy Saturday! 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, TV </p>
<p>Sunday Fun Day 14 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Guiding Light Support Group, AR 3:00 Billiards, BL 3:00 Show Time! Movie, TV</p>	<p>Wear Blue Day 15 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 My Life Story, AR 11:00 Word Scramble, AR 2:30 Bingo, AR 3:30 Bean Bag Baseball, AR</p>	<p>Wear a Hat Day 16 9:30 Chair Yoga, AR 10:00 Gingerbread Decorating, AR 11:00 Spa Day with Susi: Anti Aging, AR 2:15 Movies & Stars: Burt Lancaster, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR</p>	<p>T-Shirt Day 17 9:30 Get Moving, AR 9:30 The WAAAM Air & Auto Museum: Hood River & Lunch, Bus 10:00 "Pay It Forward" Helen Hunt & Kevin Spacey, AR 2:00 Entertainer: Stan Lasky, LB 3:30 Bean Bag Baseball, AR 4:30 Chair Exercise, AR</p>	<p>Name Tag/Jeans Day 18 9:30 Get Moving, AR 10:00 Card Making, AR 10:00 Dave with Clear Hearing, LIB 11:15 Beading Class, AR 1:30 Patty Runner: Paws of Tranquility 2:30 Chef's Meeting with David, DR 3:00 Christian Service with Pastor Bryan, CH 3:30 Bingo, AR </p>	<p>Wear Something Red 19 9:30 Chair Drumming, AR 9:30 Safeway, Bus 10:00 Gingerbread Decorating, AR 11:00 Word Scramble with Jim, AR 11:00 Nadja the Vendor, LB 2:00 Scenic Adventure with Steve, Bus  3:00 Farkle! Game, TV 4:30 Chair Exercise, AR</p>	<p>Happy Saturday! 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Brain Games, AR 3:00 Show Time! Movie, TV </p>
<p>Sunday Fun Day 21 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Guiding Light Support Group, AR 3:00 Billiards, BL 3:00 Show Time! Movie, TV</p>	<p>Wear Blue Day 22 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 My Life Story, AR 11:00 Word Scramble, AR 2:00 Walmart/Town Ctr., Bus 2:30 Bingo, AR 3:30 Bean Bag Baseball, AR </p>	<p>Wear a Hat Day 23 9:30 Chair Yoga, AR 10:00 Gingerbread Decorating, AR 11:00 Rachel Christopherson, DR 2:00 Music Trivia, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR</p>	<p>T-Shirt Day 24 7:30 Men's Breakfast: IHOP, Bus 9:30 Get Moving, AR 10:00 Plants: Plentiful Pothos Plants, AR 11:00 The Evolution of Stuffing, AR 11:00 Cazadero Inn Steakhouse in Estacada, Bus 2:00 Social Hour with Michael & Christopher, AR 3:30 Bean Bag Baseball, AR 4:30 Chair Exercise, AR</p>	<p>THANKSGIVING DAY 25 Name Tag/Jeans Day 9:30 Get Moving, AR 10:00 Macy's Day Parade & Parade Hunt, AR 2:00 "Pee Wee's Big Holiday," AR 3:00 Christian Service with Pastor Bryan, CH 4:30 Chair Exercise, AR</p>	<p>Wear Something Red 26 9:30 Chair Drumming, AR 9:30 Safeway, Bus 10:00 Gingerbread Decorating, AR 11:00 Word Scramble with Jim, AR 2:00 Scenic Adventure with Steve, Bus 2:30 Activity Meeting with Susi, AR 3:00 Farkle! Game, TV 4:30 Chair Exercise, AR</p>	<p>Happy Saturday! 10:00 Chair Exercise, AR 11:00 Wii Games, TV 11:00 Susi's Stunning Sparkles! Jewelry & Mary Kay, LB 2:00 Brain Games, AR 3:00 Show Time! Movie, TV</p>
<p>HANUKKAH BEGINS AT SUNSET 28 Sunday Fun Day 10:00 Chair Exercise, AR 11:00 Wii Games, TV 2:00 Guiding Light Support Group, AR 3:00 Billiards, BL 3:00 Show Time! Movie, TV</p>	<p>Wear Blue Day 29 9:30 Get Moving, AR 9:30 Fred Meyer, Bus 10:00 My Life Story, AR 11:00 Word Scramble, AR 2:00 Helen Heydel, LB 2:30 Bingo, AR 3:30 Bean Bag Baseball, AR</p>	<p>Wear a Hat Day 30 9:30 Chair Yoga, AR 10:00 Gingerbread Decorating, AR 11:00 Beading Class, AR 2:00 Travelogue: Captivated by Costa Rica, AR 3:30 Bean Bag Bocce, LB 4:30 Chair Exercise, AR </p>				



Weathering Joint Pain

Some people claim to feel the weather in their bones; an achy shoulder just before it rains or a sore knee when it's cold. For years, these sensations were written off as old wives' tales, but according to more and more health care professionals, there is a credible theory: the barometric pressure.

Barometric pressure often drops before bad weather arrives, and when it does, the lower air pressure allows the tissues in our bodies to expand. For those with chronic joint pain, this expansion can put extra pressure on inflamed joints and aggravate surrounding nerves.

What can you do to minimize these aches and pains? Experts say exercise can provide relief. Although chilly, damp days may have you wanting to curl up on the couch, it's best to keep moving. Strong muscles better support joints, and low-impact exercise can help the fluid that accumulates in your limbs flow back into your system, which can reduce the pressure on nerves when the barometer drops.

Keep your weight in check; this reduces excess stress on your joints. A healthy diet can also be beneficial. Load up on foods rich in omega-3 fatty acids, found in salmon and nuts, along with fruits and vegetables rich in vitamins C and K.

The WAAAM Air & Auto Museum

Make sure to sign up and mark your calendars for this wonderful museum!

The WAAAM Air & Auto Museum has one of the largest collections of still-flying antique aeroplanes and still-driving antique automobiles in the country. The items on display at this museum are not only full of history, they're full of life!

At WAAAM, you will enjoy our extensive collection of antique aircraft, including the 1917 Curtiss JN-4D Jenny featuring an OX-5 90 HP engine, our Piper Cub and WACO collections, Aeronca collection, Stearman collection and many more fun aircraft.

Don't forget the cars. There are over 130 cars in the collection at last count. Whether you want to see the 1914 Detroit Electric, a Ford Model A or Model T, a Packard, a Studebaker or even a Locomobile, you are sure to find your favorite.

If motorcycles are your wheels of choice, we have you covered too! WAAAM has Harley Davidsons, Indians, Cushmans and more!

Aircraft, automobiles, motorcycles, tractors, military jeeps and engines all get their day in the sun again at WAAAM.

Wednesday, November 17th, at 9:30 a.m.

\$17 per person, plus the cost of Lunch at 3 Rivers Grill also located in Hood River.

Easy to Make Gramma's Old-Fashioned Cough Syrup

- 3/4 cup raw honey
- 1/4 cup extra virgin olive oil
- 3 lemons, juiced

Add ingredients to a small pot over medium heat until steaming. Remove and let cool. Place in a mason jar container with tight lid.

Store in fridge for up to 3 months.

November Activity Highlights

11/1: Senior Day at Ilani at 11 a.m.

11/2: Arts & Crafts: Gratitude Trees at 11 a.m.

11/2: Finish the Feathers: A Dice Game at 2:15 p.m.

11/3: Cascade Grill & Albany Carousel Museum, 10:30 a.m.

Deck of Kindness: Cultivating Kindness at 2 p.m.

11/4: Card Making Class, 10 a.m.

Discuss & Recall: Keep Paying it Forward at 2 p.m.

11/5: Women's Breakfast: Dean's Homestyle Cafe, 7:30 a.m.

11/9: Charles & His Angels at 11 a.m. Social Hour with Cliff & Janet, 2 p.m.

11/10: Kindness: A Prescription for Health at 10:15 a.m.

Fultano's Pizza & Canby Country Xmas Bazaar at 10:30 a.m.

TED Talks: The Power of Kindness at 11:15 a.m.

Resident/Manager Meeting at noon Who Am I? at 2 p.m.

11/11: Veterans Day Entertainment at 11 a.m.

Famous Battleships at 4:30 p.m.

11/12: Fireside Chat: Reflections on Kindness at 3:30 p.m.

11/16: Spa Day with Susi: Anti-Aging at 11 a.m.

Movies & Stars: Burt Lancaster at 2:15 p.m.

11/17: "Pay it Forward" at 10 a.m.

WAAAM in Hood River & Lunch at 9:30 a.m.

Entertainer: Stan Lansky at 2 p.m.

11/18: Dave with Clear Hearing at 10 a.m.

Card Making Class at 10 a.m.

Paws of Tranquility at 1:30 p.m.

Chef's Meeting with David at 2:30 p.m.

11/19: Nadja the Vendor at 11 a.m.

11/23: Rachel Christopherson at 11 a.m.

Music Trivia at 2 p.m.

11/24: Men's Breakfast: IHOP at 7:30 a.m.

Cazadero Inn Steakhouse in Estacada at 11 a.m.

Social Hour w/ Michael & Christopher at 2 p.m.

11/25: Macy's Day Parade & Parade Hunt at 10 a.m.

Thanksgiving Dinner at 12:30 p.m.

"Pee Wee's Holiday" at 2 p.m.

11/26: Activity Meeting with Susi at 2:30 p.m.

11/27: Susi's Stunning Sparkles Paparazzi & Mary Kay at 11 a.m.

11/29: Helen Heydel at 2 p.m.

11/30: Beading Class at 11 a.m.

Travelogue: Captivated by Costa Rica at 2 p.m.

