

Salishan

GRACIOUS RETIREMENT LIVING

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

NOVEMBER 2019

SALISHAN STAFF

Management Team JIM GREER &
CHERYL LACANTO

Management Team THOMAS & JENNIFER
STEARNES

Executive Chef GARY NILES

Activity Coordinator ALAINA LYSETH

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

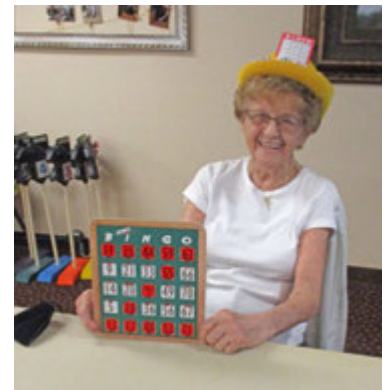
B-I-N-G-O!

The following information is from mentalfloss.com. The game we call “Bingo” actually started out as “Beano.” The history of the game dates back to the mid-1500s.

Flash forward to early 1900s America, and “Beano” was all the rage at local carnivals. Players covered their squares with beans, prompting the winner to shout “Beano!” Legend has it that in 1929, struggling toymaker Edwin S. Lowe observed a spirited round of Beano in New York and was inspired to create his own version. Acting as caller, he invited a group of friends to play using his version of the numbered cards. One player got increasingly agitated as his card neared completion, and when his final number was called, he called out “Bingo!” in excited confusion, and the name stuck.

Although that may be true, the term “Bingo” had been used for a similar game in the United Kingdom for years and likely lent its name to the American version. Either way, the game took off and helped save Lowe’s toy company.

For our residents who have had to give up enjoying Bingo because of vision problems, Alaina has several extra large cards for your use.



Chris P. is happy she won the Big Z game. Bingo is very popular here and is played several times a week.



Veteran Recognized

Would you believe our Salishan is home to 21 American veterans? George Harmon volunteered in 1943, at the age of 18 and right after graduating high school in New Jersey. After completing Army basic training, he became an artilleryman and was sent overseas to France. Harmon was in charge of a 150 mm Howitzer, a medium sized cannon that is towed behind a truck and organized in groups called batteries. These mobile units provide artillery support for the infantry.

One of the moments of which he is proudest was his participation in a battle that freed a concentration camp in Germany. "Those prisoners were so weak, they couldn't even walk up a slight incline. They had to crawl. They were literally skin on bones," commented former PFC Harmon.

After being honorably discharged in 1946, he returned to New Jersey and attended mortuary school for one year. He successfully passed the state test and enjoyed a 40-year career as a funeral director.

Salishan salutes George Harmon and all our other veterans. We are grateful for your service!



Just a Reminder

Work has begun on our entry for the 2019 Annual Hawthorn Communities Gingerbread House Contest. Chef Gary and Alaina have decided on a Florida themed village complete with palm trees and a RV park. Disposable aprons will be available to anyone interested in assisting with our entry.



Tai Chi Is a Funny Word



From the Mayo Clinic:

Tai Chi is an ancient Chinese martial art form focused on gentle movements. Along with preventing falls in seniors, it's also been shown to promote balance, control and flexibility — allowing older adults to enjoy movement who many not otherwise get exercise.

Exercise is important for everyday health, but one exercise in particular helps prevent falls and broken bones in seniors, according to recently published research. Dr. Robert Wermers, a Mayo Clinic endocrinologist, says Tai Chi is a low-impact balance exercise that can reduce falls and prevent life-impairing bone fractures in seniors. You break a lot of bones by just falling," he says. "And so, anything you can do to help with balance can help, as well."

Dr. Wermers says any type of nonimpact balance exercises two or three times a week is beneficial.

"Only one though has actually been shown to prevent falls and it's Tai Chi," he says.

Salishan offers a once weekly class in this preventative pursuit. Our instructor is Lee Trautweiller, an 85-year-old retired businessman. His wife talked him into taking lessons at the age of 78 from an 89-year-old teacher! After two years of training, he became an Instructor in our local area. "Lee T, " as he refers to himself, claims the practice of Tai Chi helps to defy aging. Sounds like a good enough reason to me to give it a try! Meet us in the Activity Room, every Friday, at 10 a.m. and see what it can do for you.



Homecoming Week

Most everyone has memories of a homecoming event in their lives — either from high school or college. Let's relive some of those days as we host our very own event here at Salishan.

Homecoming is an annual tradition in the United States. The event has its origin in alumni football games held at colleges and universities since the 19th century. It is built around a central event, such as a banquet or dance and, most often, a game of American football. When celebrated by schools, the activities vary widely. However, they usually consist of a football game played on a school's home football field, activities for students and alumni, a parade featuring the school's choir, marching band, and sports teams, and the coronation of a homecoming Queen (and at many schools, a homecoming King). A dance commonly follows the game or the day following the game. When attached to a football game, homecoming traditionally occurs on the team's return from the longest road trip of the season. The game itself, whether it be football or another sport, will typically feature the home team playing a considerably weaker opponent, ensuring an easy victory and plenty of reason to celebrate.

Maybe some of us were asked to the big dance by our sweetheart, scored the winning touchdown during the football game, or perhaps were crowned King or Queen for that special week.

Here at Salishan, we'll be celebrating homecoming week starting Monday, November 4 through Saturday, November 9. Here are some of the special events being planned for our own celebration. Prizes will be awarded each day to those with the most spirit in each category.

- **Monday:** Wacky Socks Day — Wear the craziest pair of socks you own.
- **Tuesday:** Crazy Hat Day — Have you got a wacky hat hanging in your closet? Wear it today. We will also be playing the Cornhole game at 2 p.m., in the Backyard and Tea at Three will be served in the Lanai.
- **Wednesday:** Whiteout/Blackout — Adorn yourself with an all white or all black ensemble
- **Thursday:** Alumni Day — Wear the colors from your high school or college days. We will have live music and a dance at 3 p.m. A Queen and King will be crowned!
- **Friday:** Old Picture Day — Still hanging on to your senior photo or college graduation photo? Drop them off to Alaina earlier in the week. She will copy and display them. See how many of your neighbors you can identify.
- **Saturday:** We cap off the week on Saturday with an Open House and Tailgate Party, from 11:30 a.m. to 2:30 p.m. All your favorite fun food and munchies will be served and football will be playing on the TVs in the Activity Room and the TV Room. An added treat includes a lunchtime concert by a local Girl Scout Troop.

Get ready to show your Salishan spirit!

Welcome!

Welcome to our new Assistant Managers, Jennifer and Thomas Stearns. They are both from the Philadelphia, Pennsylvania area and brand new to the Hawthorne Community. Before coming to Hawthorne, they were missionary pastors and served abroad in places like Africa and Asia. Jennifer and Thomas are the proud parents of three adult children and are expecting their first grandchild in March.



NOVEMBER
2019

Birthdays

Gloria Saillant, 3rd
Reg Williams, 7th
George Harmon, 15th
Gary, 19th (Employee)
Fanny, 23rd (Employee)
Jean Kienzlen, 24th
Donna Smith, 25th

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Card Room, CR
Lanai, LN
Library, LI
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

“May your
thoughts turn
to gratitude this
holiday season
and carry on
throughout the
next year.”

—James A.
Murphy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 Cardio Drumming ¹ 10:00 Rummikub, CR 10:00 Tai Chi with Lee, AR 12:00 Coney Island Hot Dog Lunch 2:00 Nickel Bingo, AR 4:00 Pool Activities, PL 7:00 Card Club, AR 7:00 Evening Movie, TH	² 9:00 Silver Sneakers 10:00 Rummikub, CR 2:00 Catholic Service, WR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH
DAYLIGHT SAVING TIME ENDS ³ 10:00 Rummikub, CR 10:00 Wii Bowling, AR 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH 	Homecoming Week Starts ⁴ <i>Wacky Sox Day!</i> 9:30 Cardio Drumming 10:00 Singalong with Dave, LB 10:00 Piano Music & Singalong with Dave, LB 10:00 Rummikub, CR 2:00 Nickel Bingo, AR 3:00 <i>Terlep Chiropactic Seminar: Live to Be 100!, TV</i> 4:00 Pool Activity, PL 6:45 Mexican Train, AR 7:00 Evening Movie, TH	ELECTION DAY ⁵ <i>Crazy Hat Day!</i> 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Beanbag Baseball, AT 2:00 Play Cornhole in the Backyard! 3:00 Tea at Three 7:00 Evening Movie, TH	<i>Whiteout/Blackout</i> ⁶ 8:45 Blood Pressure Checks with Mederi, AR 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Hard Rock Casino 4:00 Nickel Bingo, AR 6:45 Mexican Train, AR 7:00 Evening Movie, TH	<i>Alumni Day</i> ⁷ 9:00 Silver Sneakers, AR 9:00 Play “Wheel of Fortune!,” AR 9:30 Health Fair Sponsored by Mederi/Caretenders 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Horse Racing, AT 11:15 Chef/Resident Meeting, AR 2:00 Pokeno, AR 2:00 Worship Service, WR 3:00 Live Music with Charles Burnim, AT 7:00 Evening Movie, TH 	<i>Graduation Picture Day</i> ⁸ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Tai Chi with Lee, AR 2:00 Nickel Bingo, AR 4:00 Pool Activities, PL 7:00 Card Club, AR 7:00 Evening Movie, TH 7:00 “Gone with the Wind” First Half	⁹ 9:00 Silver Sneakers 10:00 Rummikub, CR 1:20 Suncoast Harmony Chorus Concert, AR 2:00 Catholic Service, WR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH 7:00 “Gone with the Wind” Second Half
¹⁰ 10:00 Rummikub, CR 10:00 Wii Bowling, AR 3:00 St. Andrew Episcopal Church, WR 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	VETERANS DAY ¹¹ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Singalong with Dave, LB 11:30 Veterans Day Program 2:00 Nickel Bingo, AR 4:00 Pool Activity, PL 6:45 Mexican Train, AR 7:00 Evening Movie, TH	¹² 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Beanbag Baseball, AT 11:15 Manager/Resident Meeting, AR 2:00 Pokeno, AR 7:00 Evening Movie, TH	Boyett’s Grove and Citrus Attraction ¹³ 8:45 Blood Pressure Checks with Mederi, AR 9:30 Cardio Drumming 10:00 Rummikub, CR 4:00 Nickel Bingo, AR 6:45 Mexican Train, AR 7:00 Evening Movie, TH	¹⁴ 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Horse Racing, AT 11:30 Bible Lessons, WR 2:00 Pokeno, AR 2:00 Worship Service, WR 3:15 <i>History of Nelly Bly</i> , AR 7:00 Evening Movie, TH	¹⁵ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Tai Chi with Lee, AR 2:00 Nickel Bingo, AR 4:00 Worship with Minister Leonard, AT 4:00 Pool Activities, PL 7:00 Card Club, AR 7:00 Evening Movie, TH 	¹⁶ 9:00 Silver Sneakers 10:00 Rummikub, CR 10:00 Junior ROTC Drill Demonstration 11:00 Paparazzi Jewelry, AT 2:00 Catholic Service, WR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH
¹⁷ 10:00 Rummikub, CR 10:00 Wii Bowling, AR 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	¹⁸ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Piano Music & Singalong with Dave, LB 10:00 Singalong with Dave, LB 10:30 Avon Cosmetics Show, AT 2:00 Nickel Bingo, AR 3:00 Elder Law Seminar, TV 4:00 Pool Activity, PL 6:45 Mexican Train, AR 7:00 Evening Movie, TH	¹⁹ 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Beanbag Baseball, AT 11:30 <i>Times We Treasure</i> , AR 2:00 Pokeno, AR 3:00 Tea at 3 Natl. Princess Day/Royal Anniversary, AR 7:00 Evening Movie, TH 	Lunch and Shopping at Roberts Christmas Wonderland ²⁰ 8:45 Blood Pressure Checks with Mederi, AR 9:00 On-site Dermatology Appointments 9:30 Cardio Drumming 10:00 Rummikub, CR 4:00 Nickel Bingo, AR 6:45 Mexican Train, AR 7:00 Evening Movie, TH	²¹ 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Horse Racing, AT 2:00 Pokeno, AR 2:00 Worship Service, WR 3:00 Live with Louie!, AT 7:00 Evening Movie, TH	²² 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Tai Chi with Lee, AR 2:00 Nickel Bingo, AR 3:15 <i>National Vegan Day</i> , AR 4:00 Pool Activities, PL 7:00 Card Club, AR 7:00 Evening Movie, TH	²³ 9:00 Silver Sneakers 10:00 Rummikub, CR 2:00 Catholic Service, WR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH 
²⁴ 10:00 Rummikub, CR 10:00 Wii Bowling, AR 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH 	²⁵ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Singalong with Dave, LB 2:00 Nickel Bingo, AR 4:00 Pool Activity, PL 6:45 Mexican Train, AR 7:00 Evening Movie, TH 	²⁶ 9:00 Silver Sneakers, AR 10:00 Rummikub, CR 10:00 Beach Ball Exercise, AT 10:30 Beanbag Baseball, AT 11:30 <i>Play “The Price Is Right!,” AR</i> 2:00 Pokeno, AR 7:00 Evening Movie, TH	²⁷ 8:45 Blood Pressure Checks with Mederi, AR 9:15 Outlet Mall Shopping and Lunch with Steve & Debi 9:30 Cardio Drumming 10:00 Rummikub, CR 4:00 Nickel Bingo, AR 6:45 Mexican Train, AR 7:00 Evening Movie, TH	THANKSGIVING DAY ²⁸ Happy Thanksgiving Everybody!	²⁹ 9:30 Cardio Drumming 10:00 Rummikub, CR 10:00 Tai Chi with Lee, AR 2:00 Nickel Bingo, AR 4:00 Pool Activities, PL 7:00 Card Club, AR 7:00 Evening Movie, TH	³⁰ 9:00 Silver Sneakers 10:00 Rummikub, CR 2:00 Catholic Service, WR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH



Photo Gallery



Judges Nancy and Howard admire Drexel.



Even Pedro wanted to compete!



Lauren, Vicki, and Arianna bake some goodies for the contestants.



Residents relax in the Lanai and enjoy the pooches and punch.



Bozo and his proud mistress, Lois



A beautiful day in Clearwater and a fun time cruising aboard the Calypso Queen



Roger's boy, Benjamin, wins Best in Show at the First Annual Salishan Dog Show.



Guests and residents alike all feasted at our Open House Italian Fest.

Discarded Opportunities

Did you know we have a collection box in the Activity Room for your outdated eyeglasses? Lions Club International collects eyeglasses that are no longer being used, cleans them up, sorts them by size and prescription, and then makes them available to charitable organizations and missions working in economically disadvantaged areas all over the world.

The results have been incredible. People who were unable to work could now help to support their families. Children who had difficulty in school were now encouraged to continue their education. Just to be able to read a newspaper or a letter from a loved one — these are the kinds of things that mean so much. And yet, there are countless pairs of glasses sitting, unused, in drawers or simply thrown away ... and these are all lost opportunities. Discarded glasses are discarded opportunities. Recently, the spectacles collected at Salishan were donated, and thanks to the generosity of our residents, 21 needy people now have the gift of better eyesight.

A Symbol of Bounty

A festive and familiar sight at Thanksgiving, cornucopias overflow with fall fruits, gourds and flowers.

This symbol of abundance is often associated with the first Thanksgiving in 1621, but there is no record of cornucopias at the feast. The decoration actually has roots in ancient Greek legends, and was originally a goat's horn filled with fruits and grains and placed at the center of a lavish spread of food. The name cornucopia comes from the Latin words cornu, meaning "horn," and copia, meaning "plenty," which is why it's also called a horn of plenty.

Cornucopias were depicted in European art as symbols of wealth and a bountiful harvest. Over time, actual horns were replaced with woven horn-shaped baskets, which became prominent at fall festivals as well as in homes as the classic centerpiece for a Thanksgiving table.

A modern horn of plenty is typically made of wicker but can also be metal, stone, wood or ceramic.



191 Astaire Lane
Spring Hill, Florida 34609



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.

352-263-2300

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