

Southern Pines

GRACIOUS RETIREMENT LIVING

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

SEPTEMBER 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

HAWTHORN
SENIOR LIVING

Church Ladies With Typewriters (Mistypes That Are Sure to Make You Laugh)

They're back! Those wonderful church bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at the church services ...

- The Fasting and Prayer Conference includes meals.
- Scouts are saving aluminum cans, bottles and other recyclables. Proceeds will be used to cripple children.
- Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you off, let the church help.
- For those of you that have children, and don't know it, we have a nursery downstairs.
- Next Thursday there will be try-outs for the choir. They need all the help they can get.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- Weight Watchers will meet at 7 p.m., at the First Presbyterian Church. Please use the large double door at the side entrance.
- The Associate Minister unveiled the church's new campaign slogan last Sunday: "I upped my pledge — up yours."

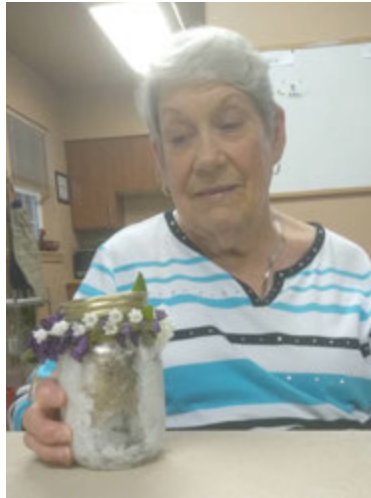




Some of Our Favorite Crafts From This Past Month



*Cocktail umbrella wreath
to add color to your
door this season*



*Fairy jar lanterns to light
up your room at night*

What Is the Most Challenging?

A lot of residents have been stopping by and asking how the new position is working out for me. In all honesty, it is going amazing and I truly love my job. They also ask me what is the most challenging part of the job, and that's trying to keep everyone informed during our new schedule. The way our Newsletter/Calendar work is I plan a month ahead for each month. For example, I am writing this in mid-July. This means if I have any new ideas or something changes, it won't be in the printed calendar. So, the two best ways I can think to keep you informed about new upcoming events is to post it on the board in the Activity Room and go around to each table during both lunches. I would like to apologize ahead of time for taking time away from your meals, as well as for shouting in the Dining Room for our residents who have a hard time hearing. I think it is more important that everyone feels informed as well as included in all activities. I appreciate the understanding as well as the patience I have been graced with while settling into my new position. Thank you for all the love and support. It is greatly appreciated.

Don't Forget About Your Flu Shots

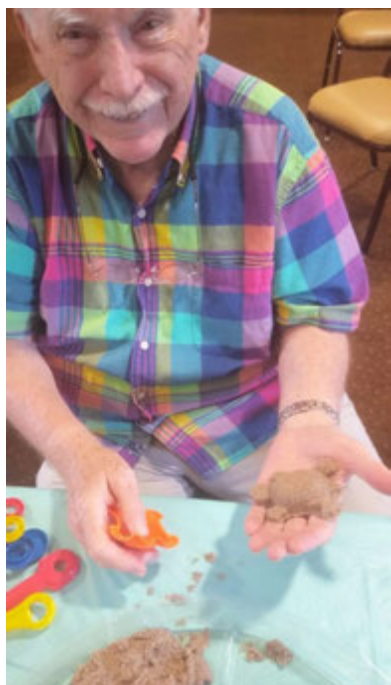
Flu shots will be given in the Activity Room on September 25th. You will need to bring a copy of your insurance card.



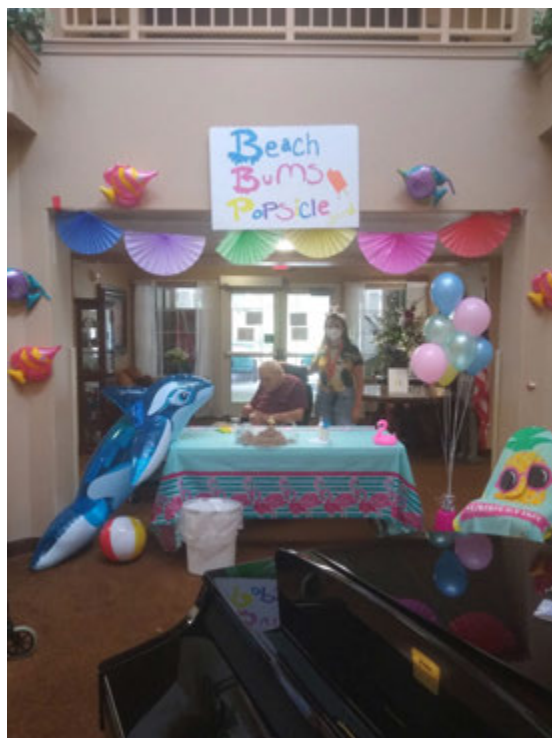
Shot



The Beach Party



Ron made a sand turtle.



Our elevator went down, but luckily there was Beach Bum's Popsicle Stand to keep us cool while we waited.



We were going to have a sandcastle competition but we ended up just playing with it. We had a blast!

Being Considerate of Others' Hard Times

Aging is a beautiful yet trying experience. It is hard when your mind is all there but your body at times can't keep up. Sometimes this causes some hard falls. Then that leaves us with bruises that are loudly noticeable and painful. If you have ever had a fall like this, you can understand what a challenge that is. Especially when you have people asking you a thousand times a day what happened, and even worse when you can hear them talking across the room about how horrible it looks. It causes one to feel worse about their already not so great situation. I am fully confident that with all the beautiful years of experiences in our lives, we can find more fulfilling things to talk about than other people. Let's try to be thoughtful of others during times as such. Thank you.

Hawthorne Is Sending You Back to School for the Month of September

Hawthorn has come up with a month-long program to continue your education in social wellness, brain health, physical fitness, and self-care. These topics and themes will play out throughout the month. Keep up with your calendar so you can take part in all the new activities.

Live and Learn
Fall Term 2022



SEPT 2020

Birthdays

Cathy Kuhlmeier, 1st
Carole Rushforth, 1st
Laurel Stanell, 3rd
Mary Lou Dyer, 3rd
Carl Kuhlmeier, 3rd
Barbara Raper, 6th
Ray Nies, 7th
Paul Sechrist, 12th
Betty Pratt, 13th
Lillian Roberts, 15th
Judy Kellner, 18th
Bill Reinbott, 20th
Walt Lomac, 25th

Anniversaries














Jerry & Anna Lou
Beckmann, 9/11/1949

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 	2 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Charades with Betty 3:00 Aromatherapy Class 7:00 2 \$ Bingo, AC	3 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Sudoku with Tom, AC 	4 9:30 Mystery Ride 2:00 Snack with Care, AC 3:00 Crafts with Betty, AC 7:00 Movie, TH	5 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
6 10:00 Church Service, TH 7:00 Movie Night, TH 	LABOR DAY 7 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC 	8 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	9 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Taboo with Betty, AC 3:00 Sugar Scrub Class, AC 7:00 2 \$ Bingo, AC	10 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Sudoku with Tom, AC 4:00 Show and Tell, AC	11 PATRIOT DAY 9:30 Mystery Ride 3:00 Crafts with Betty, AC 6:30 Painting with a Twist, AC 7:00 Movie, TH 	12 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC 
13 10:00 Church Service, TH 7:00 Movie Night, TH 	14 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	15 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 	16 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Hangman with Betty, AC 7:00 2 \$ Bingo, AC	17 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Sudoku with Tom, AC	18 ROSH HASHANAH BEGINS AT SUNSET 9:30 Mystery Ride 2:00 Snack with Care, AC 3:00 Crafts with Betty, AC 7:00 First Harry Potter Movie, TH 	19 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
20 10:00 Church Service, TH 7:00 Movie Night, TH 	21 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	AUTUMN BEGINS 22 9:30 yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC	23 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Charades with Betty, AC 3:00 Make a Gratitude Journal 7:00 2 \$ Bingo, AC	24 9:30 yoga, AC 10:30 Coffee Topic, LIB 2:00 Pep Rally, A 4:00 Wii Bowling Tournament, AC	25 9:00 Flu Shots with Health Innovations, AC 3:00 Crafts with Betty, AC 7:00 2nd Harry Potter Movie, TH 	26 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
YOM KIPPUR BEGINS AT SUNSET 27 10:00 Church Service, TH 7:00 Movie Night, TH	28 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC	29 9:30 yoga, AC 2:30 Tea Time with Betty, AC 3:30 Tea Time with Betty, AC	30 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Taboo with Betty, AC 3:00 Encouragement Stones, AC 7:00 2 \$ Bingo, AC			



Do You Believe in Magic?

Halloween is one of my favorite holidays — I love the colors, the costumes, and all the festivities. This year, to get us in the spirit of All Hallows' Eve, I chose the theme of Harry Potter.

For those that are unfamiliar with the story, here is a small intro.

The movies are an adaptation of the first of J.K. Rowling's popular novels about Harry Potter, a boy who learns on his 11th birthday that he is the orphaned son of two powerful masters of magic and that he has magical powers of his own. He is called from his life as an unwanted child to become a student at Hogwarts, an English boarding school for magic. There, he meets several friends who become his closest allies. Harry learns lessons in courage, friendship, and love. He also learns the story behind his parents' mysterious deaths.

We will be showing all seven Harry Potter movies, starting with the first one on Friday, September 18th. Then Friday, September 25th, we will have a sorting hat ceremony during supper. We will get one volunteer from each floor to be sorted into a house by the magic hat. The house that person gets will be the same for their whole floor. There are four houses you could be placed in: Gryffindor, Slytherin, Ravenclaw, or Hufflepuff. The floors will be decorated with the colors of your house and you will be given accessories with your colors to wear through the season.

We will have games and activities based on the movies. Through the month of October, you will have chances to win points for your house. At the end of the season, the house with the most points will win the house cup and we will have a party in their favor.

We will be having a magic tournament to win points for your house. The games will consist of:

- Quidditch (a game in the movie)
- Capture the Flag
- Slay the Dragon
- Mischief Managed
- Scavenger Hunt

It will help you to either read the books or watch the movies so you know the terminology. It will also help you get more excited and involved. Harry Potter is a story full of wonder and magic, and this is what I hope to bring to you during this Halloween season.

What Is Color Therapy and Why Is It Awesome?

I have had a lot of questions about Color Therapy and what that even means.

Remember when you were a kid and you would color pretty

pictures? Yup, that's color therapy. Though in our older ages, it may come as a shock to you that coloring has many more health benefits as an adult than it did as a kid. Below is a list of the health benefits of coloring.



REDUCE STRESS AND ANXIETY

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

IMPROVE MOTOR SKILLS AND VISION

The coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

IMPROVE SLEEP

We know we get a better night's sleep when avoiding engaging with electronics at night because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

IMPROVE FOCUS

Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem-solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!

So the next time you see color therapy on the schedule, don't be too quick to look it over.



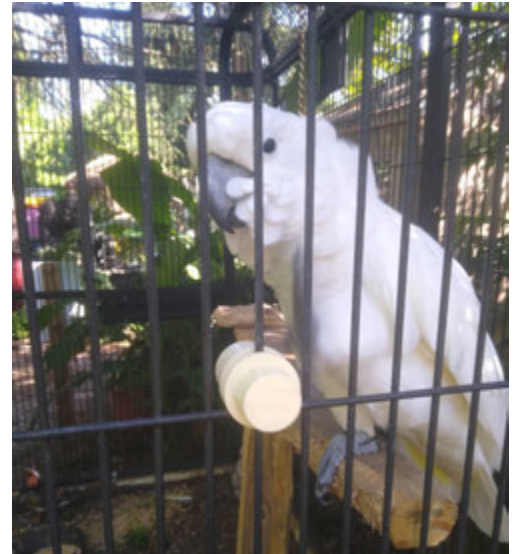
Bus Trips Are for the Birds



*Angelika making friends
with a pretty bird*



*Cathy and Carl found big foot!
I told you he was real ...*



*We went to the Dunrovin Bird
Sanctuary in Vass. They had over
40 exotic birds! If you missed out,
don't worry. We will go again soon.*

Get in the Newsletter

We are always looking for things to share in the Newsletter. If you have a poem, joke, or a story you would like to share, bring it down and I will get it in the upcoming newsletter. I am also looking for a resident to get more involved in the activity program in the way of teaching classes. If you have a skill or a topic you would like to teach to others, please let me know and we will set up some classes. The spot I am looking to fill is on Thursdays, at 2 p.m., as that is when I am at my meetings. If you come down a little early, I will help you set up for your class as well as the supplies. My meetings typically don't run too long, so I will be back to help in a jiffy. Think about it and come talk to me. We can rotate the schedule so those who would like a class all get a chance.

Humans Are Not the Only Ones Suffering From This Pandemic

Due to the spike in take-out orders, our oceans are taking in more styrofoam than before. One estimate suggests some 6 million plastic/styrofoam parts and bits find their way to the ocean every day and that doesn't include the



billions of microplastic particles found in cleansing scrubs and other cosmetic products. Why does this matter? We have learned from the honey bee, even the smallest of creature's existence has a huge impact on our ecosystem. The same goes for our creatures that live in the sea and the ocean itself. What can we do to help? We can be aware of our use of styrofoam and what we can do to use less of it. For instance, we can bring a Tupperware dish down to take leftovers back to our room. One other suggestion is if you don't like using the cups in the Dining Room, you could bring your own down from your room and rinse it out in the Activity Room if need be. All that said, you are always free to make your own decisions. I just thought I would share a few tips and tricks on how to leave the planet a better place for your children, grandchildren, and the generations to come.

Southern Pines
GRACIOUS RETIREMENT LIVING

205 SE Service Road
Southern Pines, NC 28387

A detailed still life photograph of autumn harvest items. It includes several pumpkins in orange and white, ears of corn, gourds, and acorns arranged on a dark, textured surface.

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.

Southern Pines
GRACIOUS RETIREMENT LIVING

910-692-3367