

Summerville Estates

GRACIOUS RETIREMENT LIVING

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

APRIL 2021

SUMMERVILLE ESTATES STAFF

Managers.....SCOTT & DEBBIE DRISCOL
Assistant ManagersJODY & PAM HAWKINS
Executive ChefQUANETTA CLARK
Community SalesNICK MCBEE
Activity CoordinatorDONNA GARDNER
MaintenanceBILLY BOYD
Bus DriverJOHNNY GEE

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

Halting Hypertension

An estimated 75 million American adults have blood pressure high enough to require management. For people with hypertension, tempering stress responses and limiting consumption of sodium, caffeine, alcohol and sugar can make a difference. Fortifying these life changes with aerobic exercise, yoga can also help prevent and manage worrisome blood pressure readings.

Yoga, no matter the type, is known to promote a sense of calm in the body and mind. It may or may not be the only step necessary. But if you feel stressed because it is difficult, it won't benefit you. Restorative yoga, breathwork and meditation are the best practices for high blood pressure.

Do what you can. A practice does not have to be a full class, especially in restorative yoga. If you commit to 20 minutes a day, you will see results if you are consistent.

Come join Kat starting April 3rd at 2 p.m.





Resident Art Show

All of our Residents were so excited to show off their artwork! We have so many talented artists. There were all kinds of art; pencil drawings, miniatures, needlepoint, egg carving, water color and driftwood arrangements. I want to thank everyone who came out to share; Ann Marie Renzi, Mario DiGennaro, Nancy Wolfe, Susan Erb, Nancy Clem, Marianne Rough, Harriett Dorman, Bev Burson and our very own Debbie Driscoll. I would love to put all the pictures in the newsletter, but it would be too many, so go to our Facebook page, Summerville Estates Gracious Retirement Living, and check out the talent.



Eating the Rainbow Challenge

Let's see this month how many colors of the rainbow we can eat. You will have a chart to log the colors you eat each day of the month. The more variety of color, the more variety of health benefits your body will harvest. Remember red, green, blue, purple, yellow, orange and white.

Also, show off your bright side! Each day of the week, we will wear a selected color.



Things to Watch For

The Easter Egg Hunt and Cardio Drumming will be back the second and third Saturday of the month. Music with Traci's time will change back to 11:30 a.m. every Monday. We will still be doing Arm Chair Travel this month; come see me in the Activity Room, and I will tell you about it. Earth Day is April 22nd. We will be planting fruit trees on the property. Line Dancing will continue until the end of June, then you will be able to show off what you learned at our 4th of July celebration. Get them boots out and come join us every Friday in the Activity Room at 3 p.m. right before Happy Hour.





Dog Park Opens at Summerville Estates

Eagle Scout Jesse Kirby took the time and effort to build a Dog Park for Summerville Estates resident canines. It took Jesse two months to raise the money and to build the dog park on the back grass area at Summerville Estates. Jesse said he understands that as we age, we cannot walk fast or run with our pet dogs. This dog park provides Summerville Residents a place where their dogs can get a bit more exercise, and it is a place where dogs can meet and play with each other. Residents can walk with their dogs if they choose, or they can sit on the bench and watch their furry friends run and play together. It's a win/win for both residents and their pets.



Scott and Jesse



Thank you, Jesse Kirby



New Dog Park

The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.



APRIL 2021

Birthdays

Jean Antognini, 2nd
 Nancy Clem, 4th
 Annie Hartnett, 5th
 Ann Renzi, 7th
 Lisa Greene, 8th (Employee)
 Judy Braun, 14th
 John Meyers, 19th
 Ello Strickland, 20th
 Alice Kahl, 20th
 Jackie Boyd, 25th (Employee)
 Dan Wittman, 28th

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
						
EASTER 4	9:00 Wii Bowling, AR 5 10:00 <i>Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:00 Adult Coloring, AR 11:30 Music with Traci, AR 12:00 Wear Red Today, DR 2:00 Chair Bingo, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 6 10:00 Arts & Crafts with Donna, AR 11:00 <i>Church with Pastor Lacy Jones, Oakley Road Ministry, CH</i> 11:30 Residents'/Managers' Meeting, DR 12:00 Wear Orange Today, DR 2:00 Bingo with Nancy, AR 4:00 Tai Chi/Fall Prevention, AR	9:00 Wii Bowling, AR 7 10:00 <i>Balance & Stretching, FC</i> 12:00 Wear Yellow Today, DR 2:00 Singalong Wednesday, DR 3:00 Bingo, AR 4:00 Trivia with Scott, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 8 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 11:30 Chef's Corner, AR 12:00 BP Check with Fox or Vistelan, AR 12:00 Wear Green Today, DR 3:00 Horse Racing with Donna, AR	GOOD FRIDAY 2 9:00 Wii Bowling, AR 10:00 <i>Balance & Stretching, FC</i> 11:30 Armchair Travel, AR 2:00 Chair Bingo, AR 3:00 Line Dancing, AR 4:00 Happy Hour, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 3 10:00 Donut Social, AR 10:30 <i>Flower Arrangements with Pam, AR</i> 11:00 Weekend Walkers/w Jody, CY 2:00 Book Club, AR 2:00 Yoga with Kat, FC 2:30 <i>Crossword Fun with Pam, AR</i> 4:00 Saturday Sundaes with Managers, AR
9:30 Worship Service with Seacoast Church, CH 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR	9:00 Wii Bowling, AR 12 10:00 <i>Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:00 Adult Coloring, AR 11:30 Music with Traci, AR 2:00 Just Good Enough Band, BB 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 13 10:00 Arts & Crafts with Donna, AR 11:00 <i>Church with Pastor Lacy Jones, Oakley Road Ministry, CH</i> 11:30 Residents'/Activity Meeting, AR 2:00 Bingo with Nancy, AR 4:00 Tai Chi/Fall Prevention, AR	9:00 Wii Bowling, AR 14 10:00 <i>Balance & Stretching, FC</i> 2:00 Singalong Wednesday, DR 3:00 Bingo, AR 4:00 Trivia with Scott, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 15 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 11:30 Residents'/Chef Meeting, DR 12:00 BP Check with Fox or Vistelan, AR 2:00 Community Store Open (2-3 p.m.) Third Floor 2:30 Ambassador Meeting, LB 3:00 Horse Racing with Donna, AR	9:00 Wii Bowling, AR 16 10:00 <i>Balance & Stretching, FC</i> 11:30 Armchair Travel, AR 2:00 Chair Bingo, AR 3:00 Line Dancing, AR 4:00 Happy Hour, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 17 10:00 Donut Social, AR 10:30 <i>Flower Arrangements with Pam, AR</i> 11:00 Weekend Walkers/w Jody, CY 2:00 Book Club, AR 2:00 Yoga with Kat, FC 2:30 <i>Crossword Fun with Pam, AR</i> 4:00 Saturday Sundaes with Managers, AR
9:30 Worship Service with Seacoast Church, CH 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR	9:00 Wii Bowling, AR 19 10:00 <i>Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:00 Adult Coloring, AR 11:30 Music with Traci, AR 2:00 Chair Bingo, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 20 10:00 Arts & Crafts with Donna, AR 11:00 <i>Church with Pastor Lacy Jones, Oakley Road Ministry, CH</i> 2:00 Bingo with Nancy, AR 4:00 Tai Chi/Fall Prevention, AR	9:00 Wii Bowling, AR 21 10:00 <i>Balance & Stretching, FC</i> 2:00 Singalong Wednesday, DR 3:00 Bingo, AR 4:00 Trivia with Scott, AR 7:00 <i>Movie Night, MT</i>	EARTH DAY 22 9:00 Wii Bowling, AR 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 12:00 BP Check with Fox or Vistelan, AR 3:00 Horse Racing with Donna, AR	9:00 Wii Bowling, AR 23 10:00 <i>Balance & Stretching, FC</i> 11:30 Armchair Travel, AR 2:00 Chair Bingo, AR 3:00 Line Dancing, AR 4:00 Happy Hour, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 24 10:30 <i>Flower Arrangements with Pam, AR</i> 11:00 Weekend Walkers/w Jody, CY 2:00 Mexican Train Dominoes with Rita From Vistelan, AR 2:00 Book Club, AR 2:30 <i>Crossword Fun with Pam, AR</i> 3:00 Cardio Drumming with Rita, AR 4:00 Saturday Sundaes with Managers, AR
9:30 Worship Service with Seacoast Church, CH 2:00 Wii Bowling, AR 3:00 Bingo with Debbie, AR	9:00 Wii Bowling, AR 26 10:00 <i>Balance & Stretching, FC</i> 10:45 Great Courses Discussion Group, MT 11:00 Adult Coloring, AR 11:30 Music with Traci, AR 2:00 Chair Bingo, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 27 10:00 Arts & Crafts with Donna, AR 11:00 <i>Church with Pastor Lacy Jones, Oakley Road Ministry, CH</i> 1:15 Birthdays in February Celebration, DR 2:00 Bingo with Nancy, AR 4:00 Tai Chi/Fall Prevention, AR	9:00 Wii Bowling, AR 28 10:00 <i>Balance & Stretching, FC</i> 2:00 Singalong Wednesday, DR 3:00 Bingo, AR 4:00 Trivia with Scott, AR 7:00 <i>Movie Night, MT</i>	9:00 Wii Bowling, AR 29 10:00 Arts & Crafts with Donna, AR 11:00 Bible Study with Bonnie, CH, CH 11:30 Ladies' Tea with Donna, Pam & Debbie, AR 12:00 BP Check with Fox or Vistelan, AR 3:00 Horse Racing with Donna, AR	9:00 Wii Bowling, AR 30 10:00 <i>Balance & Stretching, FC</i> 11:30 Armchair Travel, AR 2:00 Chair Bingo, AR 3:00 Line Dancing, AR 4:00 Happy Hour, AR 7:00 <i>Movie Night, MT</i>	



We Did It!

We did it! Shot in the arm number two! As you all know, on Sunday February 28, we had our second and hopefully last round of shots for the coronavirus. We would like to thank John Park, Dr. Tiffany and all the volunteers from Liberty Doctors. We would also like to thank our special guest Senator Penny Gustafson for coming by and helping with the event. She was a key person in getting vaccines to many senior communities in South Carolina, with our community being the first independent living community to get the vaccine. Again, thanks for all the help in making our Community safer.



*John Park, Dr. Tiffany and
Volunteers from Liberty Doctors*



Senator Penny Gustafson

April Showers

April showers bring May flowers, but not in South Carolina! We already have lots of flowers everywhere. Some have already come and gone, some are just starting out and some, we are waiting for. This is the time of year for all things green and colorful. Having lived in Arizona and Texas, South Carolina is like living in a wonderland of green and color year-round, and I love it!

What should we do in the garden?

Vegetables:

- Amaranth
- Asparagus Pea
- Basil
- Beans, climbing and dwarf
- Bell Peppers
- Black-eyed peas
- Brussels sprouts
- Cantaloupe
- Celeriac
- Celery

Flowers:

I think of only one flower when its spring planting time:

Tiger Lily, I have them! Here is some information about growing them:

Tiger lily (*Lilium lancifolium* or *L. tigrinum*) is an herbaceous perennial that grows from bulbs that produce strappy leaves and long stalks yielding colorful, stately flowers in the summertime. You

can plant the bulbs in the fall or spring and expect blooms by mid-to-late summer. The orange flower petals are recurved and are speckled with dark spots. The plants are especially eye-catching when you group a few bulbs together or use them as a border. It is a more profuse bloomer than most lilies, producing as many as ten flowers per stem.

In the official classification system of garden lilies, tiger lily falls into the Division 9 group, which includes other pure species. However, *L. lancifolium* has been long cultivated for its edible bulbs and is probably the result of centuries-old breeding rather than a naturally occurring species. The flowers are also edible, but the pollen may be slightly toxic to humans. All parts of the plant are dangerously poisonous for cats.

Botanical Name: *Lilium lancifolium* (also known as *L. tigrinum*)

Common Name: Tiger lily
Plant Type: Herbaceous perennial



Mature Size: 3-5 feet tall, spread of 7-8 inches

Sun Exposure: Full sun to part shade

Soil Type: Loamy, moist, well-draining

Soil pH 5.5 to 6.5 (slightly acidic)

Bloom Time: Summer

Flower Color: Orange; red, yellow, white,

Tiger Lily Care

Indigenous to Asia, tiger lily plants can be grown in USDA planting zones 3 to 9. Due to their hardiness, they've become naturalized plants throughout much of the New England region in the United States and are frequently seen along roadways. The bulbs will come back year after year with little effort on your part, and they'll likely spread to form clumps. You also can grow these flowers in a cutting garden or in containers.

The key is to plant your tiger lilies in a spot with good drainage, as a waterlogged area can rot the bulbs. Then, over the first few years, water your lilies regularly until their root system has matured. After that, they can better tolerate some drought and are fairly low maintenance plants.

Foliage on the lower part of the stalks will die first (in late summer). These yellow leaves won't be as noticeable if the plants are growing in the back row of a garden bed. Once all of the leaves have yellowed by late fall, cut the stalks down to ground level and dispose of them.

Light

Like many flowers, tiger lilies prefer to grow in a sunny location. However, these tough specimens are not nearly as fussy about growing conditions as many flowers are. They will tolerate partial shade and can actually benefit when shaded from the hot afternoon sun.

and pink hybrids also available

Hardiness Zones: 3-9 (USDA)

Native Area: Eastern Asia

Toxicity: Toxic to cats; pollen may be mildly toxic to humans and other animals

Soil

To ensure proper soil drainage for the bulbs, you might need to amend your soil with compost or humus. Peat moss, sand or straw mixed into the beds are also options to improve drainage and retain appropriate moisture.

Otherwise, tiger lilies can tolerate various soil types, though they prefer soil that's fairly fertile and slightly acidic.

Water

Tiger lilies have average water needs. Mature plants can tolerate some drought, but they still prefer consistent watering. If your area gets regular rainfall, that should be enough to keep them happy. If the soil is very dry, you'll probably need to water your plants.

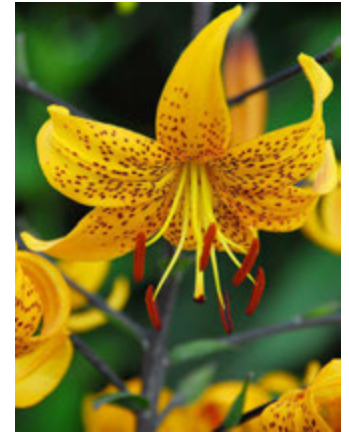
Temperature and Humidity

Tiger lilies begin to grow in the spring after the last frost and go dormant in the fall and winter. As long as you're within their growing zones, the temperature shouldn't be an issue. The bulbs can survive freezing temperatures in the ground, but they'll benefit from a couple of inches of mulch over their planting site to insulate them.

The plants grow well in both humid and dry environments, provided the soil moisture is appropriate.

Fertilizer

Tiger lilies don't need much fertilizer. A layer of compost around the base of the plants once or twice a year should provide all of the nutrition they require. Mulch in late spring to keep the roots cool during the summer. If you do wish to encourage more flowering, you can use a 5-10-5 fertilizer. When growing these plants in alkaline soils, feeding with an acidifying fertilizer may help.



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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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