

# Southern Pines

## GRACIOUS RETIREMENT LIVING

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

### MARCH 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

### Butterfly Fast Facts!

To help you celebrate the arrival of spring, below are some fun facts about butterflies.

Butterflies taste with their feet. They have taste receptors on their feet to help them find their host plants and locate food.

Butterfly wings are actually transparent. How you may ask? Well, a butterfly's wings are covered by thousands of tiny scales, and these scales reflect light in different colors.

Butterflies live on an all liquid diet. Their main food source is nectar. They also drink water from puddles.

Butterflies are unable to fly if they are cold. Their bodies need to be at the ideal body temperature of 85 degrees in order for them to fly.

Butterflies are nearsighted; however, they can see an array of colors! They are even able to see ultraviolet color not visible to the human eye.

If you'd ever considered memorizing all the various species of butterflies, it may take longer than you were anticipating. There are almost 20,000 butterfly species!

Butterflies actually have four wings, not two. Butterflies have four separate wings. The wings closest to its head are called the forewings, while those in the rear are called the hindwings. Thanks to strong muscles in the butterfly's thorax, all four wings move up and down in a figure-eight pattern during flight.





## Spring Into Action Walking Challenge!

To kick the dust off our feet and hop into spring, I present to you the walking challenge! This challenge



will take place the second week of March. You are not competing against each other but against yourselves. I will give you a sheet so you can keep track of how many steps you do during the week. You can do laps around the outside of the building or if the weather doesn't permit, you can do your laps inside the building. If you have difficulty walking for long periods of time, you can even do steps while sitting in a chair in your very own room! Challenge yourself to get moving in any way you can.

## Spring-Cleaning!

Seven Easy Ways to Start Decluttering!

Below are seven simple ways to start decluttering your space!

1. Start by getting rid of any junk that might be lying around your space. A good rule to go by is if you don't use it at least once a month, or it doesn't bring you joy, get rid of it!
2. Begin by choosing one small space to organize at a time. For example, choose a cabinet or drawer.
3. Sort your items into three piles: Keep, donate and toss.
4. Find a specific place for everything you intend to keep, everything has a place and when it isn't being used it should be in its place.
5. Group items that are used together in the same place, so you always know where to find them.
6. If you buy something new, pledge to get rid of something old. This will help keep space from becoming cluttered.
7. Don't try to do everything all at once. Schedule limited amounts of time to work on decluttering and organizing on a regular basis.

## Meet the New Members of Our Legacy Team

Legacy provides physical therapy, occupational therapy, speech and language pathology, as well as wellness services.

Hi there! My name is Emily and I'm the occupational therapist here at Gracious Living. I'm from the sunny state of Florida and completed my undergraduate and graduate schooling there (Go Gators!). My husband and I recently moved to North Carolina with our handsome black



*Emily*

Lab because the Army sent us, and we are so glad to be here. In the two years I've worked as a therapist, I have treated in a variety of different settings but have come to love working with this population because I firmly believe there is so much life left to live after retirement. I am so thankful for your warm welcome, and I hope to continue working with you in occupational therapy to make you as strong, healthy and independent as possible so you can enjoy your life to the fullest.

— *Emily*

My name is Tamara Korpak and I'm a certified occupational therapy assistant and have worked for Legacy for over a year. I have been practicing in the field of occupational therapy since I graduated in 2002. I am originally from Pennsylvania, and graduated from Penn State University. I am a mom to two wonderful boys ages 17 and 12, and I have lived in Carthage





for the past eight years. I love what I do, and enjoy helping my patients meet their personal goals to live as independently as possible. Occupational therapy is a wonderful field where I get the chance to help people with an injury, illness or re-learn to do everyday activities of life.

— *Tamara*



*Jesse*

My name is Jesse White and I am a physical therapist assistant with Legacy. I am originally from the east coast of North Carolina and currently living in Fayetteville. I am married and have two Labrador retrievers. I have been a PTA for six years, working with geriatrics all six years in all levels of care. I've enjoyed hearing the many stories from residents along the way. Physical therapy is important to improve residents' abilities and quality of life, for them to enjoy the amenities that the facility has to offer.

— *Jesse*

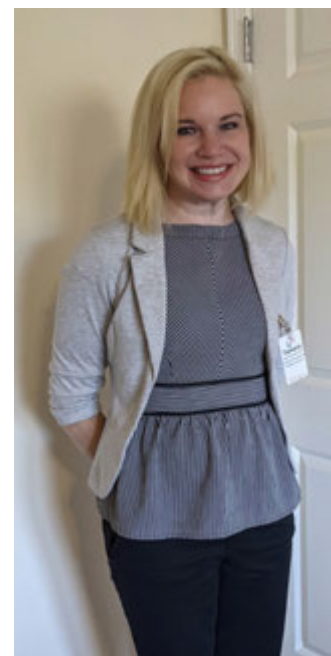
My name is Jeannine Noble Brannum and I've had the pleasure of working for Legacy Healthcare at Gracious Living as a physical therapist for over three years. I've primarily lived in North Carolina and

received my doctorate in PT from Western Carolina University, where I fell in love with the world of geriatric rehabilitation. The body is amazing in its ability to heal and as a PT I've been trained to harness that ability through exercise! Not only do I see my patients become stronger and better balanced, but also reduce need of medication, improve walking and safety in the Community, and regain the independence they thought they had lost! I'm newly married and my new hubby and I are proud parents to four dogs: Silas, Josie, Rizzo and Stewie. Outside of my love for therapy, I'm a huge dog lover and advocate, so if you have a pup that needs a good scratch behind the ear, I'm your girl!

— *Jeannine*

Hello, my name is Laura Ellis. I am a speech language pathologist and Rehab Director here at Gracious Living! I have been working in the field of speech pathology for seven years in both pediatrics and adults. I received my graduate education from Marshall University, in Huntington, West Virginia. I live with my husband and two little boys in Seven Lakes, North Carolina, and we will be welcoming a new family member this summer! My favorite thing about my job is helping my patients find their voices, remember favorite memories and restore their swallowing abilities so they can enjoy the simple things in life. Small wins each day add up to big results! I am excited to be here with my wonderful team and I look forward to meeting you all!

— *Laura*



*Tamara*



*Jeannine*



*Laura*

MARCH  
2021

Birthdays

Robert Dutt, 2nd  
Ruth Guild, 2nd  
Erma Cassar, 3rd  
Lou Marchand, 12th  
Bob Peterson, 20th  
Joe West, 20th  
Jack Stoudemire, 23rd  
Pete Downey, 24th  
Bill Clark, 26th  
Rheba Morrison, 26th  
Mona Johnson, 30th





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

“Never, ever  
underestimate  
the importance  
of having fun.”  
—Randy Pausch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC	2  9:30 Yoga with Betty, AC 10:30 Rhyming Words, AC 2:30 Prize Bingo with Betty, AC 7:15 Chit & Chat, TV 	3  9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 3:00 Tales by the Light, TH 7:00 \$2 Dollar Bingo with Dennis, AC 	4  9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC 2:30 Scrapbooking, AC 3:30 Comedy Hour, TH 7:00 Remember When, AC	5  9:30 Bus Trip 2:30 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 7:00 Movie, TH	6  10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC
7  11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	8  9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:30 Gilligan’s Island, TH	9  9:30 Yoga with Betty, AC 10:30 Where Have You Been? Social, AC 2:30 Prize Bingo with Betty, AC 7:15 Chit & Chat, TV	10  9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:30 Find the Clovers, AC 7:00 \$2 Dollar Bingo with Dennis, AC	11  9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC 2:30 Taboo with Betty, AC 7:00 Remember When, AC	12  9:30 Bus Trip 2:30 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 7:00 Movie, TH 	13  10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
DAYLIGHT SAVING TIME BEGINS 14	15  9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC	16  9:30 Yoga with Betty, AC 2:30 Prize Bingo with Betty, AC 3:00 Ruth Bader Ginsburg, TH 7:15 Chit & Chat, TV	17 ST. PATRICK'S DAY 9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 2:30 St. Patrick’s Day Social, AC 3:00 Pot of Gold Coin Toss, AC 7:00 \$2 Dollar Bingo with Dennis, AC	18  9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC 2:30 Boggle, AC 3:30 Jenga, AC 7:00 Remember When, AC	19  9:30 Bus Trip 2:30 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 7:00 Movie, TH	20 FIRST DAY OF SPRING  10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 7:00 \$2 Bingo, AC 
21  11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	22  9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 2:30 Spring Fling, AC	23  9:30 Yoga with Betty, AC 10:30 Puppy Therapy, AC 2:30 Prize Bingo with Betty, AC 7:15 Chit & Chat, TV 	24  9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 3:00 Tales by the Light, TH 7:00 \$2 Dollar Bingo with Dennis, AC 	25  9:30 Yoga with Betty, AC 10:30 Coffee Talk, AC 3:00 Taboo with Betty, AC 7:00 Remember When, AC	26  9:30 Bus Trip 2:30 Crafts with Betty, AC 3:00 Memory Care with Marry, TV 7:00 Movie, TH 	27  10:30 Chair Volleyball, AC 3:45 Wii Bowling, AC 4:00 Poor Choices in the Library, LIB 7:00 \$2 Bingo, AC
28  11:00 Hayes Barton Virtual Service, TH 2:30 Favorite Hymns, TH	29  9:30 Strength Exercise with Legacy, AC 11:00 Blood Pressure Cks. w/Affordable Care, AC 3:00 Happy Holi, TH	30  9:30 Yoga with Betty, AC 2:30 Prize Bingo with Betty, AC 7:15 Chit & Chat, TV 	31  9:30 Strength Exercise with Legacy, AC 10:30 Chair Volleyball, A 3:00 Trivia, AC 7:00 \$2 Dollar Bingo with Dennis, AC			





## Month at a Glance

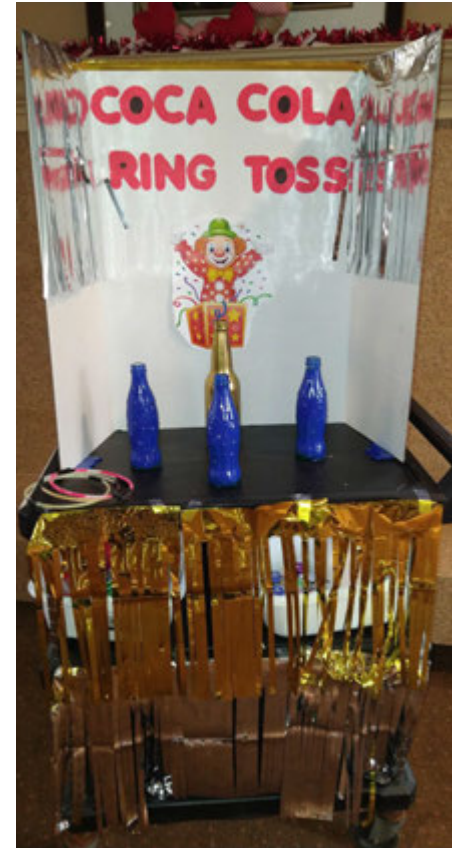
This past month the Activity Room has remained closed for everyone's safety. So we brought the Hawthorn Adventure straight to our residents' doors. We found a carnival while we were waiting in the port to head off to Hawaii. We had a blast! Residents played games like tin can toss and ring around the bottle to win prizes. We played carnival music and handed out bags of popcorn to really get the feel of the carnival.

Then we headed to Hawaii! The first thing we did was head to The Mad Tiki bar to enjoy a refreshing island drink. Everyone's favorite was the pina colada. We enjoyed the day in our colorful Hawaiian shirts while soaking in the sounds of the island. We also enjoyed some Hawaiian-style dishes prepared by our chef. Aloha!

I would like to give a big thank-you to our team of housekeepers who kept the fun rolling while I was out. It is a wonderful thing to be backed by a team that shares the same love and passion for this Community.



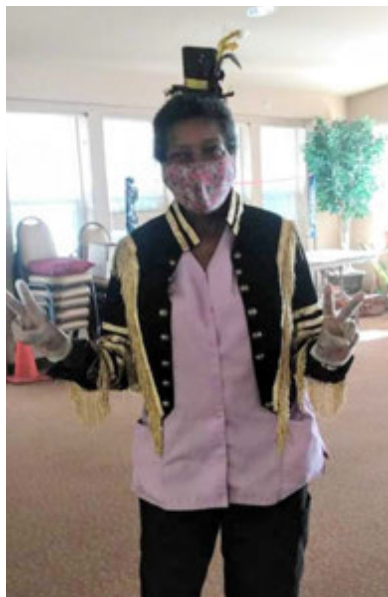
*First thing we did when we got to Hawaii was head to the Mad Tiki for a refreshing island drink!*



*Ring toss was everyone's favorite game at the carnival!*



*Miss Dee tossing the rings*



*A big thank-you goes out to our team of housekeepers, as they took on the carnival when I was out waiting for test results. So thankful for my team!*



*Miss Pat made a gold bottle! She was excited about that.*



*While waiting to go to Hawaii, we found a carnival close by the port. Knock down the cans and win a prize!*



## Get in the Spirit of Spring

After enduring a long winter of cold, bitter temperatures, it's quite comforting to know that spring is right around the corner, which means warmer, more pleasant weather is right on its way.

What better way to welcome the fresh new season than by spending your free time outdoors in the sunshine? Here are some ideas to get you into the spirit of spring!

- 1. Enjoy a picnic.** Sunshine, green grass and warm temperatures are quite inviting, so why not take full advantage of spending your time outside during the day? Create a picnic meal and take it outdoors, whether it's in the park or the patio area around your Community. Pack the traditional foods such as sandwiches, coleslaw, potato salad and fruit cobbler and ask a friend to join so you can enjoy the warm weather together.
- 2. Go for a walk.** As an older adult, staying physically active is more important than ever. It can help boost your energy, maintain your independence and even combat symptoms of illnesses. So, make sure you take advantage of the warm weather and go for a walk! Not only can it count as your physical activity for the day, but the bright bursts of springtime are bound to boost your mood as well as your spirit.
- 3. Get nostalgic.** If your state of mobility allows it, go outside and do the activities you used to love as a kid! Flying a kite, searching for four-leaf clovers and drawing pictures with sidewalk chalk. These are the perfect activities to do with your grandchildren, so consider giving them a call to come out and play for some fun in the sun!
- 4. Plant in the garden.** Have you ever considered how beneficial gardening is for you well-being? It's a great form of exercise, can reduce feelings of stress and can improve your overall strength and endurance. So, take advantage of the warm weather and head outside to the garden area. We are also planning to add some gardening in our Activities Program. Not only can you practice your planting skills, but you can make a friend or two as well!
- 5. Do some spring-cleaning.** Spring is the perfect opportunity to get rid of the clutter in your home. So open up the windows, let the fresh air roll in and get to work! If you want a little extra help, call one of your children — it could turn into a chance to share precious memories through the keepsakes and pictures you find!
- 6. Feed the birds.** Once the birds start chirping, you know spring has arrived. To make the birds gathering outside your window happy, consider hanging a bird feeder. You can also turn it into a fun activity by creating your own homemade bird feeder. We will making a few of these in our arts and crafts class in the Community.
- 7. Go to the farmers market.** Our town has plenty of farmers markets that showcase local vendors who grow their own produce and flowers — consider stopping by to check them out. Simply strolling around is a great activity, and buying fresh fruits and vegetables is an added bonus! Who knows, maybe you'll find all of the ingredients you need to make that new spring vegetable soup recipe you've been wanting to try out!





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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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