

Cypress Springs

Gracious Retirement Living

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

MAY 2020

CYPRESS SPRINGS STAFF

Management Team DON DAHLING &
CHERYL STEFANO
Management Team STEVE & DEBI WILKINS
Executive Chef SEAN MARTIN
Community Sales RENE' DESTOWET
Activity Coordinator LINDA BRITT-SMITH
Maintenance ZEBEDEE MOSHER
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

Letter from the Management Team

Together, we are facing a truly unprecedented situation. The global Coronavirus pandemic is affecting all of our families and our way of life. During this time, I wanted to reach out and update you on how we're approaching the situation at Cypress Springs.

Our hearts go out to anyone who's been impacted by the virus, either directly or indirectly. Our thoughts are especially with those who are sick, to whom we extend our heartfelt wishes for a full recovery. And we're truly inspired by the selfless healthcare workers around the world who are on the front lines working tirelessly to care for people in need.

We are focused on the health and safety of our employees and residents. We have an amazing team here at Cypress Springs and we are truly here for you. This moment reminds us that we're all connected like never before. We're called upon to be our best selves, with patience, understanding and compassion. On behalf of all of us at Cypress Springs, we're committed to keeping residents and staff safe and healthy as we persevere together in all the days ahead.

We will get through this together ...

Don, Cheryl, Steve and Debi

The Cypress Springs Management Team



Mother's Day, May 10th

You Are My Heart And Soul

Thank you...

For standing by me through thick and thin
For not giving up on me when I didn't win
For your patience when I kept pushing you away
For caring when I said I didn't need you anyway

I am grateful knowing...

I can count on your strength
Ask for your support, and know you'll go to any length
When I lose my way
You help me get back on track
When in pain
Your comfort soothes and brings me back

I am lucky because...

When I was sad you gave me faith and hope
When I was confused you taught me how to cope
When I felt I couldn't go on
You carried me long miles
When I didn't believe
You restored my smiles

Mom, thank you

For your guidance and the faith you've shown
For giving me a safe place where I have grown
For showing me how to strive
Because of your love
I will survive

Happy Mother's Day

Honoring Women in the Military

Resident Don Castracani is anxiously waiting for our first female veteran with a special place on our Veterans' Wall especially saved for her.

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

Thank You to Our Sewing Club

We didn't have much time to make many masks, but my thanks go out to everyone who helped cut the material and get them ready for our willing sewers!

If you still need a mask, please let Management know, and we will deliver one to your door.





St. Patrick's Day

I think St. Patrick's Day was our last big event and what an event it was.

It started on the morning of Friday the 13th with a tour of the Emerald Isle with photographer and story teller, Chris Lorraine Wells. Later in the day HomeWell sponsored a happy hour complete with green beer. Diamond Jim was our performer who sang Irish songs, as well as favorite singalongs. We felt like we were in a real Irish pub.



Linda, Lilla and Bobbie

Prizes from HomeWell were given to five lucky winners pictured here.

On St. Patrick's Day there was green everywhere. Many residents dressed for the occasion and three lucky residents won the 50/50 raffle.



Green, green, everywhere!



HomeWell raffle winners

Staying Positive Through Difficult Times

With all the tragic things that are happening in the world as a result of the Coronavirus, now might seem like an unusual time to talk about being positive. Yet staying positive is a core ingredient in the recipe of successful coping in a crisis.

Now, more than ever, is the time for us to be proactive about creating small moments of happiness in our days, given the findings in psychology research that positive emotions help us to undo the negative effects of stress.

Savor the small moments: Even during these difficult times, you still have many small moments to savor; the smell of coffee, the feel of the warm shower on your back and so on. When you stop to take in these moments, rather than let them rush by on automatic pilot, you are giving your brain a chance to process the pleasure, which boosts your serotonin — the feel-good neurotransmitter that helps elevate your mood and make you feel calm.

By tuning into these small moments, you can potentially change your brain chemistry and build up your energy stores to help you cope with the other aspects of your day that have been made more difficult.

Taking charge of our mental health and capturing the small moments will help as we go further into the unknown, too. If we can foster positive emotions, the flow-on effects are well-researched and well-documented. In fact, positive emotions are a key resource for us during the Coronavirus crisis because they can increase your resilience.

Research has shown that when we experience positive emotions on the back of a stressful event, we bounce back more quickly and have a faster "cardiovascular recovery" time — our heart rate lowers and our blood pressure stabilizes more quickly when we are able to be positive.

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

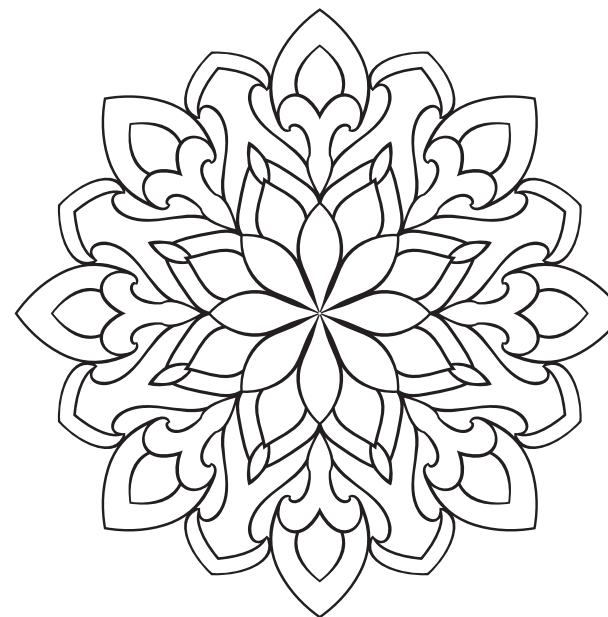


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

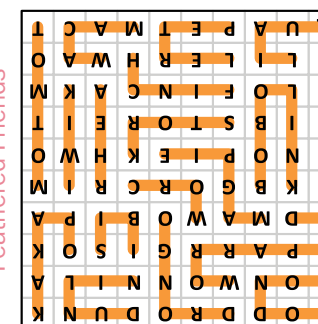
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

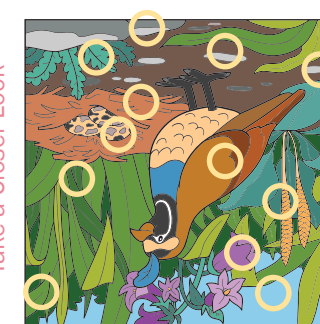
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





May Birthdays

Some of our favorite historical figures were born in the month of May. We couldn't possibly name them all, but here are just a handful whose lives we'll be celebrating.

1. May 3, 1903: Bing Crosby

This legendary crooner might be responsible for the Canadian Tuxedo. According to Levi's Vintage Clothing, Crosby was turned away at a Canadian hotel in 1951 because his group was dressed in head-to-toe denim. The hotel staff changed their minds when they realized Crosby was a celeb, but the news spread, and designers at Levi Strauss and Co. ended up making the star a custom jean tuxedo jacket to ensure that he was always appropriately dressed, even in denim.

2. May 4, 1929: Audrey Hepburn

Hepburn is one of only 12 EGOTs — someone who has won an Emmy, Grammy, Oscar, and Tony Award. Unfortunately, the Grammy, Emmy, and subsequent EGOT title came posthumously in the year following her 1993 death.

3. May 5, 1864: Nellie Bly

The pioneering journalist — real name: Elizabeth Jane Cochrane — is best known for traveling around the world in 72 days (inspired by Jules Verne's character Phileas Fogg from "Around the World in 80 Days") and for faking insanity to get committed to a mental institution in the name of investigative journalism.

4. May 6, 1915: Orson Welles

The outspoken actor, writer, and director once told Dick Cavett: "The world leader that really came to nothing as far as my memory was concerned was Hitler ... in the days when the Nazis were just a comical kind of minority party of nuts that no one took seriously at all ... the man sitting next to me was Hitler. He made so little impression on me I can't remember a second of it. He had no personality whatsoever."

5. May 9, 1860: J.M. Barrie

The author left the rights to "Peter Pan" to the Great Ormond Street Hospital, so Disney had to

get animation rights from them to make the now-famous movie. The hospital didn't receive any money from merchandise sales as those weren't included in the original contract, but Disney has since compensated them by helping raise more than \$14.5 million for the hospital.

6. May 11, 1904: Salvador Dali

Speaking of Disney, the world's most famous surrealist was once employed by The Mouse in 1945, but it ended up being a brief collaboration: the project, a film called "Destino," folded after just three months in production. Fifty-four years later, Disney's nephew Roy revived the project and a team of French animators were recruited to produce a short film based on Dali's notes and storyboards.

7. May 12, 1820: Florence Nightingale

Nightingale is considered the founder of modern nursing, a public health advocate, a statistician who helped develop the polar area diagram, and a speaker of French, German, and Italian. She was also a total cat lady. She owned 60 cats throughout her life and evidence of her affection for the feline species can be seen to this day: some of her pets left ink paw prints on her letters.

8. May 19, 1930: Lorraine Hansberry

The "Raisin in the Sun" playwright was very close with singer Nina Simone. After Hansberry died, Simone wrote "To Be Young, Gifted and Black" (after Hansberry's play of the same name) to honor her friend.

9. May 26, 1920: Peggy Lee

Bonnie Erickson, the creator behind Miss Piggy, originally called her Miss Piggy Lee after Peggy Lee, her mother's favorite singer. The name got shortened before the character made it to air because Erickson was worried that Lee would be insulted.



10. May 26, 1951: Sally Ride

Ride became the first American woman in space in 1983 (she was also the youngest American to ever do so), but her most impressive achievement might have been maintaining her composure while dealing with absurd and offensive questions from the media. In a June 1983 profile for People, journalist Michael Ryan recounted a few of the worst offenders, such as “Will the flight affect your reproductive organs?” and “Do you weep when things go wrong on the job?” To the latter, Ride replied, “How come nobody ever asks (a male fellow astronaut) those questions?”

11. May 29, 1903: Bob Hope

As the comedian, actor and personality was dying in 2003, his wife Dolores asked where he’d like to be buried. In reply, Hope uttered his last words: “Surprise me.”

Our “famous” residents having a birthday in May are:

- Eula Midyett, 5/2
- Peter French, 5/2
- Jeanne Klein, 5/3
- Anne Gravelle, 5/4
- Charles Simmons, 5/12
- Corinne Tinsky, 5/16
- Suzanne Badger, 5/22
- Melvin Pettis, 5/27
- Roland Wallace, 5/29

Wish them a “Happy Birthday” the next time you see them!

Thinking Outside the Box

I hope you all are enjoying the special carts coming down your hallways throughout the day delivering everything from coffee, a crossword, or a smile.

Coffee Shop Cart rolls at 8 a.m. daily with your hot java and tea.

Hydration Station rolls at 10:30 a.m. daily with water and fresh fruit.

Snack Attack at 3 p.m. Mondays and Fridays with chips and granola bars.

Kaffeeclatch Kart at 3 p.m. every Tuesday and Thursday with fresh-baked goodies.

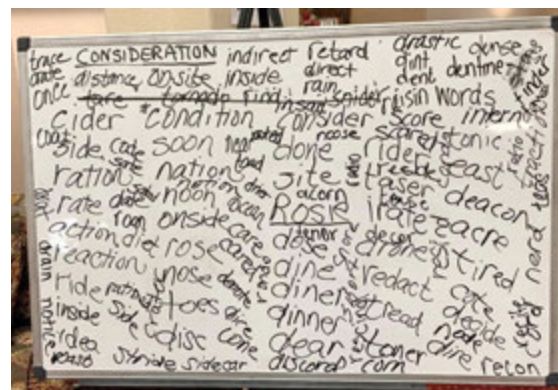
The Good Humor Gal is out in the community on Wednesdays at 3 p.m.

Don’t forget that there is an Activity Cart with puzzles, coloring books, paperback books and word games available.

Everyone likes the Friday Doorway Dance Party before the 12:30 p.m. meal. Let me know if you have a special song request.

I feel blessed to come to work every day and see your smiling faces. If there is anything I can do for you, even if you just want to talk on the phone, please don’t hesitate to ask. I love you, and you are my family!

-Linda



We love word games!

Staying At Home Doesn't Have to Mean Being Alone

HomeWell Care Services is here to make sure the residents thrive during these unprecedented times. As social distancing has become our new normal, we are working hard to protect our seniors from the COVID-19 virus. We know that home is the safest place for you to be. The need for care doesn’t stop, and the risk of senior isolation and depression increases as families are forced to distance themselves from their loved ones. HomeWell has your home care needs covered and you can rest assured that our dedicated care team is taking all the necessary safety precautions per the CDC. Our caregivers can help with: Wellness Checks; Shopping and Errands; Eliminating Boredom; Light Housekeeping and Laundry; Medication Reminders; Online and Virtual Visits with Family; Personal Care; and Life Enrichment Activities. Please call 941-303-5642 to schedule your free consultation.



9085 Town Center Parkway
Bradenton, FL 34202



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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