

# Cypress Springs

Gracious Retirement Living

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

JUNE 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

## A Father Means

A Father means so many things  
An understanding heart  
A source of strength and of support  
Right from the very start.

A constant readiness to help  
In a kind and thoughtful way.  
With encouragement and forgiveness  
No matter what comes your way.  
A special generosity and always affection, too.  
A Father means so many things  
When he's a man like you

Author Unknown



Roger and son, Jeff (photo taken earlier in the year).



## Mother's Day Tea

Even during these difficult times, the ladies at Cypress Springs enjoyed a Mother's Day Afternoon Tea. We scheduled two tea times. Many different teas were available to taste, as well as a selection of tasty treats. Our virtual piano played, as residents shared photos and stories of their mothers.

One story of Bev Pillot's mom was read aloud to the group. At age 83, Helen Shaw rescued a 23-pound schnauzer named Failte who had fallen into the bay from a seawall. This spunky lady had two knee replacements but was able to lay flat on her stomach and somehow lifted the dog by his collar until she could get her hand under his body and brought back to safety.

Six gift baskets were raffled off and all the residents were happy to spend the afternoon with their friends.

We listed the names of our mothers and put them on a board. We had two very unusual names. Do you know anyone named Walburga or Sciota?

Our list concurred with the Most Popular Names in 1900 from the Social Security website. The most popular names were Mary, Helen, Margaret and Anna.



*Daughter and mother residents: Patti Hauser and Reggie Zimmerman*



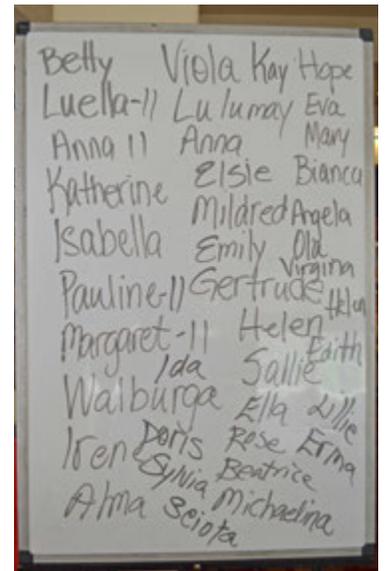
*Angela Smith*



*Nancee, a winner*



*Bev Pillot with a picture of her mom, Helen Shaw, dog rescuer*



*What's in a name?*

## Water Works Really Works

Water exercises provide an ideal way to lose some extra weight while building lean muscle and increasing overall strength. In fact, swimming is often called the perfect exercise to help maintain or improve health. This is due to the fact that water provides a low-impact, low-weight-bearing exercise. Swimming is easy on the joints, reducing the force behind your movements that can jolt your muscles, bones, ligaments and tendons. Many older adults find they can do exercises in a swimming pool that they could never hope to accomplish on dry land.

Try something new this month. Join Linda every Tuesday and Thursday at 3:00 p.m. in the pool for some FUN and exercise!





## ALL IN THIS TOGETHER

The COVID-19 pandemic is a public health emergency – but it is far more.

It is an economic crisis. A social crisis. And a human crisis that is fast becoming a human rights crisis.

As the COVID-19 pandemic expands at an exponential pace among the world’s population, it is increasingly clear that we are all in this together and need to work hard to cultivate a sense of global community.

Cypress Springs’ residents and other community members have been wearing these red bracelets with the words – ALL IN THIS TOGETHER!



*Thumbs up from Joe!*

## The New Normal

As states start to reopen, people will have to weigh the risks versus benefits of getting out more, along with their own tolerance for uncertainty. The bottom line, health experts say, is people should continue to be vigilant: Maintain distance, wear masks, wash your hands – and take responsibility for your own health and that of those around you.



*Jim and Viv*

So, the new normal at Cypress Springs is masks and social distancing.

Beach Ball Volleyball has become a fan favorite, offered two times per day at 11:00 a.m. and 2:00 p.m. Residents have fun staying 6 feet apart and wearing their masks.

6 feet apart, but close to the heart!



*Suzanne is “All in!”*



*Betty is in!*



*John*



*Diana*



*Alice is in!*



*Thumbs up from Betty*



*Fan Favorite-Beach Ball Volleyball*

## Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan's last name isn't Hall.
2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
3. The man who caught the 8-pound fish didn't catch the walleye.
4. Mr. White didn't catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

## Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris  
[Louvre.fr/en/visites-en-ligne](http://Louvre.fr/en/visites-en-ligne)
- National Gallery of Art, Washington, D.C.  
[NGA.gov](http://NGA.gov)
- Smithsonian National Museum of Natural History, Washington, D.C.  
[NaturalHistory.SI.edu](http://NaturalHistory.SI.edu)
- San Diego Zoo, San Diego.  
[Zoo.SanDiegoZoo.org](http://Zoo.SanDiegoZoo.org)
- Monterey Bay Aquarium, Monterey, Calif.  
[MontereyBayAquarium.org/animals/live-cams](http://MontereyBayAquarium.org/animals/live-cams)

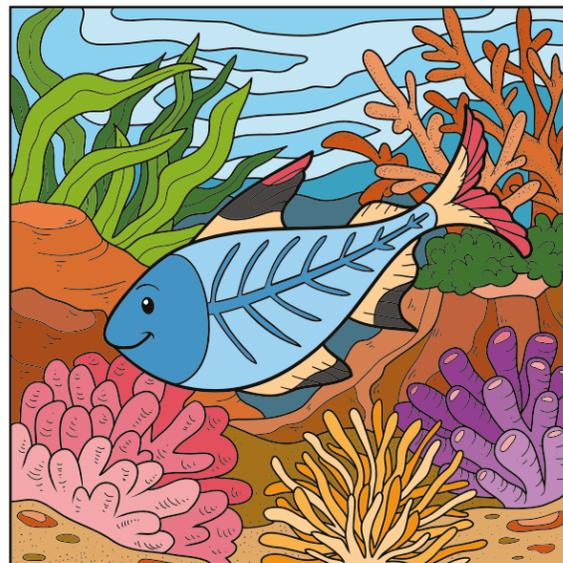
## Summertime Snicker

**Q:** What holds the sun up in the sky?

**A:** Sunbeams!

## Double Take

Fish around and find 10 differences in these two pictures.



## Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2					1
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

## TV Dads

Match the father figure character to the TV show he appeared in.

### Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

### TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "The Courtship of Eddie's Father"

## Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

### DAD

- \_\_\_ Took action
- \_\_\_ A cube with dots

### TIE

### GOLF

- \_\_\_ Wide chasm
- \_\_\_ Sea-loving bird
- \_\_\_ Bovine patriarch

### BALL

### FISH

- \_\_\_ A tightly closed hand
- \_\_\_ Tiny water droplets
- \_\_\_ Chewing gum flavor
- \_\_\_ Two cups
- \_\_\_ Sewing accessories

### FINS

## Puzzle Solutions

### Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

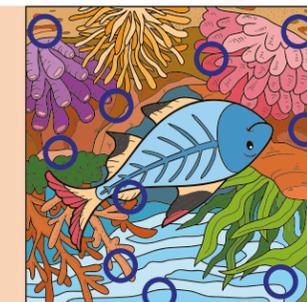
### TV Dads

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

### Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

6	3	4	7	1	5	8	2	9
6	8	1	2	6	3	4	5	7
2	5	7	8	9	4	6	3	1
1	2	3	4	5	6	7	8	9
4	7	4	5	6	2	9	3	1
8	6	9	1	3	7	2	5	4
7	4	2	4	9	5	6	3	8
3	1	6	4	8	7	2	5	9
5	6	8	3	1	7	4	2	9





## Cinco de Mayo Celebrated

Christie Castro and the HomeWell team made the residents feel like celebrating during our door-to-door Cinco de Mayo party. “Dos” carts had the fiesta feel; one served margaritas and the other one had chef-inspired nachos. The virtual mariachi band made it a party atmosphere. We also had four winners of the Cinco-themed baskets provided by HomeWell.

Whether due to illness, injury, or changes normal to aging, sometimes what is needed is a little assistance to get the day going or to end the day safely. Sometimes, the most challenging times of the day for a senior who lives alone is getting up in the morning and going to bed at night.

With our Wake-Up and Tuck-In Service, this is one less thing to worry about.

Please call HomeWell at 941-303-5642 for your free consultation.



*Paige was a winner!*



*Bobbie was dressed for a fiesta!*



*Rosie was a winner!*



*Pierre was a winner!*



## Famous June Birthdays

### **JUNE 1, 1926:** MARILYN MONROE

Much has been made of Monroe's size — both during her life and since her 1962 death — but according to her dressmaker's measurements, the actress would have likely been a U.S. size 6 or 8.

### **JUNE 3, 1906:** JOSEPHINE BAKER

Best known as a song-and-dance actor, Josephine Baker was a spy for the French Resistance during World War II. She used invisible ink to hide notes and maps in her sheet music, and tucked sensitive photographs of German military installations in her unmentionables.

### **JUNE 8, 1867:** FRANK

LLOYD WRIGHT

Wright is one of the best-known American architects in history, but his son John also has a claim to fame in the world of construction, just on a much smaller scale. On August 31, 1920, John received a patent for a "Toy-Cabin Construction," also known as Lincoln Logs. The name actually came from dear old Dad, who was born Frank Lincoln Wright.

### **JUNE 10, 1895:** HATTIE MCDANIEL

When Hattie McDaniel became the first African American to win an Oscar in 1940, she had to make her way to the stage from a segregated table at the back of the room.

### **JUNE 10, 1928:** MAURICE SENDAK

Here is a favorite Sendak story, about his correspondence with a young fan: "Once a little boy sent me a charming card with a little drawing on it. I loved it. I answer all my children's letters — sometimes very hastily — but this one I lingered over. I sent him a card and I drew a picture of a Wild Thing on it. I wrote, 'Dear Jim: I loved your card.'

Then I got a letter back from his mother and she said, 'Jim loved your card so much he ate it.' That to me was one of the highest compliments I've ever received. He didn't care that it was an original Maurice Sendak drawing or anything. He saw it, he loved it, he ate it."

### **JUNE 14, 1811:** HARRIET BEECHER STOWE

As a young woman, Stowe was a member of the Semi-Colon Club, a gathering of writers in Cincinnati, Ohio, in the mid-19th century; a member of the literary group went on to print Stowe's first published story. As for the name, it was apparently a riff on Christopher Columbus, whose Spanish name was Cristobal Colon. While the group wasn't discovering new lands, they deemed their literary explorations worthy of the title "Semi-Colons."

### **JUNE 17, 1882:** IGOR STRAVINSKY

It wasn't enough for Stravinsky to cause the most famous ballet-related riot in history: Three decades later, in 1944, he was charged with defaming the national anthem after an arrangement of the "Star-Spangled Banner" sent Boston cops into an outrage. They were so angry they showed up the following night to "make sure he didn't play it again."

### **JUNE 22, 1947:** OCTVA BUTLER

Butler is a well-regarded (and beloved) science fiction author, but she herself hated her third novel, *Survivor*. She told Amazon.com: "When I was young, a lot of people wrote about going to another world and finding either little green men or little brown men, and they were always less in some way. They were a

little sly, or a little like 'the natives' in a very bad, old movie. ... People ask me why I don't like *Survivor*, my third novel. And it's because it feels a little bit like that. Some humans go up to another world, and immediately begin mating with the aliens and having children with them. I think of it as my *Star Trek* novel." The novel only had one run; Butler refused to circulate it further.

### **JUNE 23, 1894:** ALFRED KINSEY

Kinsey is remembered for his work in the field of human sexuality, but his pursuits in the field of biology went way beyond that. For his doctoral thesis, he collected more than 7.5 million gall wasps, which now reside at the American Museum of Natural History in New York City.

### **JUNE 25, 1903:** GEORGE ORWELL

The Nineteen Eighty-Four author was skilled at more than just long-form writing — he was also a killer list writer. His 1946 essay "Politics and the English Language" contains six rules for better writing, and that same year he penned 11 tips for making and drinking tea. We're sure Orwell would have hated a lot about the internet, but he would have been pretty adept at writing for it.

### **Cypress Springs' Famous June Birthdays are as follows:**

- Marge Martin 6/01
- Isabelle Cerillo 6/05
- Gemma Armev 6/06
- Jean McMurrin 6/08
- Eula Russell 6/11
- Jean Anderson 6/19
- Linda Castracani 6/26
- Jo Whittier 6/28

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When the world  
is staying apart,  
we are coming  
together.

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