

Salishan

GRACIOUS RETIREMENT LIVING

191 Astaire Lane • Spring Hill, Florida 34609 • Phone (352) 263-2300 • www.seniorlivinginstyle.com

SEPTEMBER 2020

SALISHAN STAFF

Managers..... JOHN & BECKY COON
Assistant Managers .. PAXTON & CATHY SCHMIDT
Executive Chef GARY NILES
Community Sales KERI LIM
Activity Coordinator ARIEL LENART
Maintenance Coordinator PEDRO SANCHEZ
Bus Driver BILL FRAMPTON

TRANSPORTATION

Monday, 9:15 a.m.-3:15 p.m.: Shopping

Tuesday, 9:15 a.m.-3:15 p.m.: Doctor
Appointments — Spring Hill

Wednesday, Resident Outing: See Calendar

Thursday, 9:15 a.m.-3:15 p.m.: Doctor
Appointments — Oak Hill and Brooksville

Friday, 9:15 a.m.-3:15 p.m.: Shopping

HAWTHORN
SENIOR LIVING

Watch Them Grow!

We had a nice time painting flower pots and then putting seeds in them. We are looking forward to seeing them grow!

Is it Easy to Grow Plants From Seed?

Seed sowing is an absolute basic horticultural skill, and many flowers, trees, and vegetables are easy to grow from seed if you take a little bit of care while sowing. Minimal equipment is needed, and all you need to do is provide the basic requirements for germination; warmth, moisture and oxygen. One obvious advantage of growing plants from seed is that it works out much cheaper than buying them. Also many plants produce lots of seeds which can easily be harvested and sown, and you can collect much more seed than would ever be in a packet bought from a shop.

How to Sow Seeds — 10 Easy Steps!

1. Find some trays or pots
2. Fill the seed tray with seed compost (seed starting potting mix)
3. Moisten the surface of the compost
4. Sprinkle the seeds evenly over the compost
5. Cover the seed tray
6. Place the seed tray in a warm place
7. Uncover the seedlings once they germinate
8. Transplant the seedlings
9. Keep transplanted seedlings in the shade
10. Plant out into the flowering position and enjoy!





Concert in the Park

We had a nice time listening to live music from Louie and cooling down with some shaved ice from 808 Island Treats. Every third Thursday of the month, we have Louie come out to entertain us. Thank you to everyone who came out! It was an “ice” time.



Clothes Pin Trivets

We had fun taking apart clothes pins and gluing them together to make trivets.

What is a trivet?

A trivet is an object placed between a serving dish or bowl and a dining table, usually to protect the table from heat damage. Trivet also refers to a tripod used to elevate pots from the coals of an open fire.



Sunday Hymn Sing

Join your friends in the Activities room every Sunday morning at 10:30 a.m. for a singalong. We will lift our voices in praise and let our hearts be filled with love for our Lord and for each other.

This is the day which the Lord has made. Let us rejoice and be glad in it.

Please wear masks.





Watermelon Social

We enjoyed eating delicious watermelon during our watermelon social.

Here are some juicy facts about watermelon.

- Wild watermelons originated in southern Africa.
- The watermelon can be classed as both a fruit and a vegetable.
- It is a fruit because it grows from a seed, has a sweet refreshing flavor and is loosely considered a type of melon (although it is actually a type of berry called a pepo).
- It is a vegetable because it is a member of the same family as the cucumber, pumpkin and squash. It is also harvested and cleared from fields like other vine growing vegetables.
- The watermelon is the official state vegetable of Oklahoma.
- By weight, a watermelon contains about 6% sugar and 92% water.
- The high water and electrolyte content of watermelons make them ideal as a refreshing summer thirst quenchers. They keep us hydrated, our skin fresh and can clean the kidneys of toxins.
- Nutritionally, watermelons contain high levels of vitamin B6 (which increases brain power), vitamin A (good for eye sight) and potassium (which helps in curing heart disease and keeping the heart healthy). The watermelon also contains Vitamin B1, C and manganese, which protect against infections.
- China is easily the world's largest producer of watermelons with 69,139,643 tonnes produced in 2011 compared with just 3,864,489 tonnes from the second highest producer, Turkey.
- All parts of a watermelon can be eaten, even the rind, which actually contains a number of nutrients too, but due to the unappealing flavor is rarely eaten. In China, though, the rind is used as a vegetable and stir-fried, stewed or pickled.
- There are more than 1,200 varieties of watermelon that come in various weights, shapes, sizes and red, orange, yellow or white in color.
- Key commercial varieties of watermelon include the Carolina Cross, Yellow Crimson, Orangeglo, Moon & Stars, Cream of Saskatchewan, Melitopolski and Densuke.
- Farmers in Japan have started growing cube shaped watermelons by growing them in glass boxes where they assume the shape of the box. Originally, this was done to make the melons easier to stack and store, but the novelty of the cubic watermelon can fetch double the price of a normal one at market.
- As of 2013, the Guinness World Record for heaviest watermelon is for one grown by Lloyd Bright in Arkansas, USA. The watermelon weighed in at 121.93 kg (268.8 lb).



SEPT 2020

Birthdays

Ed Wirtz, 4th
Jo Campbell, 4th
Effie Kapetan, 8th
Ariel, 15th (Employee)
Bob Anderson, 21st
Maura Fahey, 21st
Ruth Wirtz, 26th

Anniversaries









Reg & Elaine
Williams, 9/6/1944

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Card Room, CR
Lanai, LN
Library, LI
Lobby, LB
Pool, PL
Theater, TH
TV Room, TV
Worship Room, WR

Northern
Exposure
at Salishan
Salon

Hours of Operation:
Wednesday–Friday:
9 a.m.–4 p.m.
Saturday:
9 a.m.–3 p.m.
Phone: 352-686-3015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Live and Learn PE Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 11:30 Live and Learn Social Class 2:00 Picture Day, AR 3:00 Tea at Three, AR 4:00 Pep Rally 7:00 Evening Movie, TH	2 Field Trip! 4:00 Live and Learn Class Nickel Bingo 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	3 9:30 Live and Learn PE Weights Workout, AR 10:00 Live and Learn Class Horse Racing, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 11:15 Chef/Resident Meeting, AR 2:00 Live and Learn Make Sunflower Pens, AR 3:30 Live and Learn Class Candy Trivia DVD, AR 7:00 Evening Movie, TH	4 10:00 Live and Learn PE Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Live and Learn Class Nickel Bingo, AR 3:30 Live and Learn Class Walk Down Memory Lane, AR 7:00 Evening Movie, TH  7:00 Card Club, AR	5 11:00 Crossword Puzzles, CR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH
6 10:00 Wii Bowling, AR 10:30 Sunday Hymn Sing, AR 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH 	LABOR DAY 7 9:30 Live and Learn PE Weights Workout, AR 10:30 Laugh Yoga, AR 11:00 Live and Learn Brain Health Class, AR 11:30 Live and Learn Class Cranium Crunches, AR 2:00 Live and Learn Nickel Bingo, AR 3:30 Water Aerobics, PL 4:30 Manager/Resident Meeting in Dining Room 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	8 9:30 Live and Learn PE Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 11:30 Live and Learn Class Hangman, AR 2:00 Sunflower and Birdseed Bells, AR 3:30 Live and Learn Class Make Apple Pie Spiced Drinks, AR 	9 Field Trip! 4:00 Live and Learn Nickel Bingo, AR 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	10 9:30 Live and Learn PE Weights Workout, AR 10:00 Live and Learn Class Horse Racing, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 3:30 Live and Learn Class Candy Trivia DVD, AR 7:00 Evening Movie, TH	11 PATRIOT DAY 10:00 Live and Learn PE Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Live and Learn Class Nickel Bingo, AR 3:30 Live and Learn Creative Writing Class 7:00 Evening Movie, TH 7:00 Card Club, AR	12 11:00 Crossword Puzzles, CR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH
13 10:00 Wii Bowling, AR 10:30 Sunday Hymn Sing, AR 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	14 9:30 Live and Learn PE Weights Workout, AR 10:30 Laugh Yoga, AR 11:00 Live and Learn Physical Fitness Class 2:00 Live and Learn Nickel Bingo, AR 3:30 Water Aerobics, PL 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	15 9:30 Live and Learn PE Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 3:00 Tea at Three, AR 	16 Field Trip! 9:00 On-Site Dermatology Appointments 4:00 Live and Learn Nickel Bingo, AR 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	17 9:30 Live and Learn PE Weights Workout, AR 10:00 Live and Learn Class Horse Racing, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 3:00 Louie Sings!, AT 7:00 Evening Movie, TH	18 ROSH HASHANAH BEGINS AT SUNSET 10:00 Live and Learn PE Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Live and Learn Class Nickel Bingo, AR 3:30 Heart That Gives Wreath Making, AR 7:00 Evening Movie, TH 7:00 Card Club, AR	19 11:00 Crossword Puzzles, CR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH
20 10:00 Wii Bowling, AR 10:30 Sunday Hymn Sing, AR 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	21 9:30 Live and Learn PE Weights Workout, AR 10:30 Laugh Yoga, AR 11:30 Activities Coordinator/Residents' Meeting 2:00 Live and Learn Nickel Bingo, AR 3:30 Water Aerobics, PL 6:45 Mexican Train/Card Club, AR  7:00 Evening Movie, TH	22 AUTUMN BEGINS 9:30 Live and Learn PE Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 2:00 Heart That Gives Wreath Making, AR 7:00 Evening Movie, TH	23 Field Trip! Outing to 1st Responders to Give Wreath 4:00 Live and Learn Nickel Bingo, AR 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	24 9:30 Live and Learn PE Weights Workout, AR 10:00 Live and Learn Class Horse Racing, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 3:30 Live and Learn Class Candy Trivia DVD, AR 7:00 Evening Movie, TH	25 10:00 Live and Learn PE Fly Swatter Balloon Exercise, AR 11:00 Bocce Ball, AT 2:00 Live and Learn Class Nickel Bingo, AR 3:30 Sunflower Seed Butter, AR 7:00 Evening Movie, TH 7:00 Card Club, AR	26 11:00 Crossword Puzzles, CR 2:30 Afternoon Matinee, TH 7:00 Evening Movie, TH 
YOM KIPPUR BEGINS AT SUNSET 27 10:00 Wii Bowling, AR 10:30 Sunday Hymn Sing, AR 11:00 Crossword Puzzles, CR 2:30 Movie Matinee, TH 4:00 Nickel Bingo, AR 7:00 Evening Movie, TH	28 9:30 Live and Learn PE Weights Workout, AR 10:30 Laugh Yoga, AR 11:30 Live and Learn Self Care Class 2:00 Live and Learn Nickel Bingo, AR 3:30 Water Aerobics, PL 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH	29 9:30 Live and Learn PE Weights Workout, AR 10:00 Beanbag Baseball, AT 10:30 Live and Learn PE Beach Ball, Exercise, AT 2:00 Make Lavender Eye Pillows, AR 3:00 Graduation From Hawthorn University, AR 7:00 Evening Movie, TH	30 Field Trip! 4:00 Live and Learn Nickel Bingo, AR 6:45 Mexican Train/Card Club, AR 7:00 Evening Movie, TH			



Outing to Margarita Grill

We enjoy going on our outings each Wednesday! Last month, we went to Margarita Grill and enjoyed a delicious lunch.



The Heart That Gives

Fall in love with giving back! Hawthorn is challenging every community to create a wreath, which we will donate to your local first responders as a thank you for all they have done for our community. Remember, above all else, this competition is all about having fun and giving back to the folks in your city who truly deserve our utmost gratitude!

Salishan Bucks

For every activity you attend, you will receive a Salishan bucks. Every three months, you can use your money to get real items at our auction.

Live and Learn — Hawthorn University

Live and Learn — Fall Term 2020:

The goal of this program is to promote lifelong learning with a focus on five areas of overall health and wellness for our residents. Each week will focus on social wellness, brain health, physical fitness and self-care.

What is Lifelong Learning?

Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling.

We tend to think of learning as ending when school ends, but there is always more to learn!

What are the benefits of Lifelong Learning?

When it comes to supporting healthy aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections and overall quality of life.

Come to the Live and Learn activities and receive a diploma at the graduation.



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.





Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

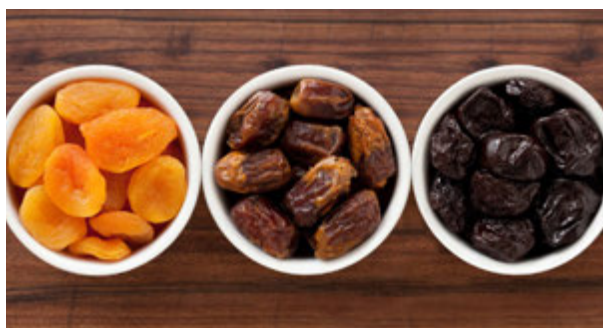
Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.



Visited a Resident

One of our beloved residents who used to live here, Jim Davis, is now living in an assisted living home in Brooksville. We went to pay him a visit and brought a huge smile to his face.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.





191 Astaire Lane
Spring Hill, Florida 34609



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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