



Saint Anne's Terrace, INC.
 3100 Northside Parkway, N. W.
 Atlanta, Georgia 30327



Margie Avery enjoying the beauty of springtime out in the courtyard

Mohan Raj
 President
 Board of Directors

Terri Monroe
 Executive Director

David Brooks
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Terrace Talk



Busy Bees of May

Spring has sprung in Atlanta, the flowers are blooming and there's beauty everywhere. The only thing busier than the bees, are the residents' of Saint Anne's Terrace!

It all starts **May 4th** when we have our **Annual Kentucky Derby Party at 6pm in the Dining Room.** You'll have a delicious boxed lunch delivered around noon so be sure to wear your Derby hats and bring a couple dollars for the betting table! Then sit back and enjoy Gary's famous Mint Juleps and some snacks, as we give away door prizes up until the race. This year our very own Snookie Collins has a nephew who has a horse named Tax in the race!!!

Our second big event is our lovely **Mother's Day brunch on May 12th at 11:45am in the dining room.** We'll have the delightful Judy Boehm on the piano, serve a delicious meal along with some chocolates and a rose for all of our wonderful mothers' here at the Terrace.

Our third big event in May is a yearly tradition and one of our biggest celebrations of the year! We'll have our **32nd Annual Garden Party on May 22nd beginning at 4pm in the courtyard** (weather permitting). You'll have a delicious boxed lunch delivered around noon, so you can enjoy some dancing, cocktails, heavy hors-d'oeuvres and dessert, as the Class Act Band will be performing some of your favorite tunes. Our gorgeous courtyard will be in full bloom for you to come enjoy the fresh springtime air, so be sure to stick around for the entire celebration as our famous Terrace Singer Chorus will take the stage to perform a few numbers. *(Continued on page 9)*



May 2019

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Residents' Corner

Please and Thank You

Nearly a century ago our parents taught us to say please and thank you—those magic words that showed we were thoughtful and appreciative. They still work as I discovered last month when a head cold meant that our weekly sheet and towel exchange took place at the apartment door and I was on my own to reassemble my bed.

Granted that my bed is not a simple one to make. It is an 80-inch electric job with two separate layers of foam rubber on top of the mattress that are contoured to ease all the parts of my body that hurt. The foam pads add a range of six to eight inches to the height of the mattress and require a special bottom sheet able to accommodate all that architecture. Five years ago, when Lew and I moved into Saint Anne's Terrace, it was simple to change sheets. Last month I discovered it has become a formidable task. Lew and I struggled with the assembly of sheets and blankets for several minutes before achieving what Shirley and Tabutha can do in a fraction of the time. As well, we were so exhausted at the end that I had to lie down and take a nap. The next course of action became clear: I must give my heartfelt thanks to Shirley, Tabutha and all the staff for all they do that I can no longer manage. And not just once. Now they will listen to me thanking them every week as long as I can remember to do so. They assure me they can handle that.

What this brings to mind is all the many things that are done for us on a daily basis, whether it is a ride, opening a stubborn jar, hanging a picture so it is level, mopping up a mess that was dropped, picking us up when we fall, cooking for us, entertaining us or just wishing us a good morning. There are almost as many people to help us at Saint Anne's Terrace as there are residents if you add in the caregivers and those who come to instruct us. We would be lost without them, and my guess is that none of them will shy away from a thank you no matter how many times they hear it

- Dona Keller

Jester Section



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



Cartoons were taken from elderoptions.com and submitted by Terrace Residents

Monthly Highlights (Cont.)

- ◆ Monday, May 13th from 11:00am to 2:00pm in activities—**Donna C's Unique Designs Jewelry Show**—Be sure to come on down and shop till you drop.
- ◆ Tuesday, May 14th at in the 5th floor Community Room—**Electronics and Connectivity with Brooke Rosenthal of Modern Elders**—For those of you who always have questions about your computer, iPad, iPhone, tablet, smart phone, or basically anything that connects to the internet, or makes phone calls, **please attend this class.** Brooke is highly trained in working specifically with seniors. She not only speaks on these topics, but she can be contracted to provide one on one training with you for your specific electronic needs.
- ◆ Thursday, May 16th departing at 10:00am—**Tour Jonesboro and South Atlanta with Jim Howe**—That's right, our favorite tour guide is back, this time taking you on one of his tours that we've never been on with Jim. We'll stop at a nice place for a lunch as well, so sign-up ASAP as his trips always fill up fast.
- ◆ Friday, May 17th at 11:00am in the activities—**Conversations with Ed Garcia**—Join Ed for his new *Adventurous Living Series*. As we grow older and find our faculties diminishing, we get into a boring rut that attacks our spirit and quality of life. Join Ed as he'll take you on a new adventure each and every month!
- ◆ Sunday, May 19th at 1:30pm in the 5th floor Community room—**Opera Matinee**—All the Opera fans are encouraged to attend a special showing of a 2013 Met Opera production of Verdi's *Rigoletto*.
- ◆ Wednesday, May 22nd at 4:00pm in the Courtyard—**32nd Annual Garden Party**—See front page for details.
- ◆ Thursday, May 23rd departing at 10:30am—**Shopping trip to The Outlet Shoppes of Atlanta**—Join us at North Atlanta's premier shopping destination. Save 20-70% every single day on nearly 100 name brand stores, including Saks Fifth Avenue OFF 5th, Kate Spade New York, Michael Kors, Coach, Nike, Cole Haan and Tommy Hilfiger. Big deals aren't hard to find – they are everywhere!
- ◆ Friday, May 24th departing at 10:30am—**Brunch then go shopping with Donna at Cracker Barrel**—We'll enjoy delicious food with good company, then check out some unique finds at the old timey country store.
- ◆ Monday, May 27th at 2:00pm in the Dining Room—**Donna's Memorial Day Bash with Craig**—See page 9 for details.
- ◆ Wednesday, May 29th at 5:00pm in the dining room—**Chef Bud's 10,000 Mile Night**—See page 9 for details.
- ◆ Thursday, May 30th departing at 10:30am—**Picnic at Sweetwater Creek State Park**—This year we're headed back to enjoy the scenery of the beautiful Sweetwater Creek State Park for our annual picnic. We'll be on the lake in one of their many covered picnic pavilions. Lunch will be a surprise but will be \$10 and will be charged those who sign-up for the picnic.

Weekly Transportation & Event Schedule

Monday	
8:00 - 12:00 PM	Doctor runs
9:30 AM	Exercise—Activities
12:30 - 2:45 PM	Errand/Bank runs
7:00PM	Bingo—Activities
Tuesday	
8:00 - 3:00 PM	Doctor runs
11:00AM	Blood Pressure Checks on 5
4:30PM	Vespers—Activities
Wednesday	
8:00 - 12:00 PM	Doctor runs
9:30AM	Exercise—Activities
1:00 PM	Bus run to Kroger
7:00PM	Bingo—Activities
Thursday	
<i>Trip or In-house Event Day</i>	
7:30PM	Movie—Community Room
Friday	
8:00 - 12:00 PM	Doctor/Errand runs
9:30AM	Exercise—Activities
1:00 PM	Bus run to Publix
7:30PM	Movie—Community Room
Saturday	
7:30PM	Movie—Community Room
Sunday	
6:00PM	Film—Community Room

May Birthdays

1—Lorraine Savoy (staff)
 2—Camille Wallace (staff)
 3—Carol Lawrence
 7—Anne Pritchett
 12—Stanley Dorney
 14—Kenyatta Woods (staff)
 16—Lu Hayes
 17—Nisha Brown (staff)
 18—Harold Walraven
 24—Lew Keller
 26—Ann Conner
 26—Peggy Lines
 28—Carol Watson
 29—Anne Godwin

Happy Birthday to All!

Please see our monthly and weekly schedules for our regularly scheduled events, such as our musical hours, current events, dance class, exercise classes, painting class, bingo, poetry, arts & crafts, Bible study, Vespers, shopping trips, dining entertainment, weekend outings or events, etc. We'll always have something fun going on here at the Terrace!

Monthly Highlights

- ◆ Wednesday, May 1st at 11:00am in the dining room—**Town Hall Meeting**— Please come participate in a Q&A session with the Terrace management team.
- ◆ Thursday, May 2nd departing at 11:45am—**Tour the Cyclorama at The Atlanta History Museum**— On February 22, 2019, Atlanta History Center *opened Cyclorama: The Big Picture*, featuring the fully restored cyclorama painting, The Battle of Atlanta. At the centerpiece of this new multi-media experience is a 132-year-old hand-painted work of art that stands 49 feet tall, is longer than a football field, and weighs 10,000 pounds. This painting is one of only two cycloramas in the United States—the other being the Battle of Gettysburg cyclorama —making Atlanta home to one of America’s largest historic treasures. Sign-up ASAP so you do not miss your chance to see this fully restored historical treasure. Tickets are only \$13 and will be charged to those who sign-up for the trip.
- ◆ Saturday, May 4th at 6:00pm in the dining room—**Kentucky Derby Party**—See front page for details.
- ◆ Sunday, May 5th departing at 10:00am—**Terrace Day at Saint Anne’s Church**—All are invited to attend this wonderful service in honor of the residents and staff of the Terrace. Also, our very own Terrace singers will be performing with the Church Choir.
- ◆ Monday, May 6th at 3:00pm in the 5th floor community room—**Theological Reflections with Dr. Westerhoff**—Join Dr. Westerhoff as he leads us on another deep dive into Theology. This series is titled *Who Resurrected Jesus?* And will meet every Monday this month at the same time and location listed above.
- ◆ Wednesday, May 8th at 5:00pm in the dining room—**May Birthday Dinner with Craig**—Join us for a special dinner as we honor all those celebrating birthdays in May.
- ◆ Thursday, May 9th at 1:00pm in the 5th floor community room—**The Judy Boehm & Jeanne’ Brown Concert**—Those who have heard Jeanne and Judy perform together have hailed them as the best to perform at the Terrace. Do not miss this chance to hear Jeanne’s amazing vocal talents in a more intimate setting. We’ll also be serving some of Lavonne’s delicious snacks and refreshments for your enjoyment.
- ◆ Saturday, May 11th departing at 10:30am—**Brunch Outing to Mary Mac’s Tea Room**—We’re mixing things up a little bit this month with our dinner outing crew, and going to brunch at one of the last remaining Tea Rooms in Atlanta! Be sure to enjoy some fine southern cooking, and partake in some of the famous house specialties such as The Whiskey Lemonade, Mint Juleps and the Georgia Peach Martini.
- ◆ Sunday, May 12th at 11:45am in the dining room—**Mother’s Day Brunch with Judy Boehm on the Piano**—See front page for details.

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Getting to Know You



The next time you see Tabutha Robinson of the housekeeping staff, you can marvel that you are seeing her at all. Born in Gadsden, Alabama, she was a premature baby and weighed only 1 pound 10 ounces. She was transferred immediately to Grady Hospital here in Atlanta and remained there for 6 months until she finally tipped the scales at 4 pounds 3 ounces. In the meantime, her mother and five older children moved to Atlanta and joined her father who was already living here. Amazingly, she thrived and attended C. M. Pitts

Elementary School and graduated from Archer High School.

At that time, there was a nursing school on Memorial Drive called County School of Nursing, and Tabutha enrolled there. When she finished the course at age 18, she served her resident training in Bridgeport, Connecticut. She returned to Atlanta, and until she was 29 years old, she worked as a private duty nurse with AA Medicare. After that, she made a total career change and worked as a machine operator for Georgia Spice Company. In 2012, a friend needed a ride to a job interview at Saint Anne's Terrace, and Tabutha agreed to take her. Tabutha got a good feeling about the atmosphere here and on a whim applied for a job and got it. She has never been sorry.

Her job and her family are her hobbies. A divorced mother, she has raised three children of her own. Her sons are ages 30 and 25, and her daughter is 26. She has also helped raise a boy and a girl who both needed a home, and she is currently raising a little girl, age 6, who was taken in as a baby. She enjoys her five granddaughters and two grandsons. Her daughter and a granddaughter live with her. With good reason, she says she is an over-protective mother who doesn't have time for hobbies. She is close to her biological brothers and sisters and to 5 stepbrothers and 1 stepsister. Her mother and father are still alive and are a part of her life, but she misses her deceased stepfather who was the one who raised her.

Even though she does not call cooking a hobby, she loves to cook and daydreams about owning a restaurant some day. This is no surprise to Saint Anne's residents who enjoy her once a month events called "Tea Time with Tabutha." These special times started as her idea, and everyone who comes enjoys them. As to the immediate future, she says she likes being a part of the Saint Anne's family and loves her job so much that until she retires, the restaurant will just remain a daydream.

- Jackie Hahne



Busy Bees of May (Cont.)

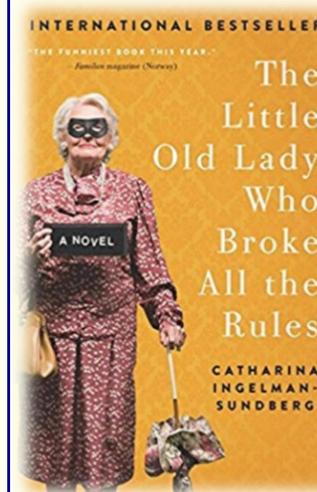


Our fourth big event in May is **Donna's Memorial Day Bash on May 27th at 2:00pm in the dining room.** We'll be delivering boxed lunches around noon, then Donna and Lavonne will have some snacks and refreshments for everyone as Craig Gleason put's on a Patriotic Concert for your enjoyment!

Our last big event in May is a new tradition we've begun at the Terrace. Last year Chef Bud cooked up an Indonesian themed dinner that was so good, he was asked to come out from the kitchen for a big ovation. This year, Chef Bud wants to take it to another level. He just returned from a long vacation he took to see his family in Indonesia, and he has come back with fantastic ideas for your enjoyment! On **May 29th at 5:00pm in the dining room we'll be having Chef Bud's 10,000 Mile Night.** Right now Bud and Brent are planning out a fabulous menu based on the Indonesian culture and traditions, and we're working on bringing in an entertainer that plays traditional Indonesian music. Do not miss out on this uniquely special dining extravaganza!

So, be sure to circle the dates on your calendar so you can come out and partake in all the wonderful events we have here at the Terrace for the "busy bees" of May.

A Note from you Library (cont.)



Five of the residents, two men and three women, decide to fight back. Their solution? White collar crime. What begins as a relatively straightforward robbery of a nearby luxury hotel quickly escalates into an unsolvable heist at the National Museum. What follows is a comedy of errors where everything that can go wrong does. With police baffled and the Mafia hot on its trail, the League of Pensioners has to stay one walker's length ahead if it's going to succeed.

This is a delightful novel that "proves the adage that it's not the years in your life that count. It's the life in your years."

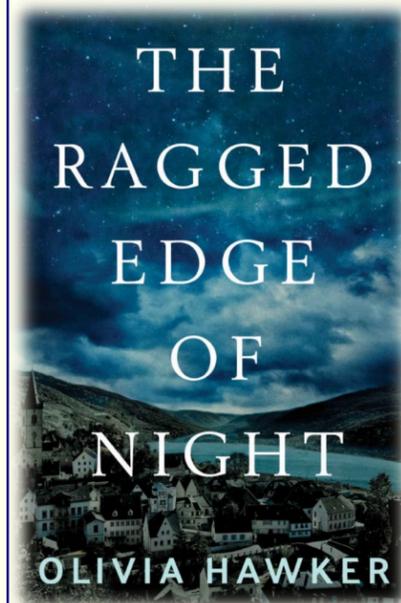
"A quirky, offbeat, delight and a heartwarming reminder that one is never too old for some mischief."

- Tom Winter, author of *Lost & Found*

Happy Reading! - Betty Watkins

A Note from Your Library

"I read my eyes out and can't read half enough...The more one reads the more one sees we have to read." - John Adams



◆ ***The Ragged Edge of Night***, Olivia Hawker, fiction, 2018

Set in Germany in 1942, this novel chronicles the story of one man who risks his life in defiance of Hitler's regime.

Franciscan Friar Anton Starzmann is stripped of his place in the world when his school is seized by the Nazis, and the students are loaded on buses to be "shipped to better homes." Haunted by memories of the loss - sweet faces stilled forever, ("In a gray camp somewhere, behind a gray wall, there is a stack of little bodies piled sixteen high.") Anton vows to spend the rest of his life in an attempt to atone for his failure.

At some point Anton answers a personal ad in one of the few remaining Catholic newspapers. A widow seeks a husband - in name only - to a man who can help her raise her three small children. As Anton struggles to adapt to the roles of husband and father, he learns of an underground network of resisters plotting to assassinate Hitler. In spite of the danger, he joins this army of shadows determined to do his part to help restore his country to its former glory. When the SS discovers his involvement, Anton embarks on a final act of defiance that may cost him his life - even if it means saying goodbye to the family he has come to love.

At the conclusion of the novel are historical notes and author's remarks which begin this way: "It might surprise you to learn that this is a true story. What's more, this is a family story: Josef Anton Starzmann was my husband's maternal grandfather..." Be sure to read these pages as well.

"Harrowing and yet life affirming...this is one of the World War II novels that will stand out and be remembered." - Rhys Bowen

◆ ***The Little Old Lady Who Broke All the Rules***, Catharina Ingelman-Sundberg, fiction, 2016

The setting is a retirement home in Sweden where a group of elderly citizens are living quite happily. Until, that is, Diamond House is sold, and new management decides to cut corners to save money. First it's a limit of two cups of coffee a day; then the sweets are cut out; the quality of the meals is severely reduced; the doors are locked; red pills are handed out; early bedtimes are mandated.

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Fresh from the Chef



Just a friendly reminder to everyone to please turn your menus in as early as possible. Lately, we have only been receiving about 50% of the menus on Monday. This presents quite a challenge when we are trying to prepare food for about 105 people, but do not know what half of them would like to eat. It is also highly important that when we send out registration forms for special events, these should be turned back in as soon as possible.

Recently, for our Easter Brunch, we were at maximum capacity by the time the registration ended! Also, spring time is a great time to bring back all the dishes, knives, forks, spoons and ramekins that may have traveled to other areas than the kitchen. Thanks for helping us provide the best service possible to all the residents here at the Terrace!

- Brent Andrews

Memorials & Donations



◆ **Phil & Greer Shinall** to Saint Anne's Terrace in memory of **Betty Dever**

◆ **H. English & Ermine Cater Robinson Foundation** to Saint Anne's Terrace in memory of **Mary Ann Marks**

◆ **Dr. & Mrs. Howard McMahan** to Saint Anne's Terrace in memory of **Mary Ann Marks**

◆ **Catherine Wiener** to Saint Anne's Terrace in memory of **Mary Ann Marks**

◆ **Florence Hornsby** to Saint Anne's Terrace in memory of **Mary Ann Marks**

◆ **Andy & Glenna Smith** to Saint Anne's Terrace

◆ **Ann Story** to Saint Anne's Terrace in memory of **Mary Ann Marks**

◆ **John & Sherry Lundeen** to Saint Anne's Terrace in memory of **Betty Dever**

◆ **Dr. & Mrs. Richard & Mary Daley** to Saint Anne's Terrace in memory of **Mary Ann Marks**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2019</h1>			<p>1 8:00-Noon—Doctor runs 9:30—Exercise 11:00—Town Hall Mtg. 11:45-12:45—Apple Annie’s 1:00—Bus run to Kroger 7:00—Bingo with Curtis</p>	<p>2 11:45—Visit the Cyclorama at The Atlanta History Museum 7:30—Movie</p>	<p>3 9:30—Exercise 11:00—Current Events 11:45-12:45—Apple Annie’s 12:30—Line Dancing Class 1:00—Bus run to Publix 5:00—Fred Jones’ Piano Hr. 7:30—Movie</p>	<p>4 12:00—Boxed Lunches Delivered 6:00—Kentucky Derby Party</p>
<p>5 11:15—Catholic Communion Service 10:00—Terrace Day at Saint Anne’s Church 6:00—Film</p>	<p>6 8:00-Noon—Doctor runs 9:30—Exercise 10:00—Hearing Screenings 11:00—Sign Language Class 11:45-12:45—Apple Annie’s 12:30-2:45—Errand runs 2:00—Dance Class 3:00—Theological Ref. 7:00—Bingo</p>	<p>7 8:00-3:00—Doctor runs 11:00—Fit for Life Exercise 11:00—BP checks 1:00—Hand & Foot 3:00—Terrace Singers 4:30—Vespers</p>	<p>8 8:00-Noon—Doctor runs 9:30—Exercise 11:00—Bible Study 11:45-12:45—Apple Annie’s 1:00—Bus run to Kroger 3:00—I Remember 5:00—Birthday Dinner 7:00—Bingo with Curtis</p>	<p>9 11:00—Robin Gerard’s Jewelry Show 1:00—The Judy Boehm & Jeanne’ Brown Concert with some of Lavonne’s delicious snacks 7:30—Movie</p>	<p>10 9:30—Exercise 11:00—Great Decisions Discussion Group 11:45-12:45—Apple Annie’s 12:30—Line Dancing Class 1:00—Bus run to Publix 7:30—Movie</p>	<p>11 10:30—Brunch Outing to Mary Mac’s Tea Room 7:30—Movie</p>
<p>12 Mother’s Day 11:15—Catholic Communion Service 11:45—Mother’s Day Brunch with Debra on the piano 6:00—Film</p>	<p>13 8:00-Noon—Doctor runs 9:30—Exercise 11:00—Sign Language Class 12:30—Poetry with Jerry 12:30-2:45—Errand runs 3:00—Theological Ref. 7:00—Bingo</p>	<p>14 8:00-3:00—Doctor runs 11:00—Electronics & Connectivity Seminar 11:00—BP checks 1:00—Hand & Foot 3:00—Terrace Singers 4:30—Vespers</p>	<p>15 8:00-Noon—Doctor runs 9:30—Exercise 11:45-12:45—Apple Annie’s 1:00—Bus run to Kroger 7:00—Bingo with Curtis</p>	<p>16 10:00—Tour Jonesboro & South Atlanta with Jim Howe 7:30—Movie</p>	<p>17 9:30—Exercise 11:00—Conversations w/ Ed 11:45-12:45—Apple Annie’s 12:30—Line Dancing Class 1:00—Bus run to Publix 7:30—Movie</p>	<p>18 1:00—Bingo with Curtis 7:30—Movie</p>
<p>19 11:15—Catholic Communion Service 2:30—String Quartet Concert with the Atlanta Symphony Orchestra 6:00—Film</p>	<p>20 8:00-Noon—Doctor runs 9:30—Exercise 11:00—Sign Language Class 12:30-2:45—Errand runs 2:00—Dance Class 3:00—Theological Ref. 7:00—Bingo</p>	<p>21 8:00-3:00—Doctor runs 11:00—Fit for Life Exercise 11:00—BP checks 1:00—Hand & Foot 3:00—Terrace Singers 4:30—Vespers</p>	<p>22 8:00-Noon—Doctor runs 9:30—Exercise 11:00—Bible Study 11:45-12:45—Apple Annie’s 1:00—Bus run to Kroger 3:00—I Remember 4:00—Garden Party</p>	<p>23 10:30—Shop at The Outlet Shoppes of Atlanta **7:00—Bingo with Curtis** **Please note date change**</p>	<p>24 9:30—Exercise 10:45—Brunch and shop at Cracker Barrel 11:45-12:45—Apple Annie’s 12:30—Line Dancing Class 1:00—Bus run to Publix 7:30—Movie</p>	<p>25 Noon—Tea Time with Tabutha 7:30—Movie</p>
<p>26 11:15—Catholic Communion Service 12:00—Fred Jones’ Piano Hour 4:00—Lavonne & Willie’s Wine & Cheese Social 6:00—Film</p>	<p>27 Memorial Day 12:00—Boxed lunches delivered 12:30—Poetry with Jerry 2:00—Donna’s Memorial Day Bash with Craig Gleason 3:00—Theological Reflections 7:00—Bingo</p>	<p>28 8:00-3:00—Doctor runs 11:00—BP checks 1:00—Hand & Foot 3:00—Terrace Singers 4:30—Vespers</p>	<p>29 8:00-Noon—Doctor runs 9:30—Exercise 11:45-12:45—Apple Annie’s 1:00—Bus run to Kroger 5:00—Bud’s 10,000 Mile Night 7:00—Bingo with Curtis</p>	<p>30 10:30—Picnic at Sweetwater Creek State Park 7:30—Movie</p>	<p>31 9:30—Exercise 11:00—Arts & Crafts 11:45-12:45—Apple Annie’s 12:30—Line Dancing Class 1:00—Bus run to Publix 7:30—Movie</p>	