

# Southern Pines

## GRACIOUS RETIREMENT LIVING

205 SE Service Road • Southern Pines, NC 28387 • Phone (910) 692-3367 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### OCTOBER 2019

#### SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD  
Assistant Managers .....STEVE & PENNY KANE  
Executive Chef.....ALEXANDER MIKOS  
Activity Coordinator .....GINA WARREN  
Maintenance .....ALEX HEALY  
Bus Driver .....MICHAEL MENTION

#### TRANSPORTATION

**Monday, 9 a.m.-1 p.m.:** Shopping

**Tuesday, 9 a.m.-1 p.m.:**  
Professional Appointments

**Wednesday, 9 a.m.-1 p.m.:** Shopping

**Thursday, 9 a.m.-1 p.m.:**  
Professional Appointments

### Events in October

We will have a fun and busy month!

Our Health Fair will be in the Activity Center on Thursday, October 10th, from 9 a.m. to 2 p.m.

We will be heading to the Old Tavern in Winston-Salem on Friday, October 4th, for lunch. We hope you will join us.

Our Chili Cook-Off will be Friday, October 11th. Interested in taste-testing? Look for the sign-up sheet in the Activity Center.

Our Halloween Party will include a Costume Contest at 4 p.m. on Halloween, October 31st. Please join us for treats and fun!

We will “Pink Out” cancer on Friday, October 25th, with a Scavenger Hunt, games and prizes. Look for more details in your mailbox. Don’t forget to wear pink!

October is the perfect month to be in the Kitchen. Please join Gina and Chef in the Activity Center to help make pies and apple cider.

Last, but not least, we will be going to the Big ‘M’ Casino Boat in Little River, South Carolina, on Monday, October 28th. Let’s set sail!

A sign-up sheet will be available for all outings in the Activity Center. Look for more detailed information in your “mailbox” in the AC.

We look forward to serving you and having a wonderful month.

**HAWTHORN**  
SENIOR LIVING

### New Activity Coordinator

We welcome our new Activity Coordinator, Gina Warren. Gina has experience as an Activity Coordinator and feels it is her calling. She is a military “brat,” has three children, and has lived in North Carolina for over ten years, but calls Texas home. Gina enjoys crafts (especially card-making), singing and dancing. We are excited to have her on our team and look forward to all the fun we will have. Be sure to introduce yourself to her.



## Purple Power

The color purple is a sure sign that a food is rich in antioxidants, particularly anthocyanins. These have been linked to health benefits such as reduced inflammation, lower blood pressure and better memory function. Here are some popular purple vegetables to add to your plate.

**Eggplant** — The star ingredient in eggplant Parmesan, ratatouille and baba ghanoush, this veggie is a good source of fiber, manganese and several B vitamins. Its glossy purple skin provides the most nutrients.

**Cabbage** — Purple cabbage, also called red cabbage, provides dishes with crunch and packs a powerful nutritional punch. The cruciferous pick contains more than 30 different anthocyanins, plus high levels of vitamins A, C and K.

**Cauliflower** — Purple cauliflower is said to have a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant amounts of fiber, folate, and vitamins B-6, C and K.

Purple varieties of carrots, potatoes, asparagus, artichokes and kale, as well as red onions, are other vegetable sources of anthocyanins.



## Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

**Put on some pink** — The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

**Walk for a cure** — Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

**Go shopping** — Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

**Give back** — If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.







## Dandy Candy Facts

Whether chocolaty, chewy or crunchy, candy is a favorite treat. Indulge in these tidbits about some popular sweets.

- About 65% of American candy brands have been around for over 50 years.
- Candy corn was originally called “chicken feed,” since it resembled the corn kernels fed to livestock.
- The Snickers bar was named after a racehorse that once belonged to the Mars family, whose company makes the candy bars.
- More than 60 million Tootsie Rolls are produced every day.
- M&M’s are one of the most popular sweets requested by NASA astronauts.
- Milky Way candy bars are named for a popular 1920s malted milkshake, not for our home galaxy.
- When the 3 Musketeers bar debuted in 1932, it came in three pieces of flavored nougat — chocolate, vanilla and strawberry. Vanilla and strawberry were phased out due to World War II rationing.
- Pez candies got their name from the German word for peppermint, pfefferminz.”



## Happy Halloween Trivia!

Test your knowledge of all things spooky with this fun Halloween trivia! The answers can be found on the back page, along with a bit of history. Enjoy!

1. The first Jack O’ Lanterns were made out of what?
  - A. Watermelon
  - B. Turnips
  - C. Pumpkins
2. Halloween is generally thought to have evolved from what ancient festival?
  - A. Lammas
  - B. Beltane
  - C. Samhain
3. According to legend, a unibrow, tattoos and a long middle finger are all signs of which Halloween creature?
  - A. Witch
  - B. Werewolf
  - C. Vampire
4. In what century did the tradition of trick or treating begin?
  - A. 16th
  - B. 18th
  - C. 20th
5. From base to point, which is the order of colors on a piece of candy corn?
  - A. Orange, white, yellow
  - B. Yellow, orange, white
  - C. White, orange, yellow
6. What Halloween radio drama caused a mass panic on October 30th, 1938?
  - A. Dracula
  - B. War of the Worlds
  - C. The Tell-Tale Heart
7. Which classic horror film was not made by Alfred Hitchcock?
  - A. Rear Window
  - B. The Birds
  - C. The Shining
8. In “It’s the Great Pumpkin, Charlie Brown,” who does Linus mistake for the Great Pumpkin?
  - A. Snoopy
  - B. Pig Pen
  - C. Charlie Brown
9. True or False: The Muppet vampire Count von Count from Sesame Street is based on an actual vampire myth.
  - A. True
  - B. False
10. What was the first individually-wrapped penny candy?
  - A. Smarties
  - B. Tootsie Rolls
  - C. Laffy Taffy



OCTOBER

2019

Birthdays

Dale Perry, 3rd

John Ferguson, 5th

Patricia Stewart, 7th

Joyce Stutts, 9th

Louise Sushereba, 14th

Shirley Perrine, 14th

Eli Jaksic, 16th

Jan Buchanan, 25th

Ann Collie, 26th

Lee Smith, 26th

Maria Abril, 29th

Lois Wheeler, 29th

Anniversary

Gaither and Ann Edwards, 10/17/1982

Locations

Activities Center, First Floor, AC

Atrium, A

Billiards, Second Floor, BL

Chapel, Third Floor, CH

Computer Room, Second Floor, CR

Dining Room, DR

Fitness Center, Third Floor, FC

Library, Second Floor, LIB

Lobby, L

Television/Cards, Second Floor, TV

Theater, Third Floor, TH

Beauty Shop

(910) 603-1784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
		8:45 Beltone Hearing Aid Checks, A 9:15 Handbells with Amanda, AC 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 3:00 Craft Time, AC	1 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 11:30 Residents' Meeting with Managers & Chef, AC 2:00 Bible Study with David, CH 2:00 Billiards Time, BL 7:00 Lucky Bucks Bingo, AC	2 9:30 Yoga Stretch, AC 10:45 Bible Study with Rev. Sue, CH 11:00 Singalong with Jeanne, DR 3:00 Bingo with Boles, AC	3 	4 10:00 Old Tavern in Salem, L 10:15 Tai Chi with Lee, AC 7:00 Movie Night, TH	5 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC			
	6 11:00 Church Service at Gracious Living, TH 12:00 Fun Facts, DR 7:00 Movie Night, TH	7 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL		8 YOM KIPPUR BEGINS AT SUNSET 9:15 Handbells with Amanda, AC 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR	9 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Bible Study with David, CH 2:00 Billiards Time, BL 3:00 Spelling Bee, AC 7:00 Lucky Bucks Bingo, AC		10 9:00 Health Fair, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Lucky Bucks Bingo, AC	11 10:15 Tai Chi with Lee, AC 4:00 Chili Cook-Off, AC 7:00 Movie Night, TH	12 10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC	
	13 11:00 Church Service at Gracious Living, TH 12:00 Trivia, DR 7:00 Movie Night, TH	14 COLUMBUS DAY 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 4:00 Chef's Corner, AC 7:00 Bunco with Lisa, LIB		15 9:15 Handbells with Amanda, AC 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR 3:00 Craft Time, AC	16 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Bible Study with David, CH 2:00 Billiards Time, BL 2:30 Asmus Family Singers, A 7:00 Lucky Bucks Bingo, AC		17 9:30 Yoga Stretch, AC 10:30 In the Kitchen: Pies, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Bingo with Ellen, AC		18 9:00 State Fair, L 10:15 Tai Chi with Lee, AC 7:00 Movie Night, TH	19 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC
	20 12:00 Trivia, DR 3:45 Church Service, CH 7:00 Movie Night, TH	21 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 3:00 Singalong with Marc, A 4:00 Chef's Corner, AC	22 9:15 Handbells with Amanda, AC 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR	23 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Bible Study with David, CH 2:00 Billiards Time, BL 3:00 Test Your Memory, AC 7:00 Lucky Bucks Bingo, AC	24 9:30 Yoga Stretch, AC 10:15 Coffee Talk, AC 10:30 In the Kitchen: Apple Cider, AC 10:45 Bible Study with Rev. Sue, CH 3:00 Games, AC	25 10:00 Shopping Trip, L 10:15 Tai Chi with Lee, AC 12:00 Ticklin' The Ivories with Eileen, DR 1:30 Pink Out: Cancer Awareness, L 7:00 Movie Night, TH		26 10:00 Go Chicken Fat Go! Exercise with Mary, AC 10:30 Chair Volleyball, A 2:00 Poker, BL 7:00 \$2 Bingo, AC		
27 11:00 Church Service at Gracious Living, TH 12:00 Mind Games, DR 7:00 Movie Night, TH	28 8:30 Big 'M' Casino Boat, L 9:30 Strength Exercise with Legacy, AC 11:15 Blood Pressure Cks. w/Affordable Care, AC 2:00 Billiards Time, BL 4:00 Chef's Corner, AC	29 10:00 Moving to the Music, AC 11:15 Tai Chi with Lee, AC 12:15 Tuesday Trivia, DR		30 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 11:00 Halloween with Amanda, AC 2:00 Bible Study with David, CH 2:00 Billiards Time, BL 7:00 Lucky Bucks Bingo, AC	31 HALLOWEEN 9:30 Yoga Stretch, AC 10:45 Bible Study with Rev. Sue, CH 4:00 Halloween Party/Costume Contest, AC					





## Welcome Home!

A big welcome to our newest residents: Shelia Godwin, Nora Holstine, Maria Abril, Erma Cassar and Carl and Cathy Kuhlmeier.



*Carl and Cathy Kuhlmeier*



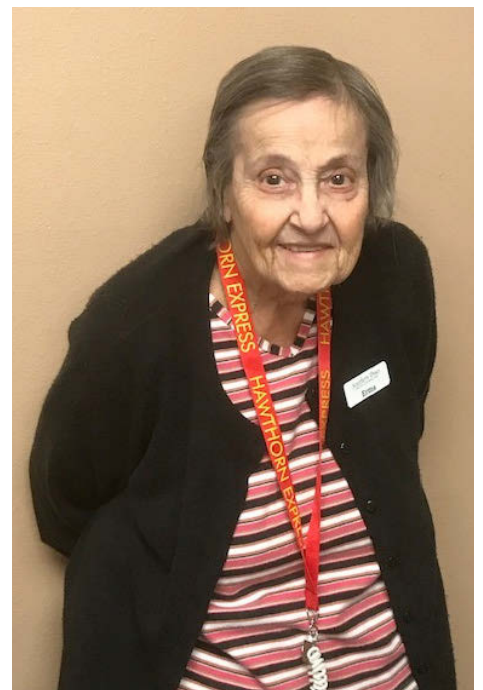
*Shelia Godwin*



*Nora Holstine*



*Maria Abril*



*Erma Cassar*



## The Asmus Family Singers

Amanda and Matthew Asmus are the parents of seven children: Meishe (16 years old), Ellie (14 years old), Wendy (12 years old), Hudson (10 years old), William (9 years old), Dantvel (5 years old), and Logan (2 years old). All the children play various instruments and enjoy singing. As a family, they enjoy sharing their talents with others and bringing joy to their audience. Jeanne Dennis will be accompanying them on the piano for a familiar tune. This is sure to be a delight!

## Changes on Calendar

You may notice a few changes on the Calendar this month. Based on a survey, we are offering you the requested activities.

We are currently looking for someone to lead the Sunday 3:45 p.m. service. We appreciate your patience during this time of transition. Our goal is to provide the activities you desire. We hope you enjoy the entertainment and activities provided this month!

## Happy Halloween Trivia Answers!

1. **B. Turnips:** The first Jack O' Lanterns were made in Ireland out of hollowed-out turnips. A piece of coal was inserted into the hollow and the "lantern" was meant to guide the way of poor old Jack, a soul trapped in limbo. When the Irish brought this tradition to America, they apparently decided that pumpkins were easier to carve than turnips, and the modern-day Jack O' Lantern was born!
2. **C. Samhain:** It is generally accepted that Halloween dates back to an ancient Celtic festival known as Samhain, or the Celtic New Year. It was believed that the spirits of everyone who had died during the year would return on the eve of Samhain. The Celts would dress in ghoulish costumes and hold noisy revels in an attempt to frighten away these spirits.
3. **B. Werewolf:** According to legend, a unibrow, tattoos, hairy palms, and a long middle finger are all signs of a werewolf. Other common traits include unusual strength, an irrational fear of water, and glow-in-the-dark red eyes!
4. **C. 20th century:** In North America, trick or treating began to develop as a Halloween tradition during the 1920s, but the European tradition of going house-to-house collecting food at Halloween goes back at least as far as the 16th century.
5. **B. Yellow, Orange, White:** Yellow, orange, white is the progression of standard candy corn.
6. **B. War of the Worlds:** The War of the Worlds was a Halloween episode of The Mercury Theater on the Air. Directed and narrated by Orson Welles, the episode became famous for allegedly causing mass hysteria, although the scale of the panic is disputed, as the program had relatively few listeners.
7. **C. The Shining:** The Shining was actually produced and directed by Stanley Kubrick.
8. **A. Snoopy:** When Linus sees a shadowy figure rising from the moonlit patch, he assumes the Great Pumpkin has arrived, and faints. When Sally sees that it is only Snoopy, she yells at Linus for making her miss out on the Halloween festivities.
9. **A. True:** One way to supposedly deter a vampire is to throw seeds (usually mustard) outside a door or place fishing net outside a window. Vampires are compelled to count the seeds or the holes in the net, delaying them until the sun comes up.
10. **B. Tootsie Rolls:** Invented by Leo Hirschfield in 1907, Tootsie Rolls were the first penny candy to be sold individually wrapped.



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205 SE Service Road  
Southern Pines, NC 28387



# *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.

**910-692-3367**

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