

# Southern Pines

## GRACIOUS RETIREMENT LIVING

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

### MAY 2020

#### 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

### We Are United!

During this challenging time, we have witnessed an outpouring of love to our residents by their families. We have had many residents ask how their friends in our Community are doing. This is the beauty revealed in a confusing time.

Family isn't always blood. It's the people in your life who want you in theirs, the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what.

That love lives in our Community and we are so blessed!

### The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

HAWTHORN  
SENIOR LIVING



## Wishing You a Very Happy Birthday and Many More to Come!

We have several May birthdays. We wish you all a year of good health, happiness and joy!

- **May 5th** — Charles Reynolds
- **May 11th** — Allen Coburn
- **May 18th** — Diana Chatham
- **May 23rd** — Marilyn Brasher
- **May 24th** — Faye Carter
- **May 29th** — Richard Lewis

We hope your special day brings you all that your heart desires!

### Anniversary

Richard and Roz Porter, 5/17/1957



## Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.





## May in History Trivia

**1792:** Twenty-four merchants met under a buttonwood tree on what is now Wall Street and formed this financial organization.

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**1859:** This sound was heard in the city of London for the first time. After more than 150 years, it can still be heard four times every hour.

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**1869:** A golden spike was installed in Promontory Summit, Utah, to mark the completion of this transportation achievement.

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**1916:** The cover of “The Saturday Evening Post” featured the first of more than 300 cover illustrations by this artist.

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**1953:** Sir Edmund Hillary of New Zealand and Tenzing Norgay of Nepal were the first humans to accomplish this remarkable achievement.

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**1980:** The World Health Organization announced that this devastating disease had been eradicated from the earth.

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## Celebrating Mom on Mother’s Day

The history of American Mother’s Day starts with peacemaker Ann Jarvis (May 1, 1864-November 24, 1948). Mother’s Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May.

### Did you know?

1. Mother’s Day isn’t always on the same date each year. The holiday is celebrated every year on the second Sunday of May. This year, it will be on May 10th.
2. More calls are made on Mother’s Day than any other day of the year. Approximately 122 million calls are made on the second Sunday of May.
3. Mother’s Day is the third highest selling holiday for flowers and plants, after Christmas and Hanukkah.
4. One of the earliest Mother’s Day celebrations was in Ancient Greece. The Greeks would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood and generation.
5. The moniker “Mom” comes from babies. The first thing a baby can vocalize is the ‘ma’ sound, which is why in almost every language the word for mother begins with the letter ‘M’ or is some iteration of the ‘ma’ sound.

We will enjoy celebrating all the women in our Community!



## 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.



- |                 |         |
|-----------------|---------|
| BOBOLINK        | KIWI    |
| CONDOR          | MACAW   |
| <del>GROW</del> | MAGPIE  |
| DOVEKIE         | MOTMOT  |
| DRONGO          | PETREL  |
| DUNLIN          | QUAIL   |
| FINCH           | RHEA    |
| IBIS            | SPARROW |
| KAKAPO          | 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.

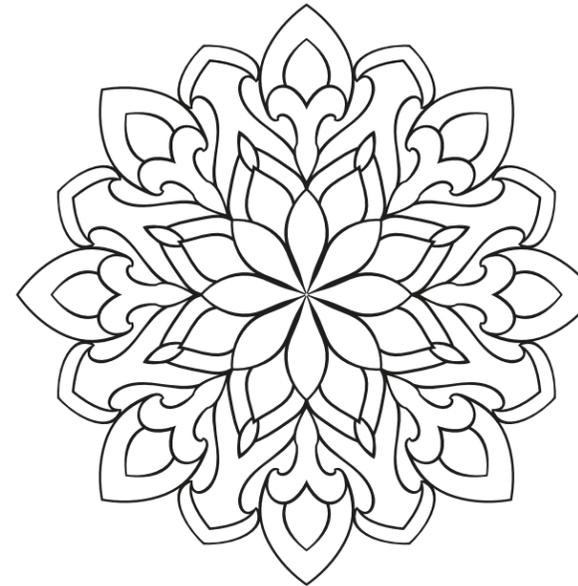


## Simple Ways To Practice Mindfulness

- 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

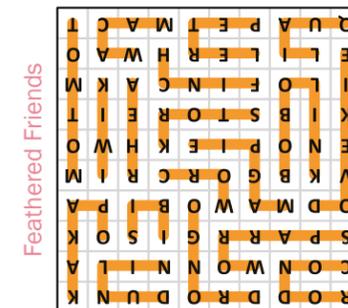
### Brain Bender Answers

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.





## Changes With Activities

In the beginning of the pandemic, we had small changes: social distancing (remaining 6 feet apart from each other), limiting activities to no more than 10 people, and increased hand washing and sanitizing. Gina created a new Activity Board that provided a weekly schedule of activities based on a different theme each week and accessible activities on paper to stimulate our minds. Our first theme was the '40s and '50s, which included music from that era and ended with a root beer float activity. We also added a new activity, Adult Coloring and a weekly Color Contest. Our first winner was Dottie Noftz, followed by Anna Lou Beckman. Gina continued adding coloring pages available to all residents with the "Daily News."

Our craft classes before further changes, included decorating a coffee filter face mask, and we painted Easter bunny clay pots.

As our volunteers were unable to come in for activities, Gina added more, which she led. Legacy was able to continue their Strength Exercise class. As always, they were more than willing to go along with the theme of the week and helped everyone practice social distancing.

You all are fantastic! Thank you! We look forward to continuing fun activities!



*Decorated face masks*



*The new Activity Board*



*Legacy gals always  
join the fun!*



## May in History Trivia Answers

**1792:** The New York Stock Exchange

**1859:** The chiming of Big Ben, the clock that towers over the Houses of Parliament in London.

**1869:** The first transcontinental railroad, which linked the United States from coast to coast by rail.

**1916:** Norman Rockwell

**1953:** Hillary and Norgay were the first people to climb to the top of Mt. Everest.

**1980:** Smallpox



## Our Silent Heroes

Amid all of the anxiety and changes caused by the coronavirus pandemic, we want to thank our Silent Heroes who have shown great resilience and dedication to keeping our Community healthy and safe. We appreciate the flexibility of our residents and their families as well.

Our entire staff has gone above and beyond to serve and protect our residents. We thank you! We also welcomed Bob and Donna Lister, who filled in while Dennis and Pat were away. We appreciate their support and the ray of sunshine they brought from Florida!

A huge shout-out to our kitchen staff and servers who have been incredible during this time! The feedback from residents has been overwhelmingly positive. Door-to-door deliveries of every meal, snacks, activities, and other deliveries have helped our residents endure the challenging time.

Thank you!



*Thomas, Anthony and Richard working hard*



*Tonya*



*One of our heavy lifters, Derek*



*Alex maintains our building so well!*



*Jean keeps everyone happy with her "Good morning to you" song.*



*Welcome, Bob and Donna Lister!*



*Chef Alex*



*Tyrell and John keep the snacks and food comin'!*



*Assistant Managers, Penny and Steve*

*Southern Pines*  
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## **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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