

livfun

Farrington Court

MAY 2012 • ENJOY THE JOURNEY



Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep

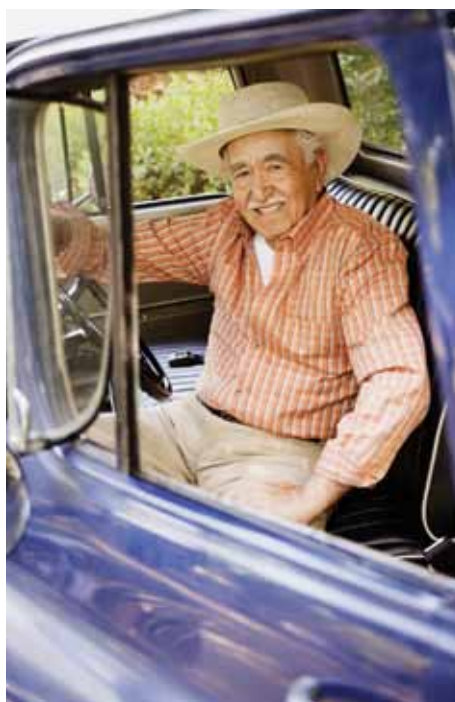
around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near.

Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond. Sleep tight!



Refreshing Summer Beverages

During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option. While tea has been served hot for centuries, iced tea supposedly got its start when plantation owner Richard Blechynden was selling hot tea at the St. Louis World Fair. He poured some tea over ice and served it cold to patrons to help them cool off.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well. Some studies indicate the high antioxidant levels of green tea can fend off cancer, alleviate

(Continued on back)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activity Room, A Beauty Shop, BS Bistro, B Card Room, C Computer Lab, CL Courtyard, CY Dining Room, D</p> <p>Gym, G Health & Wellness Office, HW Lobby, L Massage Room, M Outing, O Patio, P Private Dining Room, PDR</p>		<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Wii Bowling, A 10:00 Billiards, A 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Penny Poker, A 1:00 Bridge, B 6:00 Bingo, A</p>	<p>8:30 Northwest Trek, O 9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Nordic Pole Walking Club, O 11:00 Women's Devotion, A 1:00 Bowling, A 1:00 Cribbage, B 6:00 Rummikub, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Bible Study, C 10:30 Communion, PDR 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Pinochle, B 1:00 Bean Bag Baseball, A 2:00 Fresh-Baked Cookies and Coffee, L 6:30 Movie Night, A</p>	<p>9:30 PrimeFit: Rosen Method, A 10:00 Wii Bowling, A 10:00 10 a.m. to 2 p.m.: 31 Gifts Show, L 12:30 Northwest Harvest Volunteering, O 1:00 Bunco, A 1:00 Cribbage, B 2:00 Wii Golf, A 6:00 Bingo, A 6:30 Bridge, B</p>	<p>CINCO DE MAYO Hat Show & Silent Auction, L 9:30 Doughnuts & Coffee, L 10:00 Billiards, A 10:30 Wii Games, A 11:00 11 a.m. to 1 p.m.: Avon, L 1:00 Penny Poker, A 2:00 Music With J.J Dion, A 3:30 Nines, L 6:00 Rummikub, A</p>
<p>9:15 Kent Lutheran Church Service Pick-Up, Front Lobby, L 9:30 PrimeFit Exercise Class, G 10:00 Crossword Puzzle Challenge, L 1:00 Pinochle, B 2:00 Sunday Social, L 2:00 Church Service, A 2:00 Games With Che, L 3:00 Country Drive, O</p>	<p>10:00 Nordic Pole Walking Club, O 10:00 Billiards, A 11:00 PrimeFit Exercise Class, G 1:00 Healthy Living With Che, A 2:00 Handwork With Sally, PDR 6:00 Wii Bowling, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Wii Bowling, A 10:00 Billiards, A 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Penny Poker, A 1:00 Bridge, B 1:30 Schwan's Delivery Man, L 6:00 Bingo, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Nordic Pole Walking Club Outing, O 11:00 Women's Devotion, A 1:00 Bowling, A 1:00 Cribbage, B 3:30 Muckleshoot Casino, O 6:00 Rummikub, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Bible Study, C 10:00 Darts, G 10:30 Communion, PDR 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Pinochle, B 1:00 Bean Bag Baseball, A 2:00 Fresh-Baked Cookies and Coffee, L 6:30 Movie Night, A</p>	<p>9:00 Pac Lab Blood Draws, HW 9:30 PrimeFit: Rosen Method, A 10:00 Wii Bowling, A 1:00 Bunco, A 1:00 Cribbage, B 2:00 Wii Golf, A 3:00 Happy Hour, A 4:30 Off to the Races at Emerald Downs, O 6:00 Bingo, A 6:30 Bridge, B</p>	<p>9:30 Doughnuts & Coffee, L 10:00 Billiards, A 10:00 10 a.m. to 2 p.m.: Mother's Day Brunch, D 10:30 Wii Games, A 3:30 Nines, L 6:00 Rummikub, A</p>
<p>MOTHER'S DAY 9:15 Kent Lutheran Church Service Pick-Up, Front Lobby, L 9:30 PrimeFit Exercise Class, G 10:00 Crossword Puzzle Challenge, L 1:00 Pinochle, B 2:00 Sunday Social, L 2:00 Church Service, A 2:00 Games With Che, L 3:00 Country Drive, O</p>	<p>10:00 Nordic Pole Walking Club, O 10:00 Billiards, A 11:00 PrimeFit Exercise Class, G 1:00 Bean Bag Baseball, A 2:00 Handwork With Sally, PDR 3:00 Gardening Club, PDR 6:00 Wii Bowling, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Wii Bowling, A 10:00 Billiards, A 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Penny Poker, A 1:00 Bridge, B 4:30 Resident Pizza Night, A 6:00 Bingo, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 9:30 Pike Place Market, O 10:00 Nordic Pole Walking Club, O 11:00 Women's Devotion, A 1:00 Bowling, A 1:00 Cribbage, B 6:00 Rummikub, A</p>	<p>9:00 PrimeFit Exercise Class I, G 9:30 PrimeFit Exercise Class II, G 10:00 Bible Study, C 10:00 Darts, G 10:30 Communion, PDR 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Pinochle, B 1:00 Bean Bag Baseball, A 2:00 Fresh-Baked Cookies and Coffee, L 6:30 Movie Night, A</p>	<p>9:30 PrimeFit: Rosen Method, A 10:00 Wii Bowling, A 1:00 Bunco, A 1:00 Cribbage, B 2:30 5 Wishes Personal Planning Tool Seminar, O 6:00 Bingo, A 6:30 Bridge, B</p>	<p>ARMED FORCES DAY 9:30 Doughnuts & Coffee, L 10:00 Billiards, A 10:30 Wii Games, A 1:00 Penny Poker, A 2:30 Music With Mark Stern & Resident Birthday Party, A 3:30 Nines, L 6:00 Rummikub, A</p>
<p>9:15 Kent Lutheran Church Service Pick-Up, Front Lobby, L 9:30 PrimeFit Exercise Class, G 10:00 Crossword Puzzle Challenge, L 1:00 Pinochle, B 2:00 Sunday Social, L 2:00 Church Service, A 2:00 Games With Che, L 3:00 Country Drive, O</p>	<p>9:30 Traveling Library, L 10:00 Nordic Pole Walking Club, O 10:00 Billiards, A 11:00 PrimeFit Exercise Class, G 1:00 Bean Bag Baseball, A 2:00 All Resident Meeting, D 6:00 Wii Bowling, A</p>	<p>9:00 PrimeFit Exercise Class I, G 10:00 Wii Bowling, A 10:00 Billiards, A 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Penny Poker, A 1:00 Bridge, B 1:30 Schwan's Delivery Man, L 6:00 Bingo, A</p>	<p>10:00 Nordic Pole Walking Club, O 10:00 Shopping at South Center Mall, O 11:00 Women's Devotion, A 1:00 Bowling, A 1:00 Cribbage, B 6:00 Rummikub, A</p>	<p>9:00 PrimeFit Exercise Class I, G 10:00 Bible Study, C 10:00 Darts, G 10:00 10 a.m. to 2 p.m. Be Jeweled With Kathy, L 10:30 Communion, PDR 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Pinochle, B 1:00 Bean Bag Baseball, A 6:30 Movie Night, A</p>	<p>9:30 PrimeFit: Rosen Method, A 10:00 Wii Bowling, A 1:00 Bunco, A 1:00 Cribbage, B 2:00 Wii Golf, A 2:30 Andy's Comedy Ventriloquist Show, A 6:00 Bingo, A 6:30 Bridge, B</p>	<p>9:30 Doughnuts & Coffee, L 10:00 Billiards, A 10:30 Wii Games, A 1:00 Penny Poker, A 2:30 Music With Richard Dean, A 3:30 Nines, L 6:00 Rummikub, A</p>
<p>9:15 Kent Lutheran Church Service Pick-Up, Front Lobby, L 9:30 PrimeFit Exercise Class, G 10:00 Crossword Puzzle Challenge, L 1:00 Pinochle, B 2:00 Sunday Social, L 2:00 Church Service, A 2:00 Games With Che, L 3:00 Country Drive, O</p>	<p>MEMORIAL DAY 10:00 Nordic Pole Walking Club, O 10:00 Billiards, A 11:00 PrimeFit Exercise Class, G 1:00 1-3 p.m.: Memorial Day BBQ, P 2:00 Handwork With Sally, PDR 6:00 Wii Bowling, A</p>	<p>9:00 PrimeFit Exercise Class I, G 10:00 Wii Bowling, A 10:00 Billiards, A 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Penny Poker, A 1:00 Bridge, B 6:00 Bingo, A</p>	<p>10:00 Nordic Pole Walking Club, O 11:00 Women's Devotion, A 11:00 Old-Fashioned Burger Drive-In, O 1:00 Bowling, A 1:00 Cribbage, B 6:00 Rummikub, A</p>	<p>9:00 PrimeFit Exercise Class I, G 10:00 Bible Study, C 10:00 Darts, G 10:30 Communion, PDR 12:30 Water Aerobics Arthritis Class at Kent Pool, O 1:00 Pinochle, B 1:00 Bean Bag Baseball, A 2:00 Fresh-Baked Cookies and Coffee, L 6:30 Movie Night, A</p>	<p>Transportation</p> <p>Mon. 10 a.m. Walking Club at Showare Center Mon. 12 p.m. Banks Tues. & Thurs. 8 a.m.-3 p.m. Dr. Appointments Tues. 12:30 p.m. Kent Meridian Pool Tues. 2 p.m. Shopping at Target, Top Foods and Fred Meyer Wed. Check Sign-Up Sheets Wednesday Trips Thurs. 12:30 p.m. Kent Meridian Pool Thurs. 2 p.m. Shopping at Target, Top Foods, Dollar Tree and JoAnn's Sun. 11 a.m. Shopping at Target, Top Foods and Fred Meyer</p>	

Refreshing Summer Beverages (Continued)

high cholesterol, and even lower your risk for Alzheimer's. (However, you should not drink green tea if you take certain medications, such as the blood thinner Coumadin. Talk to your doctor for more information.) The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine. Herbal, caffeine-free teas can be served over ice, too – the possibilities are endless!

Here's a recipe for an invigorating twist on iced tea. Enjoy!

Peach-Mint Green Tea

- 2 cups water
- 5 green tea bags
- 12-ounce can peach nectar
- 1/2 cup fresh mint leaves
- 3 tablespoons sugar

Bring water to boil and add tea bags. Steep for five minutes. Remove bags and stir in nectar, mint and sugar. Cover and chill for up to 24 hours. Serve over ice.



Generations

A generation is a span of time from when a child is born to when that child produces a child. The child and the parents are called a family because they are connected by blood or marriage. In the natural process of life, generations come and generations go. The generations that have gone were the pioneers and settlers of our country. The now and future generations continue to be pioneers and settlers, expanding on what the previous generations did and learned. Each generation has its trials, tribulations, successes, failures and disappointments.

At the present, I am part of four living generations. I am Sally Edna Conrad Creamer, born in Cripple Creek, Colo., on Tuesday, May 31, 1932. My father was a gold miner in Cripple Creek, and my mother was a housewife. My mother died when I was 5 years old. My sister and I were taken to live with my paternal grandparents. When my father married again, I was left with the grandparents on the farm, and my sister went to live with our dad. I grew, matured, worked on the farm and attended school. When I reached the age of 17 and was ready to start my junior year of high school, the love bug bit me as I waitressed in a small cafe. After a brief courtship, we were married and eventually became parents of two daughters. With all of the ups and downs of family life and working, I managed to go to college, received a Master's degree in teaching and taught English and home economics in Texas for 31 years. Retirement, aging, the death of my husband of 59 years, developing cancer, and undergoing cancer treatment meant I had some decisions to make. In making those decisions there were choices. From the choices I had, one of the decisions I made was to relocate far away to another state where I had family and was wanted and would be cared for. I

chose Farrington Court Retirement Community for my new home, in the town where my daughter lives. It is a decision I have not regretted. The two daughters from my marriage are the beginning of the next generation.

My youngest daughter is the reason I am here. She lives in this area with her partner. Recently, her daughter and her twin grandsons relocated here to be with family. My daughter did not want me to be alone and far away from family. She is a very caring and loving person with strong willpower. She started out life as a premature baby with very little hope of survival, but she won the battle. She grew through childhood, her teen years and adulthood. After high school she married and later divorced. She was married a second time and at a young age became widowed. It was from that marriage that her daughter was born, starting another generation.

My granddaughter is a most delightful child, bringing great joy to the previous generations. She had a hard time adjusting to various situations in her teen years and early adulthood. Her choices were not always the best. When she discovered she was expecting, she knew she must change her lifestyle, and she did. The birth of twin boys was the start of another generation and her choice to completely change her life. She wanted her boys to have good influences around them. She realized that their environment and her associations were not the good influence she wanted for them. With the help of her mother, grandmother and many other people, she decided to leave behind the life she was leading and move a long distance to where she would be closer to family and support. With much help, a new environment and her determination to succeed, she has made a complete about face in her life. At present she is going to college to learn a job skill so she will eventually be able to support herself and her sons.

The future for the generation of the twins looks good. There are choices to make in life and, hopefully, the right choices will be made.

– Sally Creamer

FARRINGTON COURT

LIVING BETTER THAN EVER

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