



Solstice Normandy Park

Monthly News

May 2022

A Message From Your Executive Director

Moriah Cabral

Hello, Solstice Residents!

Well, with any luck, our May flowers will be blooming soon following our April showers! Certainly, other things are blooming in our sweet, little community. As we head into this new, warm, colorful season, we look forward to continuing our efforts to make life fun and interesting and meaningful here at Solstice. Leadership has changed, and while we'll miss Ron's wonderfully unique energy and personality, we are excited about the opportunities that changing seasons brings.

With this in mind, we are focused on reviewing processes in all departments to ensure we're being efficient and effective in our goal of serving you well. We are fast-tracking some much-needed room turns to ensure we have good spaces available for some terrific new neighbors. And, we're continuing our efforts to address the nagging challenge of filling vital staff positions. Overall, we're encouraged by the opportunities in the challenges, and look forward to working with you to add the shapes and colors of a community that feels like home.

On a personal note, I am very humbled and excited for this fantastic opportunity to serve you in meaningful ways. My hope and heart is that we create a living environment which makes every resident felt seen, heard, and loved. You are.

-Moriah Cabral- Executive Director



Recurring Activities

Walking Club every day @ 11:30 a.m.

Morning Meditation with Dave T-S @ 9:30 a.m.

Exercise in the Library every day @ 10:00 a.m.

Bingo M, W, F @ 3:30 p.m.

Penny Ante Poker M 10:00 a.m.

Dominos T @ 11:00 a.m.

Crafting with Lynne T @ 1:30 p.m.

Tripoly T @ 3:00 p.m.

Virtual Mystery Trip W @ 11:00 a.m.

Pinochle W, S @ 1:30 p.m.

Trivia, Trivia, Trivia Th. @ 3:00 p.m.

Happy Hour F @ 2:00 p.m.

MEETINGS

All Resident Meeting with Managers

Change of date

--MONDAY, MAY 9th at 2:00 p.m.

Chef's Corner with Chef Vic

--Last Wednesday of the month at 10:30 a.m.

Chat with Anissa

--2nd, 3rd & 4th Thursdays at 2:00 p.m.

Recurring Shopping Trips

1st Wednesday @ 10:30 **Fred Meyer**

2nd Wednesday @ 10:30 **Dollar Tree**

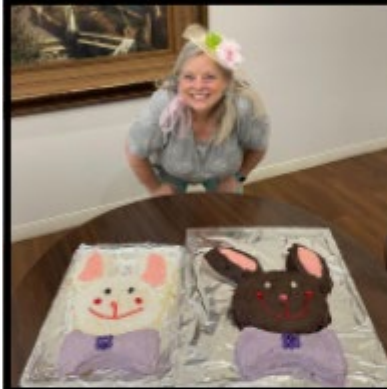
3rd Wednesday @ 10:30 **QFC**

4th Wednesday @ 10:30 **Trader Joe's**

We had a wonderful April here at Normandy Park! We started the month by saying farewell to our beloved Executive Director, Ron Wolswijk and welcoming our new amazing Executive Director, Moriah Cabral! For our first trip of the month, we went to the Burke Museum of Natural History and Culture. We had an Easter party complete with a Parade and an egg hunt for the residents, and the next day we hosted our first Community Egg Hunt for children in the residents' families and in the community. It was a big hit! We loved listening to Terry Bartelme perform the songs of Elvis! We learned all about Frank's very interesting life when he presented at one of our signature programs, This Is Your Life. Finally, we had a visit and a presentation from Guide Dogs for the Blind and we were able to pet the puppies in training. Maybe we will have one living in our community some day!







Community Easter Egg Hunt

Meet Our New Residents

Say hello if you see them around!



Jean

Fun Facts: Jean worked for the phone company for 40 years! She also used to play softball and was a pitcher. Her sister was a catcher!

Activities: Jean enjoys playing BINGO! She also enjoys watching TV, playing Canasta, and doing puzzles.

Jean

Fun Facts: Jean is our 4th Jean here at Solstice, and she has adopted the nickname "Jean 4." She has 2 sons and she has lived in the Seattle area since she was 3 years old. She studied music and philosophy at the University of Washington.

Activities: Jean enjoys walking and music.

Requested no photo



Madeline Yvonne

Fun Facts: Yvonne was born in Billings, MT and grew up in Harlowton, MT. She has 4 children.

Activities: Yvonne likes to read, play cards, do puzzles, and play BINGO!

Frances

Fun Facts: Frances was born in Kentucky and grew up in Kentucky and Ohio. In Ohio she lived on a farm very close to an Air Force base and remembers the sound and feeling of the jets taking off! She has 2 sons and 2 daughters.

Activities: Frances likes walking, cooking, and playing BINGO!

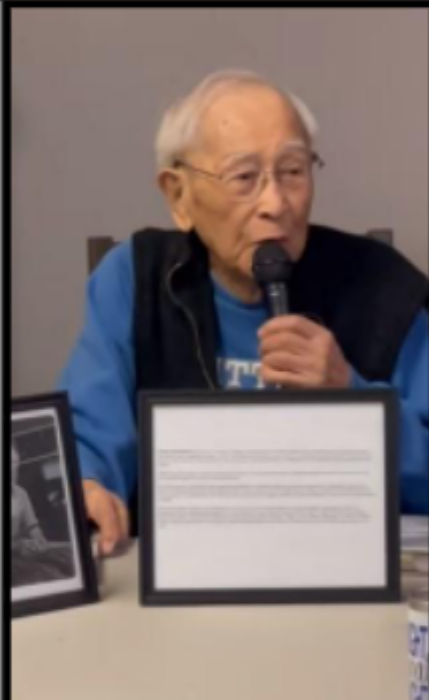






Frank M- This is Your Life!

Many residents gathered to hear all about Frank's life. He shared about growing up in a large family on a vegetable farm in OR as a young boy. When WWII began, he had just finished his Freshman year in high school. He and his family were sent to a relocation center along with 120,000 other people. He and his family lived in a 12' x 16' room with plywood walls, no ceiling, and just a lightbulb hanging from the rafters. There were 10 of them. They were there for 6 months before being sent on to Minidoka Internment Camp in ID. It was like a prison with guards and barbed wire. He attended a sort of school in the camp. They had hardly any supplies and sometimes even attended class in a laundry room! He met his wife of 60 years, Marge, while he was there. When he earned enough credits to graduate, he asked to go to college because that was one way to leave the camp. They moved to Iowa where Frank attended Drake University and was then drafted into the Army. When he got out, he went back to school to become an engineer. He learned to design rockets! He and Marge had 3 children. In 1952 he began working at Boeing where he worked for 35 years in various programs. One of his most memorable was working with NASA on the Apollo program! After retiring he volunteered with Meals on Wheels and Senior Service of King County. Soon Frank will be moving to Gig Harbor with his son and daughter-in-law. We will miss him, but how wonderful to be with family! What a wonderful life!





Guide Dogs for the Blind





Terry Bartelme
performs
50s Rock and Doo Wop
Monday, May 23
@2:00 p.m.

Ron Herring is back with a wide
variety of music through the years!
Tuesday, May 3rd
2:00 p.m.

May
by Nancy Metcalf
May...
So long in coming
Is finally here.
Cold becomes a memory,
As May brings us dreams
Of more warmth to come,
And praise to Mothers
Everywhere!



Vibrant Life Inspires

Each year, our Vibrant Life Inspires program helps us become more involved in our community by participating in a local charity event. This year we will be supporting the Relay for Life of South King County! We have many cancer survivors and other residents whose lives have been impacted by this disease. When you participate in Relay For Life, you become a vital part of the American Cancer Society: a volunteer. You are now part of an organization of 2.5 million survivors, patients, advocates, volunteers, caregivers, and researchers doing everything within our power to save lives.

If you are interested in registering for this event as a participant or as a survivor, let Anissa know and she will get you set up. If you are a survivor you will receive a free t-shirt and if you are a participant you just need to raise \$100 to earn your t-shirt! The event is on Saturday, June 4th from noon-8:00 p.m., but we will not stay the whole time. This is going to be GREAT!

Movie Schedule

Join us for a movie in the Chapel every Saturday at 2:00!

5/7 Baby Mama– Romantic Comedy

5/14 Forrest Gump– Comedy–Drama

5/21 His Girl Friday– Screwball Comedy

5/28 Fury– WWII War Film

May Outings

5/6 Trip to Goodwill

5/13 Lunch Bunch at Wally's

5/27 Walk at Saltwater State Park

Sign up at the front desk!

May Celebrations

Cinco de Mayo- Thursday, May 5th

@2:00 p.m. in the Upstairs Balcony

Monthly Birthday Celebration- Friday, May 6th

@2:00 p.m. in the Upstairs Balcony

Kentucky Derby- Saturday, May 7th

@2:30 p.m. in the Upstairs Balcony

60s Happy Hour- Friday, May 13th

@2:00 p.m. in the Upstairs Balcony