

Summerville Estates

GRACIOUS RETIREMENT LIVING

704 Central Avenue • Summerville, SC 29483 • Phone (843) 873-3337 • www.seniorlivinginstyle.com

JANUARY 2021

SUMMERVILLE ESTATES STAFF

Managers..... SCOTT & DEBBIE DRISCOL
Executive Chef.....QUANETTA CLARK
Community SalesNICK MCBEE
Activity Coordinator DONNA GARDNER
Maintenance BILLY BOYD
Bus DriverVACANT

TRANSPORTATION

**Monday, 9:30-11:30 a.m. and
2-4 p.m.:** Shopping

Tuesday & Thursday, 9 a.m.-2 p.m.:
Professional Appointments

Wednesday, TBA: Outing Trips

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/SummervilleEstates

HAWTHORN
SENIOR LIVING

The Words of MLK

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

Montgomery bus boycott speech

— One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.





Hawthorn Adventure Island Hopping 2021

Hawthorn Adventure Island Hopping 2021
Kickoff week will be January 11th.

On January 18th, we will visit Hawaii, then on to Fiji January 25th, and finish up our Island Hopping Adventure with New Zealand on February 1st.

So, get you beach wear and flip flops ready. There will be four weeks of action packed things to do. We will be experiencing the food, history and culture of the stops along the way.



Five Ways to Make the Most of Your Doctor Visit

Communicating well with your doctor is key to receiving good health care. You only have 18 seconds; that's the average time a doctor waits before interrupting a patient. As a patient, it is important you are able to obtain, communicate, process, and understand basic health information. Learn how to have an effective conversation with your doctor.

1. Prepare for your visit. Be ready to ask three or four questions. Share your symptoms, medicines or vitamins, health habits, and any major life changes.
2. Take notes or ask for written materials. Don't be afraid to ask the doctor to repeat or clarify important information.
3. Make decisions with your doctor that meet your needs. Discuss the risk, benefits, and cost of tests and treatments. Ask about other options and preventive things you can do.
4. Be sure you are getting the message. If you have trouble hearing, ask your doctor to face you when talking and to speak louder and more clearly.
5. Tell the doctor if you feel rushed, worried, or uncomfortable. You can offer to return for a second visit or follow up by phone or email.

As we all know, they are in no hurry to call you back for your visit and then you have to wait more, so take your time.





Starting a New Year

New Year's Eve, with its emphasis on romance and indulgence, might seem like a totally secular celebration. But underneath all that glitter and sparkle is an ancient holiday with deep spiritual roots. For centuries, and in similar ways, people have been observing the end of one year and the beginning of another.

Starting Fresh

While each culture's New Year celebration has its own flavor, there are certain common themes. The period leading up to New Year's Day is a time for setting things straight — a thorough housecleaning, paying off debts, returning borrowed objects, reflecting on one's shortcomings, mending quarrels, and giving alms. In many cultures, people jump into the sea or a local body of water — literally washing the slate clean.

In some towns in Italy, I've been told, you have to watch out for falling objects, as people shove their old sofas, chairs and even refrigerators out of their windows on New Year's Eve. In Ecuador, people make dummies, stuffed with straw, to represent the events of the past year. These "ano viejo" effigies are burned at midnight, thus symbolically getting rid of the past.

Whatever preparations are made, most traditions teach that they should be completed before midnight on New Year's Eve. According to British folklore, you should not sweep on New Year's Day, or you will sweep your good luck away, or take anything out of the house—even trash. You only want to bring new things in to ensure abundance in the coming year. If you must carry something out, be sure to bring something else in first, preferably a coin concealed outside the previous night. As this medieval poem reminds us:

Take out, then take in

Bad luck will begin

Take in, then take out

Good luck comes about

In the American South, it's traditional to eat cornbread, cabbage, and black-eyed peas on New Year's Day. The peas symbolize coins or copper money, the cornbread gold, and the cabbage green or folding money.

Although many of these customs may seem like superstitions, they all stem from a similar belief: by ending the old year with respect and beginning the new one in the way we would like it to begin, we establish our intentions for the new year. Whether we gather together to watch the ball drop in Times Square or set off firecrackers at midnight or clink champagne glasses with our loved ones, we are acknowledging an important transition and welcoming a fresh start. May your New Year be rich with all of the blessings you desire.



JAN 2021

Birthdays

Dot Free, 4th
Scott Driscol, 6th
Ester Hyde, 9th
Cooper Alvarado, 10th (Employee)
Reggie Bailey, 18th (Employee)

Mildred Risser, 19th
Shirley Baltimore, 21st
Eloise Jones, 22nd
Ann Burroughs, 22nd
Bonnie Bull, 23rd
Jeanette Berry, 24th

Anniversaries

Robert & Marilyn Barrows, 1/1/2020
Mario & Marie DiGennaaro, 1/1/1951
Albert & Ester Hyde, 1/1/2020
Herb & Helen Steele, 1/5/1958

Locations

Activity Room, AR
Atrium, AT
Billiard Balcony, BB
Chapel, CH
Courtyard, CY
Dining Room, DR
Fitness Center, FC
Library, LB
Movie Theater, MT
Outing, OU
TV Room, TV

Important Number

Flowertown

Podiatry

Dr. Wilson: 843-851-9069

Fox Rehab

843-749-3688

HouseCalls M.D.

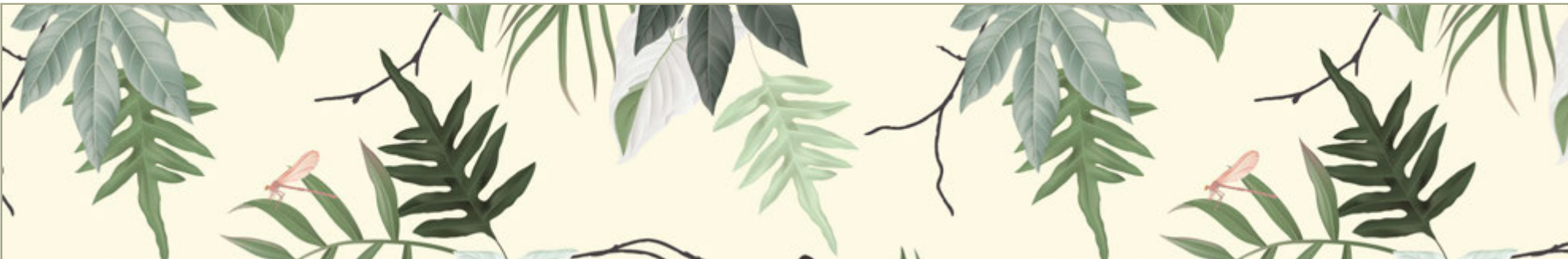













843-501-2031

Liberty Doctors

John Forney, M.D.:
843-471-2273

Classic Hair Salon

843-934-8019.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>9:00 Wii Bowling, AR</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>2:00 Chair Bingo, AR</div> <div>3:00 Bingo with The King, AR</div> <div>4:00 Meet Our New Residents: Happy Hour with Vistelan, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR2</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Donut Social, AR</div> <div>2:00 Cardio Drumming, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>8:20 Summerville Baptist Church Bus3</div> <div>9:30 Worship Service with Seacoast Church, CH</div> <div>11:00 Imagine Heaven, MT</div> <div>2:00 Wii Bowling, AR</div> <div>3:00 Bingo with Debbie, AR</div>	<div>9:00 Wii Bowling, AR4</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:45 Great Courses Discussion Group, MT</div> <div>11:30 Music with Traci, AR</div> <div>2:00 Chair Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR5</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>11:30 Residents'/Managers' Meeting, DR</div> <div>2:00 Communion with Bethany, CH</div> <div>2:00 Bingo with Nancy, AR</div> <div>3:00 Cornhole with Donna, AT</div>	<div>9:00 Wii Bowling, AR6</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:30 Men's Donuts, Coffee & Conversation, AR</div> <div>2:00 Singalong Wednesday, DR</div> <div>2:30 Trivia with Scott, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR7</div> <div>9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>11:00 Bible Study with Bonnie, CH, CH</div> <div>12:00 BP Check with Fox or Vistelan, AR</div> <div>2:00 Community Store Open (2-3 p.m.) Third Floor</div> <div>2:00 Revolution Cardio Drumming Group, AR</div> <div>3:00 Horse Racing with Donna, AR</div>	<div>9:00 Wii Bowling, AR8</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>2:00 Chair Bingo, AR</div> <div>3:00 Bingo with The King, AR</div> <div>4:00 Happy Hour with Hospice of Charleston, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR9</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>2:00 Mexican Train Dominoes with Rita From Vistelan, AR</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Saturday Sundaes with Managers, AR</div>
<div>8:20 Summerville Baptist Church Bus10</div> <div>9:30 Worship Service with Seacoast Church, CH</div> <div>11:00 Imagine Heaven, MT</div> <div>2:00 Wii Bowling, AR</div> <div>3:00 Bingo with Debbie, AR</div>	<div>9:00 Wii Bowling, AR11</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:45 Great Courses Discussions Group, MT</div> <div>11:30 Music with Traci, AR</div> <div>2:00 Hawthorne Adventure Island Hopping Kickoff 2021, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR12</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>10:30 Health Talks with Fox, AR</div> <div>11:00 Pineapple Smoothies with Your Travel Guide Donna, AR</div> <div>11:30 Residents'/Activity Meeting, AR</div> <div>2:00 Bingo with Nancy, AR</div>	<div>9:00 Wii Bowling, AR13</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>11:00 Pack Master Challenge, AR</div> <div>2:00 Singalong Wednesday, DR</div> <div>2:30 Trivia with Scott, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR14</div> <div>9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>11:00 Bible Study with Bonnie, CH, CH</div> <div>11:30 Fiji Coconut Smoothie/W Your Travel Guide Donna, AR</div> <div>12:00 BP Check with Fox or Vistelan, AR</div> <div>3:00 Horse Racing with Donna, AR</div>	<div>9:00 Wii Bowling, AR15</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>11:30 Kiwi Smoothie with Your Travel Guide Donna, AR</div> <div>2:00 Chair Bingo, AR</div> <div>3:00 Bingo with The King, AR</div> <div>4:00 Happy Hour with Amedisys, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR16</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Donut Social, AR</div> <div>2:00 Cardio Drumming, AR</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Saturday Sundaes with Managers, AR</div>
<div>8:20 Summerville Baptist Church Bus17</div> <div>9:30 Worship Service with Seacoast Church, CH</div> <div>11:00 Imagine Heaven, MT</div> <div>2:00 Wii Bowling, AR</div> <div>3:00 Bingo with Debbie, AR</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:00 Wii Bowling, AR</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:45 Great Courses Discussion Group, MT</div> <div>11:30 Music with Traci, AR</div> <div>12:00 Hawaii, AR</div> <div>2:00 Chair Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>3:00 Kona Coffee Bean Minute to Win It, AR19</div> <div>9:00 Wii Bowling, AR</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>11:30 Residents'/Chef Meeting, DR</div> <div>2:00 Bingo with Nancy, AR</div>	<div>9:00 Wii Bowling, AR20</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:30 Sitting Seaside, AR</div> <div>2:00 Singalong Wednesday, DR</div> <div>2:30 Trivia with Scott, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR21</div> <div>9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY</div> <div>10:00 Resident/Chef Meeting, DR</div> <div>10:00 Health Benefits of Pineapple, AR</div> <div>11:00 Bible Study with Bonnie, CH, CH</div> <div>12:00 BP Check with Fox or Vistelan, AR</div> <div>2:00 Community Store Open (2-3 p.m.) Third Floor</div> <div>2:30 Ambassador Meeting, LB</div> <div>3:00 Horse Racing with Donna, AR</div>	<div>9:00 Wii Bowling, AR22</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>2:00 Chair Bingo, AR</div> <div>3:00 Bingo with The King, AR</div> <div>4:00 Happy Hour with Fox Therapy, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR23</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>2:00 Mexican Train Dominoes with Rita From Vistelan, AR</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Saturday Sundaes with Managers, AR</div>
<div>8:20 Summerville Baptist Church Bus24</div> <div>9:30 Worship Service with Seacoast Church, CH</div> <div>2:00 Wii Bowling, AR</div> <div>3:00 Bingo with Debbie, AR</div>	<div>9:00 Wii Bowling, AR25</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>10:45 Great Courses Discussion Group, MT</div> <div>11:30 Music with Traci, AR</div> <div>12:00 Fiji, AR</div> <div>2:00 Chair Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR26</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>1:15 Birthday Celebration with Amedisys, DR</div> <div>2:00 Bingo with Nancy, AR</div> <div>11:00 Relaxing Hand Massage, AR</div>	<div>9:00 Wii Bowling, AR27</div> <div>9:00 Flowertown Podiatry, LB</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>11:00 Ladies' Tea with Donna & Debbie, AR</div> <div>2:00 Singalong Wednesday, DR</div> <div>2:30 Trivia with Scott, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR28</div> <div>9:30 Walking Club Bring Pets, Meet in Back Courtyard, CY</div> <div>10:00 Arts & Crafts with Donna, AR</div> <div>10:00 Castaway Trivia, AR</div> <div>11:00 Bible Study with Bonnie, CH, CH</div> <div>12:00 BP Check with Fox or Vistelan, AR</div> <div>3:00 Horse Racing with Donna, AR</div>	<div>9:00 Wii Bowling, AR29</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>10:00 Balance & Stretching, FC</div> <div>11:00 Sand Castles in Fiji, AR</div> <div>2:00 Chair Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:00 Wii Bowling, AR30</div> <div>9:30 Resident Walking Club: Meet Outside by Back Door, CY</div> <div>3:00 Movie Matinee, MT</div> <div>4:00 Saturday Sundaes with Managers, AR</div>
<div>8:20 Summerville Baptist Church Bus31</div> <div>9:30 Worship Service with Seacoast Church, CH</div> <div>2:00 Wii Bowling, AR</div> <div>2:00 Senior Education Series: Where will I live?, AR</div> <div>3:00 Bingo with Debbie, AR</div>						



Things to Look Out for

Residents get ready for our Hawthorn Adventure Island Hopping 2021.

Let's heat up January and February.

January 11th will be the Island Hopping 2021 Hawthorn Adventures Kickoff.

Wear your beach attire, flip flops and sunshades, and don't forget your sun hat.

January 18th, our first stop will be Hawaii for an all week long tour of fun and games.

January 25th, we will head off to Fiji.

And our final destination will be New Zealand on February 1st.



Don't forget your beach bag!





App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



Getting in the Christmas Spirit

We had some residents who went all out to brighten up the hallways for Christmas. After the year they have had, this brings back some normal to their lives. Also, our town is looking a little bit like Christmas. The town square is all lit up and waiting.

We certainly hope the New Year will be a little different.



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Summerville, SC 29483



It's always Warm at

Summerville Estates
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.

843-873-3337