

# Cypress Springs

## Gracious Retirement Living

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

## FEBRUARY 2020

### 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 ..... JAMES FRAZIER  
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

## And The Oscar Goes to ...

To make our "Red Carpet" New Year's Eve theme even better, Oscars were awarded to our Volunteers of the Year.

One of my favorite quotes is, "To the world you may be one person, but to one person you may be the world." I want to personally thank each and every Volunteer at Cypress Springs, and especially to the Volunteer of the Year recipients. I could not do my job without you! I appreciate and love you!

You give of yourself and bring with you your life experiences, skills, abilities, compassion, intellect and humor and ask for nothing in return, yet you receive friendship, appreciation and satisfaction. You volunteer for many different reasons, but for whatever reason, you volunteer. You do not ask for accolades. You give your time generously without any expectation of reward.

Please know that we, the Management Team, genuinely appreciate and value your commitment of time to volunteering at Cypress Springs and for this, we thank you.

- Jim Beresford, Activity Volunteer of the Year
- Betty Jones, Activity Volunteer of the Year
- Ann Koehler, Employee Pick, Volunteer of the Year
- Rosie Breitweiser, Community Volunteer of the Year
- Don Castracani, Community Volunteer of the Year



*Jim, Betty, Ann, Rosie and Don*



*Linda, Oscar and Jim*





## Resident Spotlight

This month's resident spotlight is on Bobbie (Roberta) Taylor, who moved to Cypress Springs in July of 2016 from Port Richey, Florida. She was born at home in April of 1927 in Seattle, Washington, the youngest of three girls. Like many who were impacted by the loss of jobs during the Depression, in 1934, her father obtained employment with the Government Printing Office in Washington, D.C., and moved east. The next year, the family joined him. In her senior year of high school, she joined the Civil Air Patrol Cadets, and took flying lessons, which were free. After graduation, she worked as a stenographer, moving up to legal secretary and then Executive Secretary at a hospital in Bethesda, Maryland. During the war, she sang with the USO, and was booked with bands in the Washington, D.C. area, in addition to her day job. In May of 1946, she married and had three children. After 24 years of marriage, they were divorced. Not having had the opportunity to go to college after high school, she started college classes after work in 1967, and continued after moving to Florida in 1985. She remarried an Army Veteran in 1984, and was married 23 more years. They enjoyed dancing, and they sang in local shows in Pasco County. He passed away in 2005 from Alzheimer's. Bobbie has had many interests, which included singing in bands and choirs most of her adult life, couturier sewing, painting, writing and public speaking; but foremost is dancing, which she has done since the age of four. As macular degeneration lessened her ability to see well enough to drive, to see fine lines to do portraits or definitive work, or to see a straight line to sew with a machine, she still looks at the positive side. Her attitude is if you cannot do things the way you used to do them, adapt to a new way. She paints more loosely, sews by hand by feeling her way, and participates in our activities with different costumes whenever possible. Her motto is to show kindness to others and approach each day with positive thoughts and thankfulness.



## Do You Know a Eula?

Eula as a girl's name is related to the Greek name "Eulalia" and the Scandinavian, Celtic and Hawaiian name "Ula." The meaning of Eula is "well-spoken." Currently, neither name is given to more than a handful of girls each year. Eula reached its apex rank of No. 126 in the U.S. in the 1900s, but is not found on the list currently.

I had never met a Eula, ever! I was blessed to meet a second Eula when she stayed with us for the winter two years ago. Well, she is back! I am so excited to write this article about my favorite Eulas!

Eula Russell is 87 years young and originally from Beckley, West Virginia. Eula was married to a Navy Veteran for 62 years. She has two children, one grandchild and one great-grandchild.

Eula Midyett is 94 years young and is originally from Hale, Missouri. Eula was married to an Air Force Veteran also for 62 years. She has four children, six grandchildren and ten great-grandchildren.

Both Eulas are very sweet, kind, and they both like to play the horses!



*Eula Russell and Eula Midyett*



## Red Carpet-Themed New Year's Eve Party

Red Carpet was the theme this year for New Year's Eve. Many residents dressed to the nines for the evening. A special meal was prepared by Chef Sean, and entertainment from Leslie DaCosta, Jr. was the best.



*Jerry and Katherine*



*Frances and Joe Beard*



*Veronica and George*

## National Wear Red Day

Celebrated annually on the first Friday of February in the U.S. (February 7, 2020), National Wear Red Day is a holiday in which men and women wear the color red to raise awareness about the number one health problem that affects American women — heart disease.

It's also a day in which women are encouraged to find out their five most important health numbers:

- Total Cholesterol
- HDL Cholesterol
- Blood Sugar
- Blood Pressure
- BMI (Body Mass Index)

By knowing these numbers, women can find out their risks for developing heart disease and take measures to prevent it.

Let's all wear red and meet in the Atrium at 12 noon on February 7th for a photo.

## Elvis Presley's Birthday

January 8th was Elvis Presley's birthday. We celebrated the day by offering peanut butter, banana and bacon sandwiches, as well as some great entertainment featuring most of Elvis Presley's hit records, sung by Diamond Jim Baker.





FEBRUARY  
2020

Birthdays

Mike DeMaio, 2nd  
Beverly Pillot, 4th  
Louise Altman, 6th  
Craig Ames, 8th  
Jerome Barner, 10th  
Alice Schultz, 13th  
Russ Fulton, 15th  
Don Blais, 18th  
Rose Franco, 18th  
Dolores Woodward, 18th  
Eunice Hudson, 23rd  
Donald Oest, 25th  
Marly Robinson, 28th

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.

“Cheerfulness  
is the best  
promoter of  
health and is  
as friendly to  
the mind as to  
the body.”  
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 10:00 Ping Pong Open Play, AR 3:00 Wii Bowling, AR 5:30 Super Bowl Tailgate Party, DR <b>6:00 Super Bowl Sunday, TH</b> </div> <div>2</div>	<div>9:15 Exercise with Linda, AR 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Ping Pong Open Play, AR 11:00 Volleyball, AR 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A</div> <div>3</div>	<div>9:15 S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 10:00 Belly Dancing, TH 11:00 Baseball, A <b>2:00 Pain Management Discussion, AR</b> 4:00 LCR Dice Game, AR <b>7:00 Poker with Steve, BR</b>  7:00 Cypress Springs' Sewing Club, AR</div> <div>4</div>	<div>8:30 Blood Pressure, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 11:00 Big Cat Habitat 2:00 Mah Jong, LI <b>3:00 Trivia with Linda, AR</b></div> <div>5</div>	<div>9:15 Exercise with Legacy 10:30 Resident/AC Meeting, TH 11:00 Volleyball, AR <b>11:00 Diane's Fun and Fancy Boutique, A</b> <b>2:00 Entertainment Bobby Mitchell, AR</b> 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR </div> <div>6</div>	<div><b>National Wear Red Day</b> 9:15 Exercise with Linda, AR 10:00 Shuffleboard, OF 10:00 Ping Pong Open Play, AR 11:00 Baseball, A <b>12:00 Wear Red Photo, A</b> 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A 10:00 Shuffleboard, OF</div> <div>7</div>	<div>9:00 Wii Bowling, AR <b>10:00 NEW Singalongs, A</b> 11:00 Volleyball, AR 2:00 Bingo, AR <b>3:30 LCR \$ Left, Right, Center, AR</b> </div> <div>8</div>
<div>9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 10:00 Ping Pong Open Play, AR <b>11:00 Sunday Brunch, DR</b> 11:30 Francesca on Violin, DR 3:00 Wii Bowling, AR</div> <div>9</div>	<div>9:15 Exercise with Linda, AR 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Ping Pong Open Play, AR 11:00 Volleyball, AR 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A </div> <div>10</div>	<div><b>Dr. Sutton Here</b> 9:15 S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 10:00 Belly Dancing, TH <b>10:00 Art Class Watercolors, AR</b> 11:00 Baseball, A <b>2:00 Entertainment: Joe Kenny, AR</b> 4:00 LCR Dice Game, AR <b>7:00 Poker with Steve, BR</b> 7:00 Cypress Springs' Sewing Club, AR</div> <div>11</div>	<div>8:30 Blood Pressure, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, LI <b>3:00 Trivia with Linda, AR</b></div> <div>12</div>	<div>9:15 Exercise with Legacy 10:30 Resident/Chef Meeting, TH 11:00 Volleyball, AR <b>2:00 Lion King with Connie, AR</b> 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR </div> <div>13</div>	<div><b>VALENTINE'S DAY</b> <b>Friendship Friday</b> 9:15 Exercise with Linda, AR 10:00 Shuffleboard, OF 10:00 Ping Pong Open Play, AR 11:00 Baseball, A 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A <b>4:00 Happy Hour Entertainment, AR</b></div> <div>14</div>	<div>9:00 Wii Bowling, AR <b>10:00 NEW Singalongs, A</b> 11:00 Volleyball, AR 2:00 Bingo, AR <b>3:30 LCR \$ Left, Right, Center, AR</b> </div> <div>15</div>
<div>9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 10:00 Ping Pong Open Play, AR 3:00 Wii Bowling, AR</div> <div>16</div>	<div><b>PRESIDENTS DAY</b> 9:15 Exercise with Linda, AR 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Ping Pong Open Play, AR 11:00 Volleyball, AR 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A</div> <div>17</div>	<div>9:15 S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 10:00 Belly Dancing, TH 10:30 Resident/Manager Meeting, AR 11:00 Baseball, A 4:00 LCR Dice Game, AR <b>7:00 Poker with Steve, BR</b>  7:00 Cypress Springs' Sewing Club, AR</div> <div>18</div>	<div>8:30 Blood Pressure, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, LI <b>3:00 Trivia with Linda, AR</b></div> <div>19</div>	<div>9:15 Exercise with Legacy 11:00 Volleyball, AR 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR</div> <div>20</div>	<div>9:15 Exercise with Linda, AR 10:00 Shuffleboard, OF 10:00 Ping Pong Open Play, AR 11:00 Baseball, A 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A</div> <div>21</div>	<div>9:00 Wii Bowling, AR <b>10:00 NEW Singalongs, A</b> 11:00 Volleyball, AR 2:00 Bingo, AR <b>3:30 LCR \$ Left, Right, Center, AR</b></div> <div>22</div>
<div>9:00 Wii Bowling, AR 10:00 NEW Singalong Hymns, A 10:00 Ping Pong Open Play, AR 3:00 Wii Bowling, AR </div> <div>23</div>	<div>9:15 Exercise with Linda, AR 9:30 The Rosary, CH 10:00 Communion, CH 10:00 Ping Pong Open Play, AR 11:00 Volleyball, AR 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A</div> <div>24</div>	<div><b>Mardi Gras Wear Purple, Green and Gold</b> 9:15 S-T-R-E-T-C-H, Legacy, AR 10:00 Pastor Paul, CH 10:00 Belly Dancing, TH <b>11:00 Let the Good Times Roll with Chris Wells, AR</b> <b>2:00 Mardi Gras Entertainment, AR</b> 4:00 LCR Dice Game, AR <b>7:00 Poker with Steve, BR</b>  7:00 Cypress Springs' Sewing Club, AR</div> <div>25</div>	<div><b>ASH WEDNESDAY</b> 8:30 Blood Pressure, AR 9:30 Social Bridge, BR 11:00 Volleyball, AR 2:00 Mah Jong, LI <b>3:00 Trivia with Linda, AR</b></div> <div>26</div>	<div>9:15 Exercise with Legacy 11:00 Volleyball, AR <b>2:00 Entertainment Shelly, AR</b> 4:00 LCR Dice Game, AR 7:00 Cypress Springs' Sewing Club, AR</div> <div>27</div>	<div>9:15 Exercise with Linda, AR 10:00 Shuffleboard, OF 10:00 Ping Pong Open Play, AR 11:00 Baseball, A 2:00 Bingo, AR 2:00 Mah Jong, LI 3:00 Horse Races, A <b>4:00 Entertainment Bobby and Brenda, AR</b> </div> <div>28</div>	<div><b>Leap Year!</b> 9:00 Wii Bowling, AR <b>10:00 NEW Singalongs, A</b> 11:00 Volleyball, AR 2:00 Bingo, AR <b>3:30 LCR \$ Left, Right, Center, AR</b></div> <div>29</div>





## Last Stop: Tanzania

We are spending two weeks in Tanzania on our Expedition 2020, starting with our arrival on February 1st. Storyteller and photographer, Chris Wells, will take us through Tanzania and discuss the highlights of this remarkable place.

We will take a visit to the Big Cat Habitat in Sarasota on February 5th to see lions and tigers close-up.

On February 6th, while climbing Mount Kilimanjaro, the world's tallest free-standing mountain and Africa's highest peak, we will learn the song "Kilimanjaro" (sung in Swahili), a song the guides sing to celebrate your achievement, arriving at a campsite, reaching the summit, or before you exit the park.

On February 10th, Linda will teach you the many different ways to wear a "Kanga," the African Sarong. She will even demonstrate how to tie it, so you can hold a heavy water jug on your head!

Carla, our local artist, will teach us how to paint a lion with watercolors on February 11th, beautiful enough to frame!

All are invited to our Party Animal Party (wear your animal print clothing) on Thursday, February 13th, where the Chef will prepare a feast for a king, and then we will enjoy Connie performing "The Lion King!"

What a way to end our Expedition 2020. Participants will have learned about the culture, food and more from the wonderful continent of Africa.

## Cypress Springs Singers

After many practices, the Cypress Springs Singers performed in the Dining Room for the residents. All enjoyed the show, especially, "Do You Hear What I Hear" and "Feliz Navidad."

Maybe a Spring Concert will be next!



## Two Resident Athletes Competed in Local 5K Run/Walk

When I mentioned that I was running in a local race that ran past Cypress Springs, I was amazed that two residents said they wanted to, too!

I have run this race two years prior, and no resident ever mentioned that they wanted to run with me!

The evening was perfect for an evening run or brisk walk.

There was a crowd of Cypress Springs residents, singing Christmas songs on the curb while cheering for the 2,000-plus runners who passed by the entrance.

Resident Don Oest came across the finish line (running) with a time of 48:02, which was a 15:29-minute pace and earned him third in his age group.

Resident George Sengpiel, age 92, finished in style with a police escort back to Cypress Springs, just short of the finish line!

I am so proud of these fine residents for challenging themselves to a 3.1-mile race to end our Ugly Christmas Sweater Day.







## Christmas at Cypress Springs

The Christmas season was filled with many activities for all to enjoy. Three separate Christmas Light Tours were scheduled. Connie performed "White Christmas," with participation from the audience.

A visit from Santa surprised some residents, who did not realize he was Mike, our faithful bus driver!

Most residents did not like the "ugly" part of the Ugly Christmas Sweater Party, so most were tastefully decorated. It is hard to wear a sweater when it is still in the 80s!



*Christmas Lights Tour*



*Inge's first time on Santa's lap!*



*George, Jim, Connie, Paul and Connie*



*Not so ugly Christmas sweaters*



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## *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.

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