

# Southern Pines

## GRACIOUS RETIREMENT LIVING

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

### JANUARY 2021

#### SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD  
Assistant Managers .....STEVE & PENNY KANE  
Executive Chef.....JASON CHERNIAWSKI  
Activity Coordinator ..... BETTY JACKSON  
Maintenance .....ALEX 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

## 2021 Hawthorn Adventure- Island Hopping!

Swaying palms, powder-fine beaches, and clear blue waters — get ready, Southern Pines, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, Southern Pines will be embarking on an island-hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history, and culture of each of these beautiful destinations. Be sure to attend the Island- Hopping Kickoff week, January 11th-15th to get all of your travel information. If you have any additional questions, like what to pack or weather conditions, be sure to check in with your Travel Guide, Betty, for all the details!





## What Is Your New Year's Resolution?

A New Year's Resolution is a promise to yourself, just to yourself, that you will change something and do it differently this year. You are never too old to set goals for yourself. They can even be small simple goals, such as eat more fruit and veggies, or watch less TV. Some other good ones might be to take a walk out in nature at least once a week and talk to your family more often. What will your New Year's Resolution be?



## Martin Luther King

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most famous quotes.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

“Love is the only force capable of transforming an enemy into a friend.”

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.”

“I have decided to stick with love. Hate is too great a burden to bear.”

“He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.”

“Another way that you love your enemy is this: When the opportunity presents itself for you to defeat your enemy, that is the time which you must not do it. There will come a time, in many instances, when the person who hates you most, the person who has misused you most, the person who has gossiped about you most, the person who has spread false rumors about you most, there will come a time when you will have an opportunity to defeat that person. It might be in terms of a recommendation for a job; it might be in terms of helping that person to make some move in life. That's the time you must do it. That is the meaning of love.”





## If You Don't Use It You Lose It!

### Ways to Slow Down the Effects of Aging

Take care of the basics: The basics don't get any less important as we age. Sleep, diet and exercise are the building blocks of good health and for slowing down the effects of aging.

Getting enough sleep matters. Most adults require seven to nine hours of sleep, even if they don't think so. Sleep gives the body a chance to rejuvenate and reset.

Continuing to eat well is equally important. Nutritional requirements don't really change although some people find that they eat less. A 2015 study said that "malnutrition, both under-nutrition, and over-nutrition are prevalent among older adults." So don't give in to the temptation to skip meals or to limit your diet to a few favorite foods. Your body and your mind need to be fed. Make sure you're getting all the proper food groups as well as correct portions.

Then there's the question of exercise: We don't need to become marathon runners to stay physically, and mentally well. A 2017 study conducted by scientists at the University of Kansas Alzheimer's Disease Center and other institutions found that participants who exercised weekly scored higher in cognitive tests than those who exercised less, the difference was not markedly significant. Yes, those who exercised more became more physically fit. But it seems that just walking briskly for 20 to 25 minutes several times a week may help keep your cognitive function sharp. Working in your garden, energetically doing the housework, and even keeping up with the grandkids counts.

## Island Hopping 2021! Our First Two Destinations

### Our First Stop: Hawaii!

Snapshots of these islands scattered in the cobalt-blue Pacific Ocean are heavenly, without the need for any embellishment by tourist brochures. Sunrises and sunsets are so spectacular that they are cause for celebration all by themselves, such as atop Haleakalā volcano on Maui. As tropical getaways go, Hawaii couldn't be easier or more worth the trip. Whether you're dreaming of swimming in crystal waterfall pools or lazing on the golden sand beaches, you can find what you're looking for here. We will be traveling through the Hawaiian Islands January 18th-22nd.

### Our Second Stop: Fiji!

Dazzling sands, perfect palm trees, and waters so blue they glow — Fiji's beaches look airbrushed. The appeal of the islands stretches beyond holiday snaps: the reefs, bays and sublime sands have provided cinematic eye candy to films including "Cast Away" with Tom Hanks and the 1980 teen dream classic "The Blue Lagoon." We will be enjoying the relaxing islands of Fiji from January 25th to the 29th.



## Hawaiian Shirt Day!

Monday, January 18th, we will be docking in Hawaii! Don't forget to wear your Hawaiian shirt! We will give you your leis as you walk into the Dining Room for lunch!



# JAN 2021

## Birthdays

Rita Waingold, 3rd  
 Peggy McDevitt, 9th  
 Margaret McDevitt, 9th  
 Skip Cline, 18th  
 Dee Dee Miller, 18th  
 Elizabeth  
 Hammerman, 23rd

## Anniversaries

Skip & Angelika,  
 1/23/1971

## 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

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1	2
					9:30 Ride Around Bus Trip 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 4:00 Social Hour, BL 7:00 Movie, TH	10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
3 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH 	4 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:30 Monarch Migration, TH	5 9:30 Yoga with Betty, AC 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 3:30 Freestyle Art, AC 7:15 Chit & Chat, TV	6 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:30 Taboo with Betty, AC 7:00 \$2 Dollar Bingo with Dennis, AC	7 9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC 2:30 Water Pong, AC 7:00 Remember When, TH	8 9:30 Ride Around Bus Trip 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 4:00 Elvis Trivia, AC 7:00 Movie, TH	9 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC 
10 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	11 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC <b>2:30 Meeting with Your Travel Guide, AC</b>	12 9:30 Yoga with Betty, AC 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 3:30 Pack a Bag Relay Race, AC 7:15 Chit & Chat, TV	13 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A <b>2:30 Bon Voyage Social, AC</b> <b>3:30 Boat Race, AC</b> 7:00 \$2 Dollar Bingo with Dennis, AC	14 9:30 Yoga with Betty, AC <b>10:30 Beach Reminiscing Over Coffee, AC</b> <b>2:30 Reggae Day, AC</b> <b>3:30 Tiki Toss, AC</b> 7:00 Remember When, TH	15 9:30 Ride Around Bus Trip 2:00 Crafts with Betty, AC <b>2:30 Sock Hop Dance, AC</b> 3:00 Memory Care with Marry, TV 7:00 Movie, TH	16 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
17 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	MARTIN LUTHER KING JR. DAY 18 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC <b>2:30 The Big Island of Hawaii Virtual Tour, TH</b> <b>3:30 Hawaiian Hot Cocoa Social, AC</b> 	19 9:30 Yoga with Betty, AC 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC <b>3:30 Maui Virtual Tour, TH</b> 4:00 Build a Sand Castle, AC 7:15 Chit & Chat, TV	20 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A <b>2:30 Oahu Tour, TH</b> <b>3:30 Flip Flop Toss, AC</b> 7:00 \$2 Dollar Bingo with Dennis, AC	21 9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC <b>2:30 Kauai Tour, TH</b> <b>3:30 Coffee Bean Toss, TH</b> 7:00 Remember When, TH	22 9:30 Ride Around Bus Trip 2:00 Crafts with Betty, AC 3:00 Whale Watching, TH 3:00 Memory Care with Marry, TV 7:00 Movie, TH	23 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC  
24 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	25 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC <b>2:30 Fiji Virtual Tour, TH</b> <b>3:30 Coconut Treats Social, AC</b>	26 9:30 Yoga with Betty, AC 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC <b>3:30 Conscious Breathing Exercise, TH</b> <b>4:00 Build a Sand Castle, AC</b> 7:15 Chit & Chat, TV	27 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A <b>2:30 Marine Life Meditation for Relaxation, TH</b> <b>3:30 Hot Coconut Game, AC</b> 7:00 \$2 Dollar Bingo with Dennis, AC	28 9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC <b>2:30 Coral Reef Art, AC</b> <b>3:30 Fish Memory Game, AC</b> 7:00 Remember When, TH	29 9:30 Ride Around Bus Trip 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV <b>4:00 The Culture of Fiji, TH</b> 7:00 Movie, TH	30 10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
31 11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH						



## Stop Trying to Love People and Start Trying to Understand Them

Life is made up of relationships. In fact, that's all life really is, a bunch of relationships. We spend a tremendous amount of time trying to figure out how to make others happy. We want to love them in a way that they can really feel that love, but we don't know how. I believe in order to love something you have to take it as part of yourself.

For this reason, I am going to tell you that to really love someone in a way where they will feel loved, you must understand them. Quite often when we try to love someone we act out of our own best interest instead of theirs, but when you try to understand someone it is elevatable to act in their best interest.

When you understand something, you know that thing on a mental, emotional and physical level. And the best part about this is that it is no longer a guessing game. You don't have to guess what they need or want and what's best for them. You don't have to guess because you know.

As people, we don't take the time or put forth the energy to really understand and know each other. Usually, we enter into relationships simply because we feel that we like them. They add something to our lives. Because of this, we are in a relationship with the idea of them instead of the actuality of them. Establishing a relationship is a highly unconscious process.

We can make building relationships a conscious action by seeing if we can meet the needs of everyone involved. That's really what the agreement in a relationship is anyway. Two people agreeing that they can meet each other's needs, and have each other's best interest at heart.

So the next time you interact with someone, whether it be a friend, partner or a family member, ask yourself if you understand them. Do you meet their needs? Do you have their best interest at heart? These, my friends, are the path to love.

## Fun Facts About the King

With his birthday coming up on January 8th, I thought it might be fun to learn some fun facts about Elvis Presley.

Elvis' hair color wasn't actually black — he dyed it. His natural color was brown.



Elvis had a twin. On January 8, 1935, Elvis Aron Presley was born at his parents' two-room house in East Tupelo, Mississippi, about 35 minutes after his identical twin brother, Jesse Garon, who was stillborn. The next day, Jesse was buried in an unmarked grave in nearby Priceville Cemetery.

Elvis purchased his first guitar when he was just 11 years old. He wanted a rifle, but his mama convinced him to get a guitar instead.

At 18, Elvis paid \$4 to make his first record, a gift for his mama.

A Florida judge called Elvis "a savage" that same year because he said that his music was "undermining the youth." He was subsequently forbidden from shaking his body at a gig, so he waggled his finger instead in protest.

Elvis was 6 feet tall and wore a size 11 shoe.

Elvis bought his mansion, Graceland, in Memphis, Tennessee, in 1957 for \$100,000. It was named by its previous owner after his daughter, Grace.

Performing "Are You Lonesome Tonight?" in Las Vegas in 1969, Elvis did one of his frequent lyric changes to amuse himself. Instead of "Do you gaze at your doorstep and picture me there?" he sang, "Do you look at your bald head and wish you had hair?"

In December 1957, Elvis was drafted into the U.S. Army, earning a \$78 monthly salary. During his brief two-year stint on active duty, he was unable to access his music-generated income of \$400,000.

He was distantly related to former U.S. presidents Abraham Lincoln and Jimmy Carter.



## The Season at a Glance

We have kept our spirits high this holiday season. It has been such a blessing and an honor to share the holidays with you. Just like many of you, I had missed out on the chance to spend the holidays with family. Though I am so grateful I got to spend it with the Gracious Living family. We have gone through a lot together this year. I thank each and every one of you for your patience and endurance throughout this time. I appreciate your grace in these ever-changing times. I know we can get through this together as a community. Here are some pictures of us enjoying life.



*Judy enjoying a s'more by a warm fire. There was gourmet hot cocoa to follow!*



*Anna Lou made a candy cane wreath! Thank you, Dottie, for this brilliant craft idea!*



*Dean helping me decorate our Christmas tree*



*Our halls were decked with a grand Christmas tree, and even a choo-choo train!*



*Ginny graced us with her beautiful piano playing at our tree lighting ceremony. It was nice to responsibly gather and get in the spirit of Christmas.*

*Southern Pines*  
GRACIOUS RETIREMENT LIVING

205 SE Service Road  
Southern Pines, NC 28387



*It's always Warm at*

*Southern Pines*  
GRACIOUS RETIREMENT LIVING

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**910-692-3367**