

Cypress Springs

Gracious Retirement Living

9085 Town Center Parkway • Bradenton, FL 34202 • Phone (941) 366-6870 • www.seniorlivinginstyle.com

OCTOBER 2019

CYPRESS SPRINGS STAFF

Management Team DON DAHLING &
CHERYL STEFANO
Management Team STEVE & DEBI WILKINS
Executive Chef SEAN MARTIN
Marketing RENE' DESTOWET
Activity Coordinator LINDA BRITT-SMITH
Maintenance REX GREEN
Transportation MICHAEL LENIART

TRANSPORTATION

Monday, 9:30 a.m.-3 p.m.: Local Shopping

Tuesday, 9 a.m.-3 p.m.: Doctor Appointments

Wednesday: Resident Outings

Thursday, 9 a.m.-3 p.m.: Doctor Appointments

Friday, 9:30 a.m.-3 p.m.: Local Shopping

SALON

Hours: Monday, Tuesday, Wednesday,
Thursday & Saturday, 10 a.m.-4:30 p.m.

Telephone: 941-357-6113

HAWTHORN
SENIOR LIVING

Sock Hop at Cypress Springs

Dancing was at its best during a recent Sock Hop at Cypress Springs. Residents danced to the tunes of Barry and the Boomers after a 1950s-inspired meal. Some of the ladies wore poodle skirts that were a craft project two years ago. Looking good!



Connie and Gemma





Let's Flamingle in Florida

Residents enjoyed our "Let's Flamingle" celebration of everything Florida. Many residents wore flamingo-inspired clothing or just the color pink in general. The Chef prepared foods from our great state, including gator tail, conch fritters and key lime pie.



Hurricane Hoedown

Dorian's nearly two-week trail of destruction ended over the weekend, as the storm continued its path through northeast Canada on Sunday afternoon.

Much of Dorian's fury focused on the northern Bahamas. The storm plowed through the island nation as a slow-moving hurricane on September 3rd, bringing Category Five winds to Great Abaco and Grand Bahama Islands.

Labor Day was celebrated in a different way. Our Indoor Picnic had a little bit of a Western Theme. We were happy that the storm headed north and we received a couple of rainy days.



Yvonne, ready for hoedown



No leftovers today!



Turn north, Dorian!



Think Pink Thursdays

Every October, people come together to support the fight against breast cancer and Cypress Springs is no different.

Put on some pink: The color pink is a global symbol of breast cancer awareness. Wearing pink, sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. At Cypress Springs, every Thursday in the month of October is, "Think Pink Thursday!" October 17th is the day we celebrate our Breast Cancer Survivors with a special "pink" inspired chef-prepared meal.

On-Site Physician

It's very important to stay independent as long as possible. Florida Mobile Physicians is here to help residents at Cypress Springs do just that. With routine primary care visits we can reduce unnecessary ER or hospital visits. Florida Mobile Physicians is excited to offer primary care and oversight for chronic condition visits once monthly to all residents at Cypress Springs Gracious Living. We are here to help if you have a clinical concern, are in need of establishing with a primary care provider or it's just too difficult for you to get to a traditional primary care office, please contact LaLanya Robertson at 941-907-1190 to be added to the list on October 9, 2019.

Our services include:

- Primary Care
- Medication Management
- Psychological Assessments
- Transitional Care Management
- Chronic Care Coordination
- Annual Wellness Visit
- Advanced Care Planning
- Home Health Management

Resident Spotlight

This month, our spotlight is on Joe and Frances Beard. Joe was born in Lexington, Kentucky in 1920 and Frances in Ashland, Kentucky in 1929. After high school, Frances went to college at Ohio Wesleyan University and the University of Kentucky



where she graduated. After college, she ran a business, "Beard's Art Needlework," that sold yarn and supplies at five locations in Lexington, Kentucky; Richmond, Kentucky; and Montgomery, Ohio. After selling the businesses, she and Joe moved to Florida in 1983 after he retired. In Florida, she played golf, sold real estate and became a porcelain artist. During this period, she also wrote and published three murder mystery novels.

After high school, Joe entered the University of Kentucky and had a job from 3 to 11 p.m. to pay for college. He was in an ROTC program from 1938 through 1942 and graduated a 2nd Lieutenant Infantry. He was in the U.S. Army from 1942 through 1945. He served in Panama with the 14th Infantry, while in the U.S. with the 71st Division and in Europe with the 157th Infantry 45th Division where he served in combat. After service, Joe went back to the University of Kentucky and graduated with a Bachelor of Science in Chemistry in 1947. Joe returned to work for the Kentucky Utilities Co. until he retired in 1983. In 1947, Joe was assigned to the Tyrone Power Station where he was a chemist and later plant assistant superintendent. In 1959, the government issued the Clean Water and Clean Air laws. EPA was the enforcer that issued permits for plants to be built and operated and Joe oversaw the studies to obtain the permits for two two-million-kilowatt plants.

After Joe retired in 1983, Joe and Frances lived on Anna Maria Island until 1999, moved to Sarasota until 2016 at which time they came to Cypress Springs. Joe and Frances have been married for 58 years with five children, eight grandchildren and seven great-grandchildren.

Interviewed and written by resident, Don Castracani

OCTOBER 2019

Birthdays

Bobbie Simpson, 6th
Roger Quisenberry, 7th
Patti Hauser, 15th
Isabel Schulze, 18th
Pierre Folliard, 19th
Jean Caravan, 22nd
Joe Beard, 22nd
Dee Branca, 25th
Richard Davis, 26th
Adam Thomas, 27th
Connie Patanjo, 31st
Dee Bolek, 31st

Locations

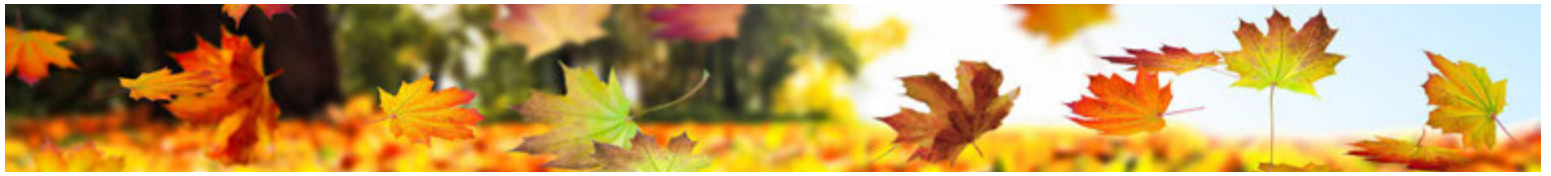
2nd Floor Billiards, BR
4th Floor Deck, 4th Fl
Activity Room, AR
Atrium, A
Bistro, B
Chapel, CH
Dining Room, DR
Library, LI
Outside Fireplace, OF
Pool, P
Theatre, TH

Movies

Shown every day
at 2 and 7 p.m.

“Exploring
the unknown
requires
tolerating
uncertainty.”
—Brian Greene

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|---|
|  | | Dr. Sutton Here 1 9:00 Morning S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 11:00 Baseball, A 2:00 Let's Make Applesauce, B 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR 7:00 Poker with Steve, BR | 8:30 Blood Pressure, AR 2 9:00 Exercise, AR 9:30 Social Bridge, BR 10:00 Muffins with Mike, Men's Group, B 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:30 <i>Haunted Gingerbread Houses, AR</i> 3:30 Timely Team Trivia with Linda, A | Think Pink Thursday 3 9:00 Exercise with Legacy 9:45 Tai Chi with Tom, AR 10:30 Resident/AC Meeting, TH 11:00 Volleyball, AR 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR | Wear Red and Pledge, DR 4 9:00 Exercise, AR 10:00 Community Pool Time, P 11:00 Baseball, A 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A | 5 Open House 9:00 Wii Bowling, AR 10:00 NEW Singalongs, A 11:00 Volleyball, AR 2:00 Bingo, AR 3:30 LCR \$ Left, Right, Center, AR |
| 6 9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 3:00 Wii Bowling League, Cheryl, AR  | 9:00 Exercise, AR 7 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Community Pool Time, P 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A  | YOM KIPPUR BEGINS AT SUNSET 8 9:00 Morning S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 11:00 Baseball, A 2:00 Entertainment: Joe Kenny, AR 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR 7:00 Poker with Steve, BR | 8:30 Blood Pressure, AR 9 9:00 Exercise, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 11:00 Barb's Avon, A 2:00 Mah Jong, BR 2:30 <i>Haunted Gingerbread Houses, AR</i> 3:30 Timely Team Trivia with Linda, A | Think Pink Thursday Roaring '20s 10 9:00 Exercise with Legacy 9:45 Tai Chi with Tom, AR 10:30 Resident/Chef Meeting, TH 11:00 Volleyball, AR 2:00 Entertainment: Roaring '20s, AR 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR | 11 Wear Red and Pledge, DR 9:00 Exercise, AR 10:00 Community Pool Time, P 11:00 Baseball, A 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A | 12 9:00 Wii Bowling, AR 10:00 NEW Singalongs, A 11:00 Volleyball, AR 2:00 Bingo, AR 3:30 LCR \$ Left, Right, Center, AR |
| 13 9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 3:00 Wii Bowling League, Cheryl, AR | COLUMBUS DAY 14 9:00 Exercise, AR 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Community Pool Time, P 10:00 Straw Hat Wreathes, AR 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A | 9:00 Morning S-T-R-E-T-C-H, Legacy, AR 15 10:00 Pastor Paul, CH 10:30 Resident/Manager Meeting, AR 11:00 Baseball, A 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR 7:00 Poker with Steve, BR  | 8:30 Blood Pressure, AR 16 9:00 Exercise, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:30 <i>Haunted Gingerbread Houses, AR</i> 3:30 Timely Team Trivia with Linda, A | Think Pink Thursday 17 9:00 Exercise with Legacy 9:45 Tai Chi with Tom, AR 10:00 Linda's Classy Collection, A 11:00 Volleyball, AR 12:00 Celebrate Our Survivors, DR 2:00 Entertainment Matt 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR | 18 Wear Red and Pledge, DR 9:00 Exercise, AR 10:00 Community Pool Time, P 11:00 Baseball, A 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A  | 19 9:00 Wii Bowling, AR 10:00 NEW Singalongs, A 11:00 Volleyball, AR 2:00 Bingo, AR 3:30 LCR \$ Left, Right, Center, AR  |
| 20 9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 3:00 Wii Bowling League, Cheryl, AR | 9:00 Exercise, AR 21 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Community Pool Time, P 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A | A Day at Oktoberfest 22 9:00 Morning S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 11:00 Baseball, A 12:30 Foods From Germany, DR 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 6:00 Oktoberfest Entertainment, DR 7:00 Cypress Springs' Sewing Club, AR 7:00 Poker with Steve, BR  | 8:30 Blood Pressure, AR 23 9:00 Exercise, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:30 <i>Haunted Gingerbread Houses, AR</i> 3:30 Timely Team Trivia with Linda, A | Think Pink Thursday 24 9:00 Exercise with Legacy 9:45 Tai Chi with Tom, AR 11:00 Volleyball, AR 12:30 Alex's Everything \$5, A 2:00 Entertainment: Shelly, AR 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR | 25 Wear Red and Pledge, DR 9:00 Exercise, AR 10:00 Community Pool Time, P 11:00 Baseball, A 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A  | 26 9:00 Wii Bowling, AR 10:00 NEW Singalongs, A 10:30 Barb's Avon, A 11:00 Volleyball, AR 2:00 Bingo, AR 3:30 LCR \$ Left, Right, Center, AR  |
| 27 9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 3:00 Wii Bowling League, Cheryl, AR  | 9:00 Exercise, AR 28 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Community Pool Time, P 10:00 Donuts and Discussion Wound Care, AR 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:00 Bingo, AR 3:00 Horse Races, A | 9:00 Morning S-T-R-E-T-C-H, Legacy, AR 29 10:00 Pastor Paul, CH 11:00 Baseball, A 3:00 Water Works with Linda, P 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR 7:00 Poker with Steve, BR | 8:30 Blood Pressure, AR 30 9:00 Exercise, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, BR 2:30 <i>Haunted Gingerbread Houses, AR</i> 3:30 Timely Team Trivia with Linda, A | HALLOWEEN 31 9:00 Exercise with Legacy 9:45 Tai Chi with Tom, AR 11:00 Volleyball, AR 11:00 Florida Scary Stories, AR 12:00 Halloween Photos, A 2:00 Entertainment: Barry & Boomers, AR 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR  |  | |



Diamonds and Denim

The phrase “denim and diamonds” describes casual and formal wear worn together in an ostentatious way, similar to a costume that celebrates the best of both clothing worlds. Jeans and gemstone jewelry, sequins and upscale pieces combine to give people a comfortable and creative option for dressing up. Fashion shows and galas often use denim and diamonds as a theme, offering an alternative to typical formal wear that can become boring.

Some residents took part in our First Annual Diamonds and Denim Event celebrating National Line Dance Week.



Suzanne, Alice and Marilyn sparkled!



Fungus Friday Happy Hour

Forests in the fall are magical places. Seasonal rain reinvigorates the ecosystem after the hot summer sun has dried much of the land. And with the return of rain comes one of the forest’s most beguiling lifeforms: mushrooms.

Mushrooms are the fruit of fungi, a diverse group of organisms that create extensive underground networks of tiny, nutrient-transporting tubes. Fungi play an important role in recycling nutrients in the forest. They attract our attention as food, medicine, pathogens and simply because they can be so visually striking.

Biologists are exploring ways that fungi can help with everything from restoring degraded environments to increasing our understanding of climate change. These organisms seem to provide a lot of benefits to humans and the natural world.

Friday, September 6th, we celebrated Fungus Friday with a Happy Hour. Residents enjoyed stuffed mushrooms and frozen drinks. It was fun to gather around the large tables to converse with friends.



Cheers, John!





Meet Joey, Therapy Dog In Training

It doesn't take a scientist to know that pets make humans feel good; anyone who's ever stroked a dog's fur or felt a cat's thrumming purr knows this. Science can, however, tell us how and why pets can be therapeutic. Just 15 minutes bonding with an animal sets off a chemical chain reaction in the brain, lowering levels of the fight-or-flight hormone cortisol and increasing production of the feel-good hormone serotonin. The result: heart rate, blood pressure and stress levels immediately drop. Over the long term, pet and human interactions can lower cholesterol levels, fight depression and may even help protect against heart disease and stroke. This is why pets for the elderly can be so beneficial. An animal in the life of a senior can give them new meaning and improve their well-being.

Therapy dogs tend to be very friendly, affectionate, gentle, and confident in all situations. They tend to really enjoy human contact and enjoy being handled and petted, sometimes in clumsy manner. The primary role of a therapy dog is to make physical contact with people and really enjoy their company.

Meet Joey, our on-site Therapy Dog In Training. He is a Maltipoo born on May 23rd of this year. Both Poodles and Maltese dogs are known for their engaging and charming personalities, with the Poodle getting high marks for smarts and the Maltese for affection. A Maltipoo is well-known as a sweet and loving companion animal.



Linda with Joey at nine weeks



Lois with Joey at 13 weeks

Walker Maintenance

Owning a walker is a little bit like owning a car: skip maintenance, and it could lead to unsafe conditions.

Like any mechanical device, with use, walkers may need adjustment of broken or bent parts. If the device isn't working properly, it may take extra energy to get around. A poorly adjusted walker can affect body alignment and result in pain. Even more concern is the risk of falls and injury if the height adjuster on a walker slips.

Scott from Bailey's Medical Equipment held a walker tune-up for any resident wanting to have their walker looked at and adjusted. This is a free service and he will come out every quarter.



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9085 Town Center Parkway
Bradenton, FL 34202



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

941-366-6870

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