

Cypress Springs

Gracious Retirement Living

9085 Town Center Parkway • Bradenton, FL 34202 • Phone (941) 366-6870 • www.seniorlivinginstyle.com

MARCH 2021

CYPRESS SPRINGS STAFF

Management Team DON DAHLING
& CHERYL STEFANO
Management Team DAVID & DANA SALISBURY
Executive Chef SEAN MARTIN
Community Sales RENE' DESTOWET
Activity Coordinator LINDA BRITT-SMITH
Maintenance ZEBEDEE MOSHER
Transportation MICHAEL LENIART

TRANSPORTATION

Monday & Friday, 9:30 a.m.-3 p.m.:
Local Shopping

Tuesday & Thursday, 9 a.m.-3 p.m.:
Doctor Appointments

Wednesday: Resident Outings

SALON

Hours: Monday, Tuesday, Wednesday,
Thursday & Saturday, 10 a.m.-4:30 p.m.

Telephone: 941-357-6113

HAWTHORN
SENIOR LIVING

What to Expect After Getting a COVID-19 Vaccine

While we wait for the vaccines to come to us, some residents have been called from the Manatee County Health Department waiting list to get their COVID-19 vaccination. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

Common side effects you may experience:

- Pain or swelling on the arm where you got the shot
- Fever, headache, chills and tiredness throughout the rest of your body

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

If the redness or tenderness where you got the shot increases after 24 hours

If your side effects are worrying you or do not seem to be going away after a few days.



Jerry and Verna getting their shots on the bus.

(Continued inside.)



What to Expect After Getting a COVID-19 Vaccine (Continued)

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911. Learn more about COVID-19 vaccines and rare severe allergic reactions.

About your second shot

Both COVID-19 mRNA vaccines will need two shots to get the most protection. The timing between your first and second shot depends on which vaccine you received. You should get your second shot:

for the Pfizer-BioNTech three weeks (or 21 days) after your first shot,

for the Moderna one month (or 28 days) after your first shot.

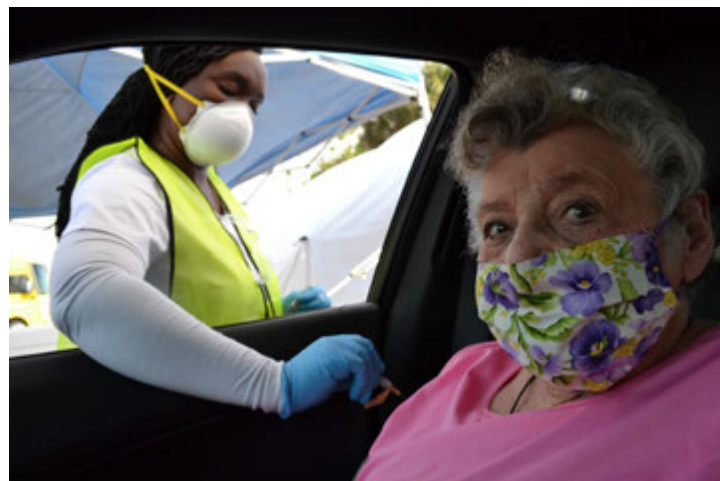
You should get your second shot as close to the recommended three-week or one-month interval as possible. However, there is no maximum interval between the first and second doses for either vaccine. You should not get the second dose earlier than the recommended interval.

Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.

With most COVID-19 vaccines, you will need two shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.

It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require two shots may not protect you until a week or two after your second shot.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.



Eunice at the Manatee County drive-through

Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Spend time with upbeat people — We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



Tea for Health

After water, tea is the world's most popular beverage.

Researchers say that regular tea-drinking (two to three cups per day) may help lower cholesterol, manage blood sugar, promote weight loss, protect against several forms of cancer, boost immunity and reduce inflammation.

Applied topically, tea can relieve the discomfort of rashes.

Once you begin delving into the subject of tea, it's easy to get confused. Will it be loose (thick or thin?), powdered, bagged, brewed and bottled? Chai, citrus, or jasmine? A green-tea extract? A tincture, a pill, a syrup, or a soda? What about snack?

Why not start by brewing some loose green tea leaves from a specialty or health-food store near you? If you live near an Asian market, you'll have a much larger choice. Buy small quantities and store them in airtight containers in the freezer to maintain their flavor and potency.

By the way, if you want to maximize the health benefits of tea, drink it without milk. (What were the Brits thinking?) Proteins in the milk decrease the concentration of many of tea's beneficial phytochemicals.

A few other uses for tea:

The astringent substances in tea called tannins make it a natural skin toner.

Used as a final rinse, tea conditions and restores shine to hair.

Dry tea leaves absorb odors as well as baking soda does. Leave a few bags in the fridge, or drop some into shoes, pocketbooks, and cars.

March Madness Mad Hatter Tea scheduled for Thursday, March 25th, at 4 p.m.

Spring-Cleaning — The No-Brainer Purge

Wondering what to do when you are stuck in your room for a couple of days?

If you're anything like me, decluttering is downright exhilarating. But knowing where to start can be a major mental roadblock. If you've got the urge to get some stuff out of the house, start with this list of items you can say goodbye to right now with little thought and no impunity.

20 Things to Get Rid of Right Now Without a Second Thought

1. Expired coupons
2. Old magazines
3. Expired pantry items (canned goods, spices, etc.)
4. Old clothes
5. Old, extra, or excessive wrapping paper and supplies
6. Excessive plastic and paper bags
7. Broken things you've been meaning to repair
8. Old, extra, stained, or torn linens
9. Chipped dishes and mugs
10. DVDs you know you'll never watch again
11. Duplicate kitchen tools
12. Accessories you haven't worn in a year or more
13. Take-out menus
14. Extra boxes and empty storage containers
15. Refills for items you no longer use
16. Expired or compromised bike helmets
17. Expired medications
18. Expired cosmetics
19. Old cell phones and other electronics
20. Books that don't move you or that you haven't used for reference in three or more years

MARCH
2021

Birthdays

Jacqueline
Ladson, 1st

Stacia Sledz, 2nd

Wick West, 8th

Shirley Garcia, 13th

Olga Eppich, 15th

Ruth Rosania, 17th

Judith Robertson,
18th

June Strauss, 21st

Paige Reder, 23rd

Gwen West, 23rd

Lisa Stephens, 26th

Jeannette Alling, 26th

Arlene Keuinji, 28th






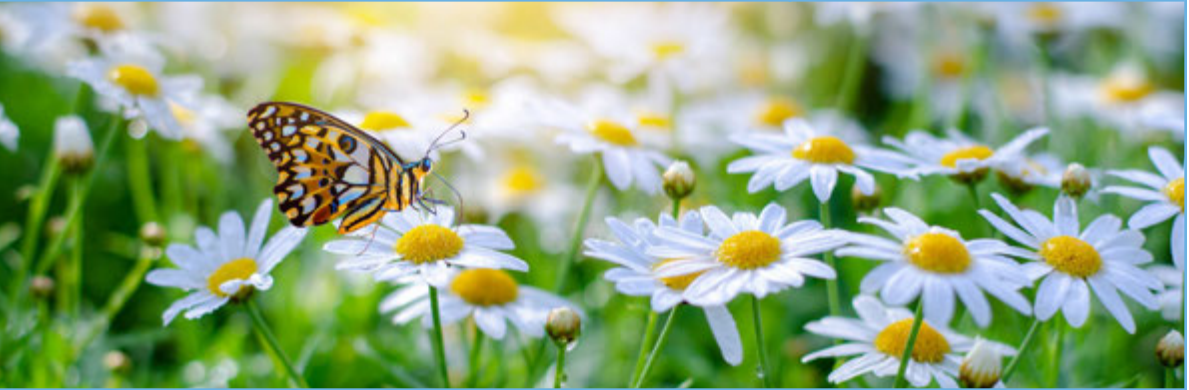
Allegria Bouquet,
29th

Locations

2nd Floor Billiards, BR
4th Floor Deck, 4th Fl
Activity Room, AR
Atrium, A

Bistro, B

Chapel, CH
Dining Room, DR
Library, LI
Outside Fireplace, OF
Pool, P
Theatre, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</div>	<div>1</div> <div>9:30 Exercise with Linda, AR</div> <div>9:30 Resident Led Rosary, CH</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>2</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Bean Bag Baseball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>3</div> <div>9:00 Blood Pressure Check, AR</div> <div>9:15 Social Bridge, LI</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>	<div>4</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>12:00 Activity/Resident Meeting, DR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>5</div> <div>9:30 Exercise with Linda, AR</div> <div>10:30 Bible Study with David, TH</div> <div>11:00 Bean Bag Baseball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>6</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>
<div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Wii Bowling, AR</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> <div>7</div>	<div>8</div> <div>9:30 Exercise with Linda, AR</div> <div>9:30 Resident Led Rosary, CH</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>9</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Bean Bag Baseball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>10</div> <div>9:00 Blood Pressure Check, AR</div> <div>9:15 Social Bridge, LI</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>	<div>11</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>12:00 Chef/Resident Meeting, DR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>12</div> <div>9:30 Exercise with Linda, AR</div> <div>10:30 Bible Study with David, TH</div> <div>11:00 Bean Bag Baseball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>13</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>
<div>DAYLIGHT SAVING TIME BEGINS</div> <div>14</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Wii Bowling, AR</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>15</div> <div>9:30 Exercise with Linda, AR</div> <div>9:30 Resident Led Rosary, CH</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>16</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Bean Bag Baseball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>17</div> <div>ST. PATRICK'S DAY</div> <div>9:00 Blood Pressure Check, AR</div> <div>9:15 Social Bridge, LI</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>3:00 Horse Racing, A</div> <div>4:15 Green Happy Hour, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>18</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>12:00 Managers'/Resident Meeting, DR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>19</div> <div>9:30 Exercise with Linda, AR</div> <div>10:30 Bible Study with David, TH</div> <div>11:00 Bean Bag Baseball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>20</div> <div>FIRST DAY OF SPRING</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>
<div>21</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Wii Bowling, AR</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>22</div> <div>9:30 Exercise with Linda, AR</div> <div>9:30 Resident Led Rosary, CH</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>23</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Bean Bag Baseball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>24</div> <div>9:00 Blood Pressure Check, AR</div> <div>9:15 Social Bridge, LI</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>	<div>25</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>26</div> <div>9:30 Exercise with Linda, AR</div> <div>10:30 Bible Study with David, TH</div> <div>11:00 Bean Bag Baseball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>27</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>
<div>28</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>3:00 Wii Bowling, AR</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>29</div> <div>9:30 Exercise with Linda, AR</div> <div>9:30 Resident Led Rosary, CH</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 Bingo, AR</div> <div>3:00 Horse Races, AR</div> <div>4:30 Ping Pong Open Play</div> 	<div>30</div> <div>9:15 Exercise with Legacy</div> <div>11:00 Bean Bag Baseball, AR</div> <div>3:00 Water Works with Linda, P</div> <div>3:00 LCR Dice Game \$, AR</div> <div>4:30 Ping Pong Open Play</div>	<div>31</div> <div>9:00 Blood Pressure Check, AR</div> <div>9:15 Social Bridge, LI</div> <div>11:00 Beach Ball Volleyball, AR</div> <div>2:00 BINGO, AR</div> <div>3:00 Horse Racing, A</div> <div>4:30 Ping Pong Open Play</div>			



Aloha!

After a week in Hawaii we had a Happy Hour with a Blue Hawaii drink and Hawaiian pizza for all. Awards were given to best dressed, as the contestants danced to Don Ho's "Lovely Hula Hands." Fun was had by all!



With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadownillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.

What Am I?

I move incessant to and fro,
Obedient to Moon and Sun,
But though I serve both high and low,
All wait on me, I wait on none.
Prizes for the right answer. Please see Linda.



Melvin Knew Martin Luther King Jr.

Resident Mel Pettis remembers this day, because he was there!

Reverend Martin Luther King Jr. looked out at the crowd of about 800 people gathered to see him. It was Wednesday, April 28, 1965, and he was about to receive the Pacem In Terris Peace and Freedom Award, presented by the Davenport Catholic Interracial Council in Davenport, Iowa. The award was first presented in 1964, given posthumously to President John F. Kennedy and John Howard Griffin, a Texas journalist who wrote extensively on race relations in the United States. The award, which is still presented today, is meant “to honor a person for their achievements in peace and justice, not only in their country, but in the world.”



Melvin sharing the stage with Martin Luther King

Why Wearing a Mask Helps Prevent the Spread of COVID-19

Until we are all vaccinated, please continue to wear your mask when out in the Community. COVID-19 is airborne and spread by respiratory droplets which enter through the nose and mouth. Wearing a mask will help prevent the spread of these droplets into the air. It is possible for someone to spread the virus even if they do not have symptoms.

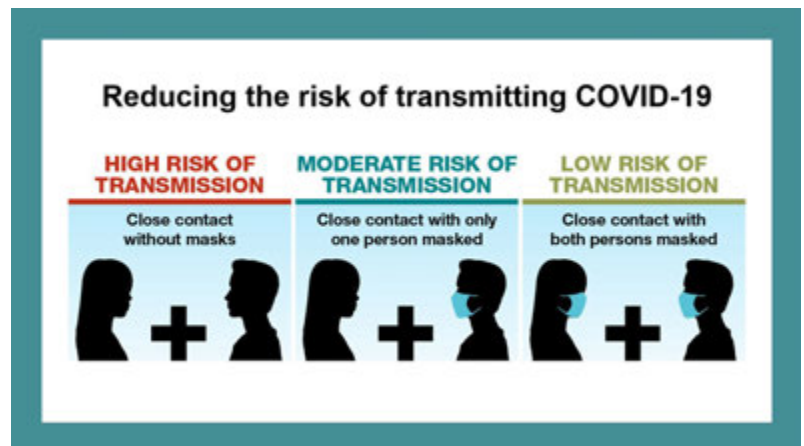
Below are tips on how to wear a mask:

For the mask to be the most effective, it must fit as snugly as possible to the face, covering the chin, mouth and nose up to the nose bridge. The mask should not be below the nose or worn at the tip of their nose.

The mask should fit tightly against the face. This means there should be no gaps or openings along the sides of the mask.

For individuals who wear glasses, masks can cause lenses to fog up. It is recommended to adjust the position of the mask near their glasses. By pressing the mask tightly to the skin under the eyes (and around/under the frames of the glasses) it will help redirect the flow of exhaled air under the chin and out the lower part of the mask.

It is important to keep the mask on while around people and where it is not possible to social distance (being 6 feet or more away). Wearing a mask can help stop your germs from infecting others. Research has shown that wearing masks reduces the risk of infection, especially when combined with other prevention efforts such as washing your hands frequently and staying 6 feet away from others.



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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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941-366-6870