

# Salishan

GRACIOUS RETIREMENT LIVING

191 Astaire Lane • Spring Hill, Florida 34609 • Phone (352) 263-2300 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

FEBRUARY 2019

## SALISHAN STAFF

Managers.....DEBI & TONY PETE  
Assistant Managers .....STEVE & DEBI WILKINS  
Executive Chef ..... GARY NILES  
Activity Coordinator .....JEN FERGUSON  
Maintenance Coordinator..... PEDRO SANCHEZ  
Bus Driver .....BILL FRAMPTON

## TRANSPORTATION

**Monday, 9:15 a.m.-3:15 p.m.:** Shopping

**Tuesday, 9:15 a.m.-3:15 p.m.:**

Doctor Appointments — Spring Hill

**Wednesday:** Resident Outing — See Calendar

**Thursday, 9:15 a.m.-3:15 p.m.:**

Doctor Appointments —

Oak Hill and Brooksville

**Friday, 9:15 a.m.-3:15 p.m.:** Shopping

HAWTHORN  
SENIOR LIVING

## First Responders' Recognition Dinner

To kick off our New Year at Salishan, we invited our local Hernando County Sheriff Department to join us for dinner. We had 18 deputies visit with our residents and enjoy a meal.



*Irene B. loved having dinner with these Sheriffs.*

We are always thankful for the support we receive from our local deputies and are grateful to them for their service to our community!



*Hernando County's finest!*





## A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.



## Manager Moments

Where did January go? Weather-wise, even though we had a few cold days this past month compared to the rest of the country, we were really blessed with good weather. This month, we have Valentine's Day! We will have a very nice dinner followed by a dance with live entertainment. It will be a great meal and a fun time for all. We will also be hosting a fundraising event with the Greater Hernando Chamber of Commerce. The CETA board raises money for scholarships for deserving students every year, and we will be hosting one of their big events again this year. If you like to play Bingo, there will be 10 games to play. If you like a Las Vegas-style type of entertainment, "Divas and Dudes" will be the entertainers and also the callers of the Bingo games.

As you know, we are always changing our resident mix in the community. Let's make new friends and try new things this month. We are looking forward to this month and looking forward to having fun and a good time with each one of you. As a management team, we really enjoy being here, living here and knowing you. Thanks for your friendship and allowing us to be a part of your family.



*Tony and Debi Pete*

Let's have a great month!

*Tony and Debi*

*Steve and Debi*

## February Upcoming Events!

- **Hawthorn Express to "Italy":** February 4th-8th
- **Tea @ Three:** February 5th
- **Drag Queen Bingo (Pay to Play):** February 9th
- **Valentine's Supper & Dance:** February 14th
- **Tea @ Three:** February 19th





## Play Ball!

Our residents at Salishan had the wonderful opportunity to play a great game of Bean Bag Baseball with students from Nature Coast High School. The event was set up with our server, Alice, and all of the students are members of the National Honor Society. Our Salishan team, including our Assistant Managers Steve and Debi, put up a valiant fight against the Nature Coast team. In the end, Nature Coast won 34-29. The students created a wonderful memory for our residents and loved on them for the afternoon. After the game, the students delivered Christmas cards to all of our residents. It was a great time of fun and fellowship and a wonderful way to share the spirit of Christmas within our community!



*Norma S. practiced for this moment!*



*Our server, Alice, winding up for the toss.*



*Salishan vs. Nature Coast*

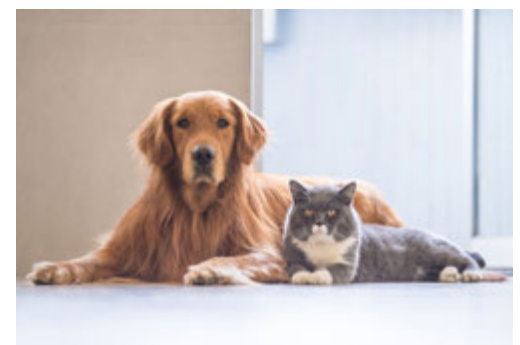
## The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.





FEBRUARY 2019

Birthdays

Arlene Brady, 4th  
Emily Harakas, 5th  
Norma Spinuzza, 6th  
Tom Cusanelli, 6th  
Lauren, 8th (Employee)  
Fred Wilson, 14th  
Jeanne Flematti, 15th  
Joan Anselmo, 19th  
Christine Coe, 25th  
James Davis, 28th

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Card Room, CR  
Library, LB  
Lobby, LB  
Pool, PL  
Theater, TH  
TV Room, TV  
Worship Room, WR

Northern Exposure at Salishan Salon

Hours of Operation:  
Wednesday-Friday:  
9 a.m.-4 p.m.  
Saturday: 9 a.m.-3 p.m.  
Phone: 352-686-3015

“Success is what you do with your ability. It’s how you use your talent.”  
—George Allen Sr.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>8:30 Blood Pressure Checks with Mederi, AR</div> <div>9:30 Drumming Exercise, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Piano Music &amp; Singalong with Dave</div> <div>12:00 Trip to Coney Island</div> <div>Hot Dogs, LB</div> <div>2:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div>7:00 Card Club, AR</div>	<div><b>GROUNDHOG DAY</b></div> <div>9:30 Tai Chi with Mary, AR</div> <div>10:00 Rummikub, CR</div> <div>10:45 Wii Bowling, AR</div> <div>2:00 Catholic Service, WR</div> <div>3:00 Afternoon Matinee, TH</div> <div>7:00 Evening Movie in the Theater, TH</div>
<div>3</div> <div>10:00 Rummikub, CR</div> <div>10:00 Wii Bowling, AR</div> <div>2:30 Afternoon Matinee, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div><b>Hawthorn Express Italy</b></div> <div>9:30 Chair Yoga with Ree, AR</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Cards and Crafts, AR</b></div> <div>2:00 Nickel Bingo with Susan, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div>	<div>5</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div>10:30 Beanbag Baseball, AT</div> <div>2:00 Pokeno with Pat, AR</div> <div>3:00 Tea at Three, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div>	<div>6</div> <div>10:00 Rummikub, CR</div> <div><b>11:00 Papa Joe’s Restaurant</b></div> <div>2:30 Mid-Week Movie, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div>	<div>7</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div><b>10:00 Bible Study, WR</b></div> <div>10:30 Horse Racing with Susan, AT</div> <div><b>11:15 Resident Meeting with Chef Gary, AR</b></div> <div>2:00 Pokeno with Susan, AR</div> <div><b>2:00 Non Denom. Service, WR</b></div> <div><b>3:00 Music with Gary Hitchcock, AT</b></div> <div>7:00 Evening Movie, TH</div>	<div>8</div> <div>8:30 Blood Pressure Checks with Mederi, AR</div> <div>9:30 Drumming Exercise, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Piano Music &amp; Singalong with Dave</div> <div>2:00 Nickel Bingo, AR</div> <div><b>3:30 Cogniciti Brain Health Workshop, AR</b></div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div> <div>7:00 Card Club, AR</div>	<div>9</div> <div>9:30 Tai Chi with Mary, AR</div> <div>10:00 Rummikub, CR</div> <div>10:45 Wii Bowling, AR</div> <div>2:00 Catholic Service, WR</div> <div>3:00 Afternoon Matinee, TH</div> <div>7:00 Evening Movie in the Theater, TH</div> <div><b>7:30 Drag Queen Bingo</b></div>
<div>10</div> <div>10:00 Rummikub, CR</div> <div>10:00 Wii Bowling, AR</div> <div>2:00 Cornerstone Baptist Church, AT</div> <div>2:30 Afternoon Matinee, TH</div> <div><b>3:00 St. Andrew Episcopal Church, WR</b></div> <div>4:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>11</div> <div>9:30 Chair Yoga with Ree, AR</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Cards and Crafts, AR</b></div> <div>2:00 Nickel Bingo with Susan, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>12</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div>10:30 Beanbag Baseball, AT</div> <div><b>11:15 Manager/Resident Meeting, AR</b></div> <div><b>12:30 New Resident Dinner</b></div> <div>2:00 Pokeno with Pat, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>13</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Florida Artists Gallery</b></div> <div>2:30 Mid-Week Movie, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div><b>VALENTINE’S DAY</b></div> <div>14</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div><b>10:00 Bible Study, WR</b></div> <div>10:30 Horse Racing with Susan, AT</div> <div><b>2:00 Non Denom. Service, WR</b></div> <div>2:00 Pokeno with Susan, AR</div> <div><b>3:00 Music with Brittany Gonzalez, AT</b></div> <div><b>5:30 Special Valentine’s Supper and Dance</b></div> <div>7:00 Evening Movie, TH</div> <div></div>	<div>15</div> <div>8:30 Blood Pressure Checks with Mederi, AR</div> <div>9:30 Drumming Exercise, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Piano Music &amp; Singalong with Dave</div> <div>2:00 Nickel Bingo, AR</div> <div>4:00 Worship with Minister Leonard, AT</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div> <div>7:00 Card Club, AR</div>	<div>16</div> <div>9:30 Tai Chi with Mary, AR</div> <div>10:00 Rummikub, CR</div> <div>10:45 Wii Bowling, AR</div> <div>2:00 Catholic Service, WR</div> <div>3:00 Afternoon Matinee, TH</div> <div>7:00 Evening Movie in the Theater, TH</div>
<div>17</div> <div>10:00 Rummikub, CR</div> <div>10:00 Wii Bowling, AR</div> <div>2:30 Afternoon Matinee, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div><b>PRESIDENTS DAY</b></div> <div>18</div> <div>9:30 Chair Yoga with Ree, AR</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Cards and Crafts, AR</b></div> <div><b>10:30 Avon Cosmetics Show, AT</b></div> <div>2:00 Nickel Bingo with Susan, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>19</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div>10:30 Beanbag Baseball, AT</div> <div>2:00 Pokeno with Pat, AR</div> <div>3:00 Tea at Three, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div>	<div>20</div> <div>10:00 Rummikub, CR</div> <div><b>10:30 Marina Rose Lunch Cruise</b></div> <div>2:30 Mid-Week Movie, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>21</div> <div>9:00 Beltone Hearing, LB</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div><b>10:00 Bible Study, WR</b></div> <div>10:30 Horse Racing with Susan, AT</div> <div>2:00 Pokeno with Susan, AR</div> <div><b>2:00 Non Denom. Service, WR</b></div> <div><b>3:00 Music with Louie Fortunato, AT</b></div> <div>7:00 Evening Movie, TH</div>	<div>22</div> <div>8:30 Blood Pressure Checks with Mederi, AR</div> <div>9:30 Drumming Exercise, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Piano Music &amp; Singalong with Dave</div> <div>2:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div>7:00 Card Club, AR</div>	<div>23</div> <div>9:30 Tai Chi with Mary, AR</div> <div>10:00 Rummikub, CR</div> <div>10:45 Wii Bowling, AR</div> <div>2:00 Catholic Service, WR</div> <div>3:00 Afternoon Matinee, TH</div> <div>7:00 Evening Movie in the Theater, TH</div>
<div>24</div> <div>10:00 Rummikub, CR</div> <div>10:00 Wii Bowling, AR</div> <div><b>2:00 Arts &amp; Crafts with Donna, AR</b></div> <div>2:30 Afternoon Matinee, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>25</div> <div>9:30 Chair Yoga with Ree, AR</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Cards and Crafts, AR</b></div> <div>2:00 Nickel Bingo with Susan, AR</div> <div><b>3:00 Hear More Solutions, CR</b></div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div> <div></div>	<div>26</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div>10:30 Beanbag Baseball, AT</div> <div>2:00 Pokeno with Pat, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>27</div> <div>10:00 Rummikub, CR</div> <div><b>10:00 Mystery Outing &amp; Lunch</b></div> <div>2:30 Mid-Week Movie, TH</div> <div>4:00 Nickel Bingo, AR</div> <div>6:45 Mexican Train, AR</div> <div>7:00 Evening Movie in the Theater, TH</div>	<div>28</div> <div>9:00 Silver Sneakers, AR</div> <div>10:00 Rummikub, CR</div> <div>10:00 Beach Ball Exercise, AT</div> <div><b>10:00 Bible Study, WR</b></div> <div>10:30 Horse Racing with Susan, AT</div> <div>2:00 Pokeno with Susan, AR</div> <div><b>2:00 Non Denom. Service, WR</b></div> <div><b>3:00 Music with the Sue Sue Sisters, AT</b></div> <div>7:00 Evening Movie, TH</div> <div></div>		





## This-N-That and Here-N-There

We have had the pleasure of going on some fun outings, as well as having fun at Salishan! Robert's Christmas Wonderland is a Christmas store in Clearwater and is open year-round. It is beautifully decorated and has everything you could think of you might need to celebrate the holidays. Since we were in the area, we just had to stop for lunch at Bahama Breeze right on the water at Rocky Point. Ah, Florida at Christmas-time is just beautiful!

We also took a trip to the Show Palace Dinner Theater to see "Holiday Incorporated." They had a wonderful buffet lunch, and the show was packed! We rounded out our December outings to see the new movie "Mary Poppins Returns" and grab lunch at our new Culver's that opened only a few weeks ago. The movie was fantastic, and our lunch was excellent.



*Entryway into the tree room of Robert's Christmas Wonderland*



*Marie S. sparkling in front of the stage at the Show Palace!*



*Bev M., Jean R., Sharlaine S., Jen F., Norma R. and Marie S. at Bahama Breeze*



*So many lights!*

## Let Me Entertain You

Here is our line-up for Thursdays at 3 p.m.:

- **Feb. 7th** — Gary Hitchcock
- **Feb. 14th** — Brittany Gonzalez
- **Feb. 21st** — Louie Fortunato
- **Feb. 28th** — The Sue Sue Sisters







## Christmas Carolers Serenade at Salishan

Salishan was fortunate to have a few groups come to our community and sing Christmas carols for our residents. The newly formed Cub Scout Pack #716 was our first group. They were adorable and showed everyone a good time. The Home Circle of Hernando combined with our Tea @ Three and brought 75 children of all ages to perform for us! They were dressed in festive outfits, passed out jingle bells to the residents and gave us a great concert. We were also fortunate to have students from the Powell Middle School Chorus, as well as members of Berean Assembly of God, sing Christmas carols throughout the month of December. Our residents were blessed with the spirit of Christmas through these lovely groups volunteering their time and talents. We can't wait to see what next Christmas brings!



*Such concentration!*



*Home Circle of Hernando Carolers*



*Such a great group of young boys!*



*Our residents loved watching these kids perform.*





191 Astaire Lane  
Spring Hill, Florida 34609



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

***Salishan***  
GRACIOUS RETIREMENT LIVING

**352-263-2300**