



Southern Pines

GRACIOUS RETIREMENT LIVING

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

JULY 2020

SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD
Assistant Managers STEVE & PENNY KANE
Executive Chef.....ALEXANDER MIKOS
Activity Coordinator BETTY JACKSON
MaintenanceALEX 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

New Activity Coordinator

A warm welcome to our new Activity Coordinator, Betty Jackson. Betty was previously a Housekeeper here at Southern Pines Gracious Living. She is originally from the sunny state of California. She has now lived in North Carolina for 4 years and is loving it. She is accompanied by her two dogs, Annie and Maverick. Betty enjoys being outdoors, doing arts and crafts and writing poetry. Her favorite place to go is the beach. A fun fact about our new Activity Director is she has a dream to one day live in a tiny house! We are excited she took the position as Activity Coordinator, and look forward to all the new crafts and activities coming our way.

Betty is interested in hearing any ideas or opinions you have about Activities. Have an idea for an activity? Stop by her desk and share your thoughts. We will work together as a team to see that your needs are met.

A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

(Continued inside.)



HAWTHORN
SENIOR LIVING



A ‘Beautiful’ Tribute (Continued)

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.

Ketchup on Some French Fry History

“Do you want fries with that?” It’s a question that many folks answer with an enthusiastic “Yes!” In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it’s difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

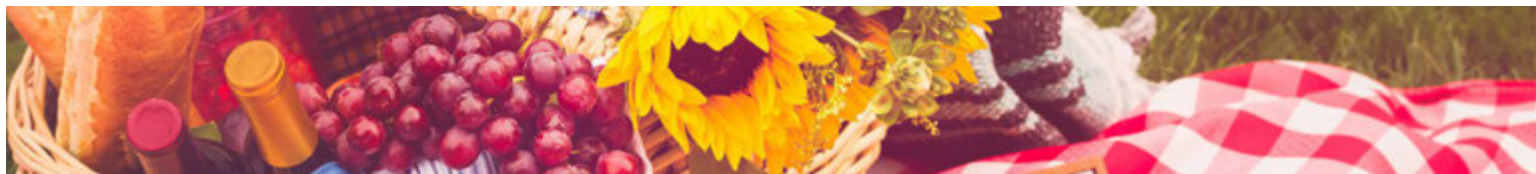
U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested that a White House dinner in 1802 include “potatoes served in the French manner.” By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.

In the Swim

When the summertime temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men’s suits covered their chests and legs.
- The term “swimming suit” was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.
- In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.
- On July 5th, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.
- Movie actresses Rita Hayworth, Ava Gardner and Brigitte Bardot helped popularize the bikini.
- The invention of nylon and spandex made swimsuits more flexible and formfitting.
- Surfing culture and the beach party films of the 1950s and ‘60s sparked new and colorful swimsuit fashions for both women and men.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some people now opt to wear swim shirts with a UPF rating, indicating a fabric’s ultraviolet protection factor, indicating how much of the sun’s UV rays it blocks.



A Big Hip Hip Hooray for Our 2020 Graduates

This past month, we had two of our very own Servers graduate from Pine Crest High School. With Covid-19 taking the spotlight, graduation looked a little different this year. They walked the stage as their families watched from their cars. We wanted to do something a little special for our graduates as well as for our residents. Stephanie and Drew dressed up in their cap and gown, and walked the halls of our building with diplomas in hand. Miss Penny walked behind them playing The Graduation March from her phone. They were met by the smiling faces of our residents as they hooted and hollered for their great accomplishment. Drew plans on continuing school down by the beach and strives to become a lawyer. Stephanie wants to finish her basic college classes and transfer to the massage therapy program to become a masseuse. We are so very proud of them and wish them the best. We know that they will accomplish anything they put their minds to.



All in This Together

We want to acknowledge that we know these are difficult times. Everyone is trying their best to make good out of a not-so-great situation. We want to thank you for being patient and understanding during this time. We encourage you to get up and get moving, even if it is just walking around the building. Remember to drink plenty of fluids and get some sunshine when you can. Play games or do puzzles to keep your mind active. Try not to isolate yourself too much. Even if you don't feel comfortable to be around others just yet, reach out to friends and family through the phone. Please know that the staff is here for emotional

support. Here at Southern Pines Gracious Living, your mental and emotional well-being matter to us. Things are still ever changing in our schedule depending on the virus. Nothing is ever certain, but we will do our best to keep you informed on any changes. As of now, please keep the social distance to six feet and continue to wash your hands frequently. We also encourage you to wear a mask when in close proximity to others. The staff is always happy to answer any questions you may have. We are all in this together!



JULY 2020

Birthdays

Connie Byczkowski, 2nd
Anna Lou Beckmann, 8th
Katie Carson, 18th
Angelika Cline, 31st

Anniversaries

Al and Nancy Coburn,
7/27/1957

Locations

Activities Center,
First Floor, AC
Atrium, A
Billiards, Second
Floor, BL
Chapel, Third Floor, CH
Computer Room,
Second Floor, CR
Dining Room, DR
Fitness Center,
Third Floor, FC
Library, Second
Floor, LIB
Lobby, L
Television/Cards,
Second Floor, TV
Theater, Third Floor, TH

Beauty Shop

(910) 603-1784

“Be bold, be
brave enough
to be your
true self.”
—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:30 Activity talk with Betty, AC 7:00 Bingo Night, AC 	2 9:30 yoga, AC 10:30 Coffee Talk 2:00 Color Therapy 3:00 Word Games, AC	3 9:30 Mystery Ride 3:00 Crafts with Betty, AC 7:00 Movie Night, TH	4 INDEPENDENCE DAY 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
	5 10:00 Church Service, TH 7:00 Movie Night, TH	6 9:30 Strength Exercise with Legacy, AC 10:30 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	7 10:00 Tai Chi, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	8 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 Bingo Night, AC 	9 9:30 yoga, AC 10:30 Coffee Talk 2:00 Color Therapy 3:00 Word Games, AC	10 9:30 Mystery Ride 3:00 Crafts with Betty, AC 7:00 Movie Night, TH
	12 10:00 Church Service, TH 7:00 Movie Night, TH	13 9:30 Strength Exercise with Legacy, AC 10:30 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	14 10:00 Tai Chi, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	15 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 Bingo Night, AC	16 9:30 yoga, AC 10:30 Coffee Talk 2:00 Color Therapy 3:00 Word Games, AC	17 9:30 Mystery Ride 3:00 Crafts with Betty, AC 7:00 Movie Night, TH
	19 10:00 Church Service, TH 7:00 Movie Night, TH	20 9:30 Strength Exercise with Legacy, AC 10:30 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	21 10:00 Tai Chi, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	22 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 Bingo Night, AC	23 9:30 yoga, AC 2:00 Color Therapy 3:00 Word Games, AC	24 9:30 Mystery Ride 3:00 Crafts with Betty, AC 7:00 Movie Night, TH
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(In the Presence of Berries) A Poem Written By Betty Jackson

I was out walking the dogs, thinking of the past of today.
Things I should have done and things I didn't say.

While on my way something tapped me on my head, in a split second, all my thoughts had fled.

I looked up and what did I see?

A black berry bush, as tall as a tree.

It grew so tall it had reached over the wall. With delightful looking black berries, giving me a stall.

I reached up and plucked one and brought it to my nose. The smell was too sweet, I could not oppose.

I put it to my lips and felt its texture on my skin. Something about this moment reminds me of being a kid.

I felt it melt as I pressed it between my tongue and the roof of my mouth. The most heavenly flavor gushed out.

A smile grew on my face as I reached for one more. I've forgotten what my worries even were before.

I thanked the bush for its berries and its beauty that I couldn't ignore. As I continued walking, I realized the bush had given me much more.

It gave me the gift of a moment, that seemed to stop time. For just a moment, I was free from all the troubles of my mind.

It brought me to a place where I felt young at heart. From that little girl I never want to part.

I never want to stop enjoying the little things. Whether it be the berries on a bush, a bird's nest in a tree, or the faint humming sound of a busy bumblebee.

I want to enjoy life for all the small treasures that it has. If we see it for its little things, nothing ever really seems that bad.



Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) — This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) — With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) — Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.



Tea Time

This past month we had our first Tea Time with Miss Betty. Don't worry, everyone sat at the proper distance. With everyone being cooped up in their rooms, it was nice to gather around a nicely set table with a hot cup of tea. Guess what? Not one foam box or plastic ware was in sight! Betty went the extra mile to make this event special for the residents. She brought in all her own china and fancy trinkets to make it a whimsical experience. The ladies enjoyed three different kinds of tea while catching up and listening to classical music. Don't give Betty all the credit, our Culinary team provided the treats! They made delicious scones, fruit tarts and two different kinds of sandwiches. It was truly a delight and we look forward to many more tea parties to come.



“Independence Day” (1996) — An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

“Miracle” (2004) — This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

“Captain America: The First Avenger” (2011) — With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

“Hidden Figures” (2016) — Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.

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is staying apart,
we are coming
together.

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