



Southern Pines

GRACIOUS RETIREMENT LIVING

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

FEBRUARY 2021

SOUTHERN PINES STAFF

Managers.....DENNIS & PAT FITZGERALD
Assistant ManagersSTEVE & PENNY KANE
Executive Chef.....JASON CHERNIAWSKI
Activity Coordinator BETTY JACKSON
MaintenanceALEX HEALY
Bus DriverMICHAEL 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

Show Yourself Some Love

Taking time for yourself doesn't have to be complicated or pricey. There are many quick and simple practices that will keep you upbeat and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of responsibility, and being around things with the color green boosts your mood.

Have a dance party: There are plenty of opportunities to put on some music and dance. You could do it as you are getting ready for the day, or maybe even play music and groove instead of tuning in to the news. The physical action will get your blood flowing and put a pep in your step.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Take up a hobby: Take out 10 to 15 minutes a day to read, sketch, write, color, play music or work on a craft. It can help you find balance between routine and play.

Spread Kindness: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to spread good and feel good.



Where Did Valentine's Day Come From?

Valentine's Day, also called St. Valentine's Day, is a holiday when lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival celebrated the coming of spring. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "From your Valentine" to his jailer's daughter. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the Emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.



Formal messages, or valentines, appeared in the 1500s and by the late 1700s, commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

Black History Month

In 1915, historian Carter G. Woodson took notice of the lack of information on the accomplishments of Black people available to the public, leading him to become co-founder of the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as Negro History Week to recognize the contributions of African Americans to U.S. history. Few people studied Black history, as it wasn't included in textbooks and any information that was included was false.

1963 March on Washington

This week was chosen because it corresponded between birthdays of both Frederick Douglass, and former U.S. President Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976, when U.S. President Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February since.



Special Day in February

February 19, 1968, was the day “Mr. Rogers’ Neighborhood” was first premiered, and everybody wanted to be Mister Rogers’ neighbor. The show was produced in Pittsburgh at WQED Studios. Fred Rogers served as creator, host, head writer, lead musical composer, and chief-puppeteer and voice talent in the Neighborhood of Make-Believe. Talk about a good budget! Fred hosted this gentle, thoughtful children’s show, and he treated every child as an intelligent, worthy and important person with valid feelings, thoughts and ideas.

Each episode was accompanied live-on-set by musicians led by musical director and pianist, Johnny Costa. Fred met regularly with his mentor, renowned child psychologist Margaret McFarland, to discuss child development theory, so that the show’s scripts would authentically reflect the real concerns and feelings of children. Mister Rogers always managed to find wonder in seemingly everyday things, turning visits to factories, farms, and museums into engaging and educational journeys. If you would like to learn more about Mister Rogers and how his show changed the lives of many, there is a documentary out called, “Won’t You Be My Neighbor?”



Mandi Gras Fun Facts

Mardi Gras became the celebration we know today because of a secret society.

Since its first impromptu celebrations in the early 1700s, Mardi Gras had been regularly cancelled or banned for its destructive drunken parties — that is until 1837, when a secret society known as the Mistik Krewe of Comus aimed to elevate the chaotic experience, replacing the debauchery with lavish balls and parades. Eventually, the “Fat Tuesday” celebrations of New Orleans garnered much support and enthusiasm, later establishing itself as the Mardi Gras capital of the country.

You Never Know What They’ll Throw. Bathroom humor never grows old, as evidenced by the joy of Krewe of Tucks riders in their giant toilet bowl float! The screaming crowd jumps for their bathroom-themed throws, including toilet paper, sunglasses shaped like toilets, mini-plungers, and more. In Shreveport, we love the Krewe of Highland, who throw Spam and hot dogs. Anyone can come home with beads. Only those in the know get tiny squirting toilets and dinner.

Why Beads at Mardi Gras? Legend has it in the 1880s, a man dressed like Santa Claus received such fame throwing beads, that other Krewes took on. Makes sense, seeing before that, Krewes threw any manner of items, including food and even dirt!



FEB 2021

Birthdays

Ginny Dorne, 1st
Brad Hall, 3rd
Faith Phyllips, 9th (Employee)
Merlyn Buller, 10th
Ron McGaughy, 12th
Steph Weitzel, 15th (Employee)
Cordelia Hickman, 18th
Richard Colegrove, 18th
Neil Price, 21st
Pat Moerke, 22nd
Jane Nusbaum, 23rd
Barbara Maddox, 28th

Locations













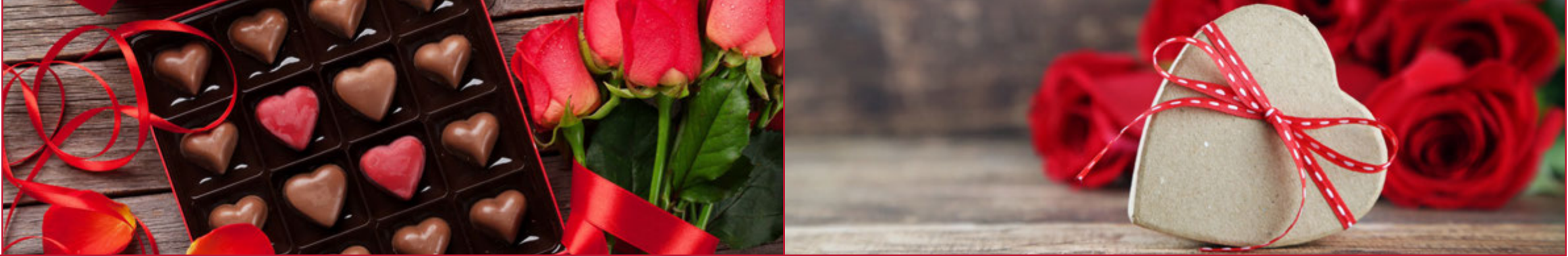
Activities Center, First Floor, AC
Atrium, A
Billiards, Second Floor, BL
Chapel, Third Floor, CH
Computer Room, Second Floor, CR
Dining Room, DR
Fitness Center, Third Floor, FC
Library, Second Floor, LIB
Lobby, L
Television/Cards, Second Floor, TV
Theater, Third Floor, TH

Beauty Shop

910-603-1784

“We must absolutely take care of one another.”

—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Strength Exercise with Legacy, AC 1 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Tour of New Queenstown Nz, TH 4:00 After Tour Social, TH 	9:30 Yoga with Betty, AC 2 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 3:00 Welcome to Hobbiton, AC 7:15 Chit & Chat, TV	9:30 Strength Exercise with Legacy, AC 3 10:30 Chair Volleyball, A 3:00 Pools in Rotorua, AC 4:00 Landscapes of New Zealand, TH 7:00 \$2 Dollar Bingo with Dennis, AC 	9:30 Ride Around Bus Trip 4 10:30 Coffee Talk, AC 3:00 The Haka, TH 7:00 Remember When, AC	9:30 Ride Around Bus Trip 5 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 4:00 Learn About Maori Culture, AC 7:00 Movie, TH	10:30 Chair Volleyball, AC 6 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
11:00 Hayes Barton Virtual Service, TH 7 2:30 Favorite Hymns, TH	9:30 Strength Exercise with Legacy, AC 8 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:30 Where Have You Been?, AC	9:30 Yoga with Betty, AC 9 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 3:00 Valentines Cards, AC 7:15 Chit & Chat, TV 	9:30 Strength Exercise with Legacy, AC 10 10:30 Chair Volleyball, A 3:00 Tales by the Light, TH 7:00 \$2 Dollar Bingo with Dennis, AC 	9:30 Yoga with Betty, AC 11 10:30 Coffee Talk, AC 3:00 More Than Just the Weather, AC 7:00 Remember When, AC	9:30 Ride Around Bus Trip 12 2:00 Crafts with Betty, AC 2:30 Chinese New Year Parade, A 3:00 Memory Care with Marry, TV 4:00 Couples Games, AC  7:00 Movie, TH	10:30 Chair Volleyball, AC 13 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
VALENTINE'S DAY 14 11:00 Hayes Barton Virtual Service, TH 2:00 Kissing Booth, AC 2:30 Favorite Hymns, TH	PRESIDENTS DAY 15 9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 	9:30 Yoga with Betty, AC 16 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 3:00 Mardi Gras Parade, A 7:15 Chit & Chat, TV	ASH WEDNESDAY 17 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 3:00 First Lady Trivia, AC 7:00 \$2 Dollar Bingo with Dennis, AC	9:30 Yoga with Betty, AC 18 10:30 Coffee Talk, AC 2:30 Lions of Venice, TH 4:00 Learn About Pluto, TH 7:00 Remember When, AC 	9:30 Ride Around Bus Trip 19 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 4:00 Learn Astrology, TH 7:00 Movie, TH	10:30 Chair Volleyball, AC 20 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
11:00 Hayes Barton Virtual Service, TH 21 2:30 Favorite Hymns, TH 	9:30 Strength Exercise with Legacy, AC 22 10:30 Washington Trivia, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:30 Cupcake Day Social, AC 	9:30 Yoga with Betty, AC 23 10:30 Jenga, AC 2:30 Prize Bingo with Betty, AC 4:00 Carnivals Around the World, AC 7:15 Chit & Chat, TV 	9:30 Strength Exercise with Legacy, AC 24 10:30 Chair Volleyball, A 7:00 \$2 Dollar Bingo with Dennis, AC	9:30 Yoga with Betty, AC 25 10:30 Coffee Talk, AC 3:00 More Than Just the Weather, AC 7:00 Remember When, AC	9:30 Ride Around Bus Trip 26 2:00 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 7:00 Movie, TH	10:30 Chair Volleyball, AC 27 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
11:00 Hayes Barton Virtual Service, TH 28 2:30 Favorite Hymns, TH 						



Month at a Glance

As we are continuing to stay safe in our rooms through the months, we found ways to bring the holiday spirit straight to your door! We had a few residents that took on a whole gingerbread house in their rooms! They felt it was a shame no one would be able to see the village that we all worked so hard on, so we brought the village to you! I crafted together a train engine from some boxes, paint, and a laundry cart. Following the engine, we had a hot cocoa and cookie cart. Then we had the village as our caboose and grand finale. The Polar Express, along with Santa Claus and his trusty elves went to each room on all three floors and handed out stockings as we sang, "Santa Claus Is Coming to Town." We hope you all enjoyed your holidays as well as the stocking stuffers!



Santa came to town.

Thank you to everyone who helped make the Polar Express possible, as well as the residents and employees who helped with the Gingerbread Village. You are much appreciated.



The Polar Express!



Waggin Trails Dog Village



Hold Steady, Hold Strong

I know these past months have been hard and we are not out of the woods just yet, but we are getting closer to that light at the end of the tunnel. Please make sure you are getting enough water and are moving around. Be sure to stretch out those muscles and move your joints. We are in the home stretch!

“Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream.”

— Barbara Winkler



Will the Groundhog See His Shadow?

On February 2, 1887, Groundhog Day, was celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. As told by tradition, if a groundhog comes out of its hole and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.



Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long the winter would be. Germans expanded on this concept by selecting a hedgehog as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition with a groundhog, which were plentiful in the state.

Groundhogs, also called woodchucks and whose scientific name is *Marmota monax*, typically weigh 12 to 15 pounds and live six to eight years. They eat vegetables and fruits, whistle when they're frightened or looking for a mate, and can climb trees and swim.

“Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late.”

— Don Halley

Chinese New Year

Chinese New Year is the biggest holiday in China. In 2021, Chinese New Year will begin on February 12th, and the animal is the Ox. Tied to the Chinese lunar calendar, the holiday was traditionally a time to honor household and heavenly deities as well as ancestors. It was also a time to bring family together for feasting. With the popular adoption of the Western calendar in 1912, the Chinese joined in celebrating January 1st as New Year's Day. China, however, continues to celebrate Chinese New Year with the traditional greeting, “Kung hei fat choi.”



China

Celebrating the New Year became the main focus throughout the country. The entire attention of the household was fixed on the celebration. During this time, business life came nearly to a stop. Home and family were the main focus.

In preparation for the holiday, houses were thoroughly cleaned to rid them of “huiqi,” also known as inauspicious breaths, which might have collected throughout the past year. Cleaning was also meant to appease the gods who would be coming down from heaven to make inspections.

Ritual sacrifices of food and paper icons were offered to gods and ancestors. People posted scrolls printed with lucky messages on household gates and set off firecrackers to frighten evil spirits.

Many of the rituals carried out during this period were meant to bring good luck to the household and long life to the family members.

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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.

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