

Resident Newsletter
GARDEN LIFE
January 2019



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“Seasons” By Harold McDonald

“The Sunset That Turned to Sunrise”

Time seemed to be rerunning itself like an old movie on the television late-late show. Overhead, the sky was blue and a soft breeze souged gently through the branches of the tall pine tree. The glassy surface of the little pond reflected its freshly mowed banks with mirror-sharp clarity. Three ducks, their feathers glistening in translucent brown and green, sat so still on the water that they appeared to be captured in a full-color snapshot. The silence was so profound you could almost *hear* it. A small knot of people stood around, speaking only in hushed tones. The ground around the open grave was strewn with a kaleidoscopic blanket of pastel spring flowers. The clear voice of the young minister cut through the silence as he read words of comfort and assurance from the New Testament. I heard the words as from a long distance, for I had been here once before.

The sun that long-ago day had spilled its rays upon us in the shimmering heat of late August. Summer was making its last stand before autumn’s cooling relief. Two majestic white swans swam regally in the little pond as we gratefully accepted the shade provided by the canopy of the funeral-home covering. My mother sat at my side, her eyes red from weeping. Somehow our eighteen-month-old daughter, sitting quietly in her mother’s lap, seemed instinctively to know this was not a time for childish prattle. A crowd had gathered that Wednesday afternoon to pay tribute to my dad at the untimely age of fifty-eight.

Now almost thirty-six years had passed and we had gathered at this spot one final time. Again, I had that strange feeling we call *déjà vu*, for the three-and-a-half decades seemed to melt away and merge into the present. Today my mother was being laid to rest beside my father. Time had taken its toll, and one who has been mobile, and vibrant had felt the ravages of age. Just a few days ago in the hospital, I had heard my mother say for the first time in her almost ninety-two years on this earth, “I am ready to die and I have prayed that God will take me home.” I knew then that she was cutting the ties with this world and was beginning to look beyond time over into eternity. She had lapsed into a fitful state of semi-consciousness the next day and, as I stood by her bedside, I heard her say almost in a child’s voice, “Where’s Papa?” Several times she called my dad’s name. It was almost as though she were seeing far beyond the confines of that small hospital room and as though through a curtain of gauze, was recognizing the dim outlines of those she had known and loved and lost. We still maintained hope that she would rally once again as she had already done several times before and that we would have a little more time with her. It was not to be. As the sun rose on a chilly March morning, the body which had served her so well for so long finally surrendered to the inevitable. Her eyes opened on a dawn far brighter than she had ever seen before and must have focused on the faces of those she had so loved here on earth and who were waiting for her there.

The sun was sinking low in the west, bringing to a close a long, long day. My wife and I stood once again at that quiet and restful place shaded by the towering pine and bordering the little pond. Relatives and friends had said their goodbyes and had made their way toward their homes. Now we were alone. Not even the slightest breeze ruffled the still surface of the dark water. The ducks had already made their way to the opposite bank and were nestling down for the night. The broad bank of spring flowers covered the fresh earth which would soon be carpeted with a blanket of deep green grass. There were two graves now where before there had been only one. At long last, my mother lay once again beside my father. Her toil was over, her suffering past – and now she was at rest. She had loved life – had held onto it dearly and tightly – but the time had come for her to release that hold and to find the rest promised to God’s children. I could not wish for her to be back in the pain and terrible discomfort she had known for the past weeks of her life. Yet, there was something final about those last moments, standing beside the graves of my mother and father. For the first time in my life, I had no home to go back to. It had been a long time since I had experienced that feeling of being a child returning home. But, so long as my mother was alive, there was that idea of *home* for me.

The sun sank quietly and majestically in the west, casting long, golden rays across the darkening pond. There came to my heart a feeling of peace and serenity in the knowledge that my mother had lived a full and complete life. I felt my wife’s hand slip warmly and gently into mine. She knew better than anyone else the emotions playing across my mind in those last still moments. We turned away and walked toward the west, our faces bathed in the soft orange glow of the setting sun. One look backward at the resting place of the two people who had loved and raised me – a look blurred with the slight mist of tears – and I turned my gaze away from the past and toward the future. For the first time, I am no longer a *child* but a husband, a father and a grandfather. There is a sense of loneliness but also a feeling of completeness. Life has moved on as life will always move on. Death has thrown its shadow over us but, in the summer, a new life will come into the world as our sixth grandchild will be born. Yesterday’s *child* has become today’s *man*. Wordsworth wrote long ago, “The child is father of the man” and how true it is. My wife and I moved that day toward the sunset, but we both know deep within our hearts that it was a sunset that would turn into a sunrise – a morning on which the sun would never set.

Harold McDonald



From Marketing...

APPROACH THE
NEW YEAR
WITH
RESOLVE
TO FIND THE
OPPORTUNITIES
HIDDEN IN
EACH
NEW DAY.

WE HAVE 365 DAYS OF OPPORTUNITIES TO SHOW SMALL ACTS OF KINDNESS, PRACTICE PATIENCE, TO LOVE, ACCEPT AND MINISTER TO ONE ANOTHER. TAKE ADVANTAGE OF EACH ONE, EVERY DAY.

I WISH YOU A BRIGHT NEW YEAR, JUST LIKE EVERY YEAR YOU HAVE BRIGHTENED MY LIFE, THANK YOU!

HAPPY NEW YEAR.

SHARON STOUDEMAYER

SHARON STOUDEMAYER



START THE YEAR OFF RIGHT

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. **Exercise** improves overall immune function, which is **important for seniors** as their immune systems are often compromised.

Did you know that between 80% to 92% of New Year's resolutions fail each year? Start the year off right with a good exercise program tailored to you that can help you succeed to maintain your health, improve your health and promote overall happier thoughts that come from exercising.

Let's bust the myths of why the elderly should not exercise! Come start the New Year with Karen on January 24th at 11:00AM in the auditorium.





January Outings...

Movies

What better way to spend a cold afternoon than to spend it at the movies. Let's check out some of the new releases. We will plan to go on Thursday, January 3rd and leave at 1:00 p.m. The times may change depending on the showtimes and what movie you want to see. We hope you will join us for a fun afternoon movie.



Charlotte Checkers

On Friday, January 11th the Charlotte Checkers are going to take on the Wilkes Penguins. Let's go watch them play. We will leave Taylor Glen at 5:30 p.m. and the game begins at 7:00 a.m.



Rocky River Elementary

Join us on Monday to read to the students at Rocky River Elementary. This is a very rewarding visit because the children love for you to come. They get very excited and they love to read to you. We will go on Monday, January 14th at 8:45 a.m. Yes I know it is early but then you have your whole day to rest. Please sign up in the post office for this great opportunity to reach out to the community.



GLO Outing



Let's kick off the new year with a girls trip to have lunch out. Let's try Noodles and Company in the university area. They have a wonderful menu and something for everyone. We will go on Monday, January 7th at 11:30 a.m. Afterwards if anyone wants to shop around the university area we can.

Breakfasttime

Breakfast Time

On Tuesday, January 15th we will go out for brunch at Breakfast Time. They have a wonderful menu. You can get breakfast or lunch. Come and enjoy wonderful food and fellowship with your fellow residents. We will leave Taylor Glen at 10:45 a.m.

Bowling & Lunch

On a cold January being inside bowling would be a lot of fun. Join us on Friday, January 25th at 11:00 a.m. to go bowling. We will have lunch and go bowling at Fox Fire Lanes in Kannapolis.



January Outings

Grocery Shopping

- January 2nd - Food Lion
- January 9th - Walmart
- January 16th - Harris Teeter
- January 23rd Food Lion
- January 30th- Publix



THANK YOU TO...



***NEILL CAMERON, BREJETTA WILSON, BOB RUDISILL, AND HELEN AND WINFRY WHICKER FOR DECORATING THE CHRISTMAS TREE IN FRONT OF THE DINING ROOM FOR EVERYONE TO ENJOY. IT WAS STUNNING!!**

***BREJETTA WILSON AND HER SISTER, CAROLYN BANKS FOR DECORATING THE LOVELY TREE IN THE CHAPEL.**

***TO ALL THE RESIDENTS THAT CONTRIBUTED ANGELS AND NATIVITY SCENES FOR THE DISPLAY CABINETS IN OUR MAIN LOBBY.**

***TO EVERYONE THAT DECORATED THEIR DOORS TO ADD BEAUTY AND INTEREST TO THE APARTMENT BUILDING HALLWAYS AND THE COMMON AREAS IN THOSE BUILDINGS.**

***TO MIKE RIDENHOUR FACILITY SERVICE DIRECTOR FOR BEING OUR SANTA.**

TAYLOR GLEN IS LOVELY YEAR AROUND BUT ESPECIALLY BEAUTIFUL AND FESTIVE DURING THE HOLIDAY SEASON. THE INDIVIDUAL CONTRIBUTIONS IN CREATING THIS INSPIRATIONAL ATMOSPHERE ARE APPRECIATED AND HAVE BEEN ENJOYED BY EVERYONE.

THIS AND THAT

Music Programs



Hymn Sing w/ Deb Oety

On Tuesday, January 8th at 3:30 p.m. in the auditorium join Deb Oety, the Principal at Cannon School for a chance to sing your favorite hymns.

Drum Circle w/ Aimee Pfitzner

Please join Aimee Pfitzner a music teacher at Cannon School for a drum circle. This is a fun program and everyone will really enjoy drumming with Aimee. Join us on Tuesday, January 15th at 6:30 p.m. in the auditorium.

Robbie & Betty

Let's enjoy an afternoon of your favorite songs. Robbie and Betty are very upbeat and love to sing and play the piano. Robbie can really make the piano sing. Their performance will be on Friday, January 18th at 3:00 p.m. in the auditorium.

Sound of Memories w/ Skip Morgan

Join us for a new music program on Tuesday, January 29th at 11:00 a.m. in the auditorium. Skip Morgan will be performing songs that will take you back to some of your favorite memories. We hope you will attend this wonderful music program.

Special Events

Guest Speaker

Tommy Barnhardt, NFL Player

Please join Tommy Barnhardt on Thursday, January 10th at 6:30 p.m. as he tells you his story about being drafted in the NFL. Tommy is from China Grove, North Carolina where he played football for South Rowan and UNC Tar Heels. He was then drafted in the NFL.

Winter Picnic

Let's celebrate winter with an indoor picnic in the café. On Friday, January 11th at 12:00 p.m. let's have a winter picnic. We will provide soup and you bring a side or dessert if you would like. You don't have to bring anything just come have fun.

Travel to Japan

On Thursday, January 17th join Larry Mann, whose parents used to live here, to present his travels of Japan. Larry has presented before but he has new adventures to share with you. We hope you will join us at 6:30 p.m. on the 17th in the auditorium.



Birthday Lunch

December & January

Let's celebrate your birthday with a wonderful lunch on **Monday, January 14th at 12:00 p.m.** We will celebrate December and January birthdays. You may bring a guest for a charge of \$13.50. Sign up in the post office to cele-

THIS AND THAT

Special Events

Social Lites

Join us on Tuesday, January 15th at 4:00 pm, to talk about future months. Bring your ideas for outings, entertainment, etc.

Blood Pressure Clinic

On Tuesday, January 8th & January 22nd at 10:00 a.m. Legacy Therapy Department will be hosting a blood pressure clinic in the library. Make this part of your routine. Let's stay healthy!!

Wellness Breakfast

On Thursday January 24th 9:00a.m. we will have our wellness breakfast in the main dining room. Please come enjoy a wonderful breakfast if you exercise regularly. Exercising deserves a special treat. We hope to see you then!

Cheese & "SPIRITS" (BYOB) Social Every Friday

Friday, January 4th, 11th, 18th and 25th
Join us in the café for a fun afternoon enjoying cheese, crackers, grapes and your favorite beverage!
Please bring your own beverage.

Something New in the Neighborhood

There is a special friendship basket going around for you to share something with a special friend. If you receive the basket place a small item, candy, flower, lotion, letter, ect. and place it by their door. We want to pass the basket around the building to all our special friends.

Spiritual Opportunities

Mid Morning Devotion

w/ Victoria Deviney

Victoria Deviney, Mary Barrett's daughter will be doing our mid morning devotion on Tuesday, January 8th at 11:00 a.m.

Evening Worship Services

Every Sunday Evenings at 6:30 pm

Join us for our evening worship service in the Chapel on Sundays at 6:30 p.m..

Andy Griffith

Harold McDonald leads our Andy Griffith Bible Study on Tuesdays at 2:30 p.m. in our auditorium.



THIS AND THAT

Creative Opportunities

Trivia Challenge

Come challenge your brain and have a lot of fun at our trivia challenge **We will meet on Thursday, January 3rd, 10th, 20th and 27th at 3:30 p.m. in the music room.**

Art Class w/ Ellen Loflin

Ellen Loflin an art teacher at Cannon School will be our new art teacher beginning in January. Her first class will be on Wednesday, January 16th at 6:30 p.m. We hope you will try something new in January.

Creative Crafters

Our crafters class will start back with class on **January 10th and 24th at 1:30 p.m.** They will kick the New Year off with fun projects.

Classes

All of our classes have resumed. Try something new, basket weaving, art class, learn to swim, ect.

HOE Group

If you received new technology for Christmas, now is your chance to learn. If you have a new phone, ipad, kindle, or computer, learn how to use it on Friday, January 18th at 11:00 a.m. in APT. 421 A.

Games

Dominos

Come play dominos with Perry and Brenda Stubbs on Wednesdays at 6:30 p.m. in the card room. If you have never played dominos before come learn how to play.

Canasta

Join us for Canasta on Mondays at 2:00 p.m. in the card room. Come learn a new game.

Mahjong

Mahjong is a fun game that you should check out on Tuesdays at 6:30 p.m. We hope you will stop by the card room and learn something new.

Kings in the Korner

On Fridays at 1:30 p.m. join us for Kings in the Korner. We hope you will come and play Kings in the Korner.

Thank you so much to all of our outside groups that visited and sang Christmas carols for us. Thank you so much.



Resident Christmas Party



