

Southern Pines

GRACIOUS RETIREMENT LIVING

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

NOVEMBER 2020

SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD
Assistant ManagersSTEVE & PENNY KANE
Executive Chef.....JASON CHERNIAWSKI
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

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



Painting With a Twist

What is Painting With a Twist? It is a paint class where we gather together to paint a picture and enjoy an adult beverage. This past class we painted a sunflower for the start of fall. We plan to do this once in a blue moon, so keep your eye out for it on the calendar.



There Is Power in Being Grateful

Improves mental health: Multiple studies in the field of positive psychology have shown that gratitude journaling helps people reconcile with negative emotions. Sadness, envy, regret and frustration are often settled when people take the time to express their gratitude.

Increases happiness: Further studies have shown that daily gratitude journaling has the single largest impact on increasing happiness and improving self-esteem.

Improves relationship to self: Sometimes we become so busy in our lives we forget to have a relationship with the most important person, ourselves. Through all the years of school, marriage, houses and kids ... don't you think it is finally time for you? Journaling is healthy for one to view things from the past, present or future with more clarity. You are also taking time to listen to your inner voice and become more in tune to how you are feeling.

Improves relationships: Journaling about your gratitude makes you more aware of what others do for you. This often leads to improved expression of gratitude to others. When you express gratitude, people appreciate you more because you make them feel good about themselves, regardless of whether you are grateful for someone holding opening the door or giving you a life-changing opportunity.

Gratitude increases resilience: When you are grateful for the good things that have happened in your life, you also become more immune to negative reactions when the bad comes around. Gratitude gives your perspective and helps you realize that no matter how bad things are, "this too shall pass."

Hearts That Gather

We got our wreath over to the fire department. They were very grateful and appreciated that we thought of them. We are so thankful for all of our first responders and everything they do for our community.





Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.

Decorating Party

You will see on this month's calendar something called Decorating Party, the Friday after Thanksgiving. This is an opportunity for those who will not be able to visit with their families to visit with their friends in the community. We will have snacks and drinks in the Activity Room and will begin putting up Christmas decorations around the building. The gathering will start after supper and go until 9 p.m. All are welcome and encouraged to come.

A Poem for the Season

A Thanksgiving Blessing

It's cold outside, but it's
warm in my heart.
And the gray fall sky is
His work of art.
Laden and low, quiet
and still,
November is welcome,
and my eyes drink
their fill

Of brown-gray grass and
red-orange leaves,
Of pavement winding
through the strong, stately trees.

Down the hill, past the barn, past the gate, up the lane,
The house with bright candles in each window pane.

Now I step inside; oh, it's warm! Oh, that smell!
Hot turkey roasting, potatoes done well!
Sweet, spicy cider, and warm winter wine
Cranberry sauce-Oh!-the flavors-divine!

The smiles and hugs are so warm and sweet.
In this cold gray November, a Thanksgiving treat.
I do love it all and am so thankful; yes,
For this lovely season ... I am truly blessed.

— Rick W. Cotton



NOV 2020

Birthdays

Lillian Corallo, 1st
Juanita Matthews, 5th
Ned Frazier, 6th
Mary Ellen Battaille, 11th
Shelia Godwin, 14th
Jean Butcher, 16th
Walter Brown, 19th
Lynda Hall, 26th
Christine Gardner, 26th
Brad Cagle, 28th

Anniversaries









Bob and Nadene Peterson, 11/26/1965
Charles and Jean Reynolds, 11/27/1980

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
<div>DAYLIGHT SAVING TIME ENDS</div> <div>1</div> <div>7:00 Movie Night, TH</div> <div></div>	<div>2</div> <div>9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC</div>	<div>ELECTION DAY</div> <div>3</div> <div>9:30 Yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 7:15 Chit & Chat, TV</div>	<div>4</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 2 \$ Bingo, AC</div>	<div>5</div> <div>9:30 Yoga, AC 10:30 Coffee Topic, AC</div> <div></div>	<div>6</div> <div>9:30 Mystery Ride 3:00 Crafts with Betty, AC 7:00 Movie, TH</div> <div></div>	<div>7</div> <div>10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC</div>
<div>8</div> <div>7:00 Movie Night, TH</div>	<div>9</div> <div>9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC</div>	<div>10</div> <div>9:30 Yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 7:15 Chit & Chat, TV</div>	<div>VETERANS DAY</div> <div>11</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:00 Taboo with Betty, AC 4:00 Veterans' Show and Tell, AC 7:00 2 \$ Bingo, AC</div> <div></div>	<div>12</div> <div>9:30 Yoga, AC 10:30 Coffee Topic, AC</div>	<div>13</div> <div>9:30 Mystery Ride 2:00 Snack with Care, AC 3:00 Crafts with Betty, AC 7:00 Movie, TH</div>	<div>14</div> <div>10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC</div> <div></div>
<div>15</div> <div>7:00 Movie Night, TH</div>	<div>16</div> <div>9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC</div> <div></div>	<div>17</div> <div>9:30 Yoga, AC 2:30 Bingo with Betty, AC 3:00 Wii Bowling, AC 7:15 Chit & Chat, TV</div>	<div>18</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 2 \$ Bingo, AC</div>	<div>19</div> <div>9:30 Yoga, AC 10:30 Coffee Topic, AC</div> <div></div>	<div>20</div> <div>9:30 Mystery Ride 3:00 Crafts with Betty, AC 6:00 S'mores and Cocoa 7:00 Movie, TH</div>	<div>21</div> <div>10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC</div>
<div>22</div> <div>7:00 Movie Night, TH</div>	<div>23</div> <div>9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC</div>	<div>24</div> <div>9:30 Yoga, AC 2:30 Bingo with Betty, AC 2:30 Tea Time with Betty, AC 3:00 Wii Bowling, AC 3:30 Tea Time with Betty, AC 7:15 Chit & Chat, TV</div>	<div>25</div> <div>9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 7:00 2 \$ Bingo, AC</div>	<div>THANKSGIVING</div> <div>26</div> <div>9:30 Yoga, AC 10:30 Coffee Topic, AC</div> <div></div>	<div>27</div> <div>9:30 Mystery Ride 2:00 Snack with Care, AC 3:00 Crafts with Betty, AC 6:00 Decorating Party, AC 7:00 Movie, TH</div> <div></div>	<div>28</div> <div>10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC</div> <div></div>
<div>29</div> <div>7:00 Movie Night, TH</div>	<div>30</div> <div>9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Wii Bowling, AC</div>					



Harry Potter Fun

We have had so much fun with the Harry Potter theme. Here are some of the pictures from the games we have been playing. Let us see which house wins the House Cup!



The sorting hat



That dragon didn't stand a chance!



The Jelly Bean Boozle game ... will you get a good one or a gross one?



All the dragons have been slayed!



Grace got boozled!



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

We Are Trying Something New

It has been brought to my attention that the community would be interested in having an after dinner social. We are trying a new social group called Chit Chat. For now, it will be every Tuesday night in the puzzle room on the second floor at 7:15 p.m. It will be similar to our Coffee Talks — just a simple social group to help people feel more connected to their community. If this goes well, we will increase it to two nights a week. Feel free to bring your own snacks or drinks. Please try to pick up after yourself. Thank you.

Santa Needs Help!

I love decorating!
However, I need help getting ready for the most wonderful time of the year! It has been a rough year for all of us and I want the holidays



to feel extra special. If anyone would like to help create and or decorate for the season, please let me know. If there is a certain area you would like to decorate or something you have a vision for, please come and talk to me so we can create together. I will have a list in my office for Santa's Helpers. Santa needs all the help he can get!

What Do You Think?

As the Activities Director, I am always looking for constructive criticism and ways to better our community. If you feel something needs tweaking or a change all together, come talk with me. I want to know what you would like to see in activities, on the calendar and what content you like to see in the newsletter. My door is always open.

S'mores and Cocoa

On November 20th, join us on the back patio for some S'mores and hot cocoa! We will light up the fire at 6:30 p.m.



Fire

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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.

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