

THE CYPRESS LOG

Published Since 1995
By and For the Residents of
Brookdale Cypress Village

May 2013



ART SHOW OPENS WITH LAUDRA EVERETT'S "LIFETIME OF PAINTING"



Laudra Everett's 95th Birthday Party and Art Show Opening was a huge success. Residents, guests, family and friends flocked to Egret Hall on Saturday, April 13th, to see what a "Lifetime of Painting" would look like. They were not disappointed!

The "Birthday Girl", decked out in a frilly white frock and sporting a sparkling tiara, greeted guests. She proudly introduced her family members to all those present.

The refreshment tables were replete with delectable treats and libations, all compliments of the Marketing Department. The Art League deeply appreciates their support.

Not only did guests enjoy the paintings, but also the written comments by the artist as to when and where she had created each piece of art. Also on display was a photograph album of portraits she had done early in her career. Laudra had brought some albums of family pictures, mainly for the benefit of her family, but thoroughly enjoyed by the guests.

Laudra has had a wide and varied art experience - and she isn't through yet! Her last painting and first attempt at using acrylics was done just a few weeks ago.

Laudra and the Art League are encouraging you to try out the new art class being held each Tuesday in the Art Studio (A-7) from 12:30-2:30 p.m. Call Sandy or Bob Gryb (992-1173) for more details.

Thank you, Laudra, for sharing your "Lifetime of Paintings" for all to enjoy.



THE CYPRESS LOG

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Your comments and suggestions
are always welcome!

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RESIDENTS' COUNCIL REPORT

By Beverly Everett

The monthly meeting of the Cypress Village Residents' Council was held on Tuesday, April 9th in Egret Hall with President Alan Prosswimmer presiding.

New residents Robert and Virginia Conners have moved into apartment C-731 and William and Sally Rush into apartment A-627. They were recognized by Betty Alexander, the new chairman of the Floor Leaders Committee. A tea welcoming new members is being planned. Residents are urged to notify their floor leader of any unresolved problems they are encountering. A list of current members of the Floor Leaders Committee is available in the Sales Office.

Esther Segler announced that a questionnaire is being distributed to house dwellers regarding street parking issues. These questionnaires are being placed in the kiosks. Suggestions for handling the street parking issues are welcome. Old trees are being removed to make room for a community garden spot. Maureen Campbell was welcomed as a new house unit leader.

The final concert in the Music Society series will be on April 23rd. Tickets are being sold in the lobby. Priority seating is offered to season ticket holders at 7 p.m. in Egret Hall. Single ticket holders are admitted at 7:30 p.m.

Twenty-eight new hardback books were added to the Library shelves during March bringing the total of new books added since January 1st to 145. Paperback books are not cataloged and may be taken without being signed out; however, borrowers are asked to voluntarily return the paperbacks when they have been read. Dates are written on the back cover of the paperbacks. If that number is 09 or later, the book should be returned to the library. Older paperbacks may be discarded.

The Art League is honoring the talents of Laudra Everett, long-time chairman of this group, with an opening reception celebrating not only her work as an accomplished artist but also her 95th birthday on Saturday, April 13th. Residents are invited to join Laudra and her family for the 3 p.m. reception. Also, Chris Hicks is now offering art classes in all mediums except oil in the Art Studio on the 7th floor of the A building.

There will be no presentation in the Life Long Learning series in April. On May 31st, Cypress Village resident Paul Volz will be the guest speaker.

THANKS TO BETTY HUMPHRY

For many years Betty Humphry has written the articles in the Cypress Log that welcome new tower residents to Cypress Village. She has given up that assignment.

Her writing will be missed. Betty's service and faithfulness is appreciated by the Cypress Log.

Her position will be filled by Marilyn Ellis.



COUNCIL PRESIDENT'S REPORT

By Alan Prosswimmer

The past six days have shown the dramatic impact of technology on all of us. Not only did the FBI appeal for cell phone and other digital input to reconstruct events in Boston but also used were thermal imaging and robotic assists to avoid placing people in very dangerous positions. The results speak for themselves.



During our recent trip to Nashville to participate in a conference of the 17 Entry Fee Communities within Brookdale we were exposed to Connected Living – a concept that will be expanded to the Cypress Village community in the months ahead. Arriving soon, for all who wish to participate, is The Connected Living Network which includes easy to use email, calendars, menus and photo sharing. More importantly we will have a new, centrally located Internet Café with community computers having big key keyboards with large touch screen monitors. Every week these will be manned by live support staff to personally assist and train each of us who is interested. The on-site staff will conduct small group sessions for all who wish to learn new skills -- especially the use of the new system geared to better enable safe, secure communication among our residents. When not on-site, remote individualized help will be available.

A large interactive touch screen digital display will feature the community calendar, menus, activity schedules, fitness classes, birthdays, special events and similar information for all residents. The same display and features will also be available on your home computers and will include printer friendly options to download what interests you most. Although contact is facilitated among residents, you will be able to connect to family and friends who will be able to view the community menu and calendar. The network will also provide email connections with family and permit video chat sessions.

This is a peek at our future exposure to the brave new world of technology that is upon us and especially exciting is having a new environment and continuous presence of trained individuals to stimulate and develop our skills.

FLiCRA MEMBERSHIP DRIVE

By Art Herrington

The Florida Life Care Resident Association is counting on the Cypress Village Residents to send in their annual FLiCRA dues by May 1st. Deposit your check made out to FLiCRA, \$18 for singles or \$31 for couples, in the library box C-140.

Florida State Legislators are presently debating bills affecting seniors in Independent Living, Assisted Living and Skilled Nursing. FLiCRA is working for you by monitoring bills which will become laws. FLiCRA is our voice, working to sway our Legislators to treat seniors fairly. In the past they have produced savings on the average \$1,800.00 annually for residents in CCRCs with tax exemptions on entrance and monthly service fees, meals, beds and homestead exemptions. It is a good return for your dues.

A strong membership is essential for FLiCRA to have the clout to advise the legislators that we have an energetic organization that will be active at the polls on Election Day.

Art Herrington, President of our Cypress Village Chapter, recently attended the National Continuing Care Resident Association annual meeting in Lakeland, Florida. Our Chapter is a member of NaCCRA. They work for the aging population on Medicare and Medicaid on a national level and legislation protecting senior's CCRC investments.

Your membership in FLiCRA is a strong voice for seniors and will be central in making life better for all of us.



Resident Council President Alan Prosswimmer and Executive Director Ty Morgan discussing business

PET TAILS

By Canine Cub Reporter Bentley Magee Lloyd Hickey



“Bentley, why the hangdog look?” questioned Mom. We thought my Aunt Toni was coming for a visit. “Well,” said Mom, “she’s been sick with bronchitis and couldn’t make the trip. She plans to come in May.” I had my happy face again.

It was nice having Uncle Larry here with my Vizsla cousin *Cleves*. Cleves and I had a lot of fun using the apartment as a gym and race track.

There are two new “kids on the block.” They seem very nice, even though they’re felines, and have been having fun roaming among the unpacked boxes. *Catmandu* and *Chichi* Rush live with parents Sally and Bill down the hall. *Catmandu* is a black and white all-american weighing in at 22 lbs. His sister *Chichi* is a very small calico, who wandered in from the woods to the Rush’s Georgia cabin. All of her shyness has disappeared, and while I don’t like to discuss ages, she told me that she is six.

We often see *Sarge*, the handsome white bulldog, taking dad Tom Sharrit for a walk. We sincerely apologize to cocker spaniel *Tahoe* Santos for the incorrect spelling of his name last month. *Bailey* Keith left his scooter and dad Rob long enough to poochie-foot on the Lake Trail with mom Pat.

Frequently we meet miniature dachshund *Mindy* sitting in the boathouse with dad Malcolm Spensley, watching the wildlife on the the lake. *Abby* Nall and dad Jack seem to have the same walking schedule that Mom and I have. We meet them almost every day riding in the elevator.

Kember Thompson looks so perky in the seat of mom Alice’s walker. *Kember* and *Alice* are so looking forward to cousin *Loni* Costello’s visit from *Dominica* in the West Indies.

We had a BIG scare last week. While I was getting a haircut and shave (well, almost a shave - a summer haircut) *Teena* noticed a lump at the base of my tail. My lovely Auntie *Mary* Cleary interrupted her very busy veterinary schedule and drove her mobile unit to meet us. I must have been some sight! I lay across mom’s lap with my rear end jutting out of the car, while Auntie *Mary* examined me. False alarm! Everything fine! I’m partial to my black and white tail - long may it wave!

I know I’m paws-ively exhausted and I’m going to take my nap. Where? On mom’s and my bed, of course. ‘Til next issue, Four Paws Up! And to all you moms, Happy Mother’s Day and lots of big wet kisses.

Signing off, Bentley

“No animal I know of can consistently be more of a friend and companion than a dog.” --Stanley Leinwell



At the ‘Picnic on the Dock’

BROOKDALE MANAGEMENT TEAM - NEW FACES, NEW POSITIONS

Catherine “Nicole” Tharpe is your new Dining Room Manager here at Cypress Village. She started her career with Brookdale Senior Living back in 2006 at Freedom Village of Bradenton.

After serving for many years, she moved up to Supervisor then to a Dining Service Coordinator. Traveling for two years in this position, she experienced the roles of Dining Room Manager, Dining Director, and Cook.

While traveling she continued her education with State College of Florida, doing online classes, and completed her Associate of Science in Business Management. Her original plan was to attend Johnson and Wales University in Rhode Island for Culinary Arts and Hotel Management. However, a great job opportunity arose which led her here to Cypress Village.

Recently, she officially packed her bags and relocated from Sarasota, FL, where she was raised. Moving to Jacksonville wasn’t as difficult a task as she had thought it would be. She had support from her family and friends who live here and helped her get settled right away.



Nicole is excited about what the future holds and to be a part of the Cypress Team!

Lisa Adams has been promoted to the position of Director of Sales and Marketing. She was already on the staff of the Sales and Marketing department, serving since 2009 in positions of Events and Marketing and later in sales as a Retirement Counselor.

She grew up in Toms River, NJ but came to Florida to attend the University of Central Florida in Orlando. She then worked in staffing jobs and eventually physician recruiting before coming to Cypress Village.

Lisa’s goal at Cypress Village is 100% occupancy, which she says is not an unreachable goal at which she will be aiming, but is actually a goal she expects she can and will attain. She says she thinks she can reach that goal by the end of 2014.



What she likes about Cypress Village is working with residents and prospective residents, as well as the staff, and hearing their life stories. She says her job is challenging but she thinks she can inject some fun into it and into the activities of her department. Lisa says that she wants to “achieve our goals and have fun doing it”.

Lisa is married to her husband, “Chaz” (short for “Charles”) and they have a daughter, Leah, 18 and a son, Michael, 8. Lisa likes to do strenuous exercising at “Boot Camp”. The family enjoys taking walks on the beach with their dog and bicycle riding. She also admits that she and her daughter like to go shopping.

David Green joined the Cypress Village Staff in January taking on the position of Manager of Engineering.



His job is making sure that all work orders of any kind get taken care of. Some of the bigger jobs currently under way are the remodeling of about eleven houses and the renovating of fifteen apartments. Those apartments are nearly finished but another fifteen are scheduled for soon after.

David came to work for Cypress Village from the W.W. Gay firm. He says that his work at Cypress Village is not much different from that which he was doing at W.W. Gay but that it does involve some new challenges which he is anxious to address. He says that he has found the people at Cypress Village, both residents and staff, to be very friendly.

David grew up in Baldwin, Long Island, New York. He served in the Army at Fort Bragg and in Germany before coming to Jacksonville. He is married to Laurie, his wife of 18 years and they have a daughter, Morgan, 16 years old.

Outside of work, David enjoys golfing and fishing. He also enjoys yard work which he admits is somewhat of a bus man’s holiday. From his early days in New York he has been a fan of the Mets baseball team and the Rangers hockey team.

David enjoys meeting new people and says he is never bored. He says he is usually very busy, so much so, that he sometimes forgets to eat lunch.

SEEKING GOOD SHEPHERDS

By Les Hale

I like Phillip Keller's description of a "cast" sheep. He says this is an old term English shepherds used for a sheep that has turned over on its back and cannot get up by itself. It is a pathetic sight, lying with its feet in the air. It flays frantically and bleats, calling and lashing out in frightened frustration.

Have you ever been cast down? I have! Like sheep, we may look for soft spots in life in which to lie down and maybe roll over to stretch in the sun. Sometimes we stumble along the way and can't get up by ourselves; we need help. We recognize the shepherd, when he comes, by the way he tenderly picks us up and speaks words of encouragement and shares his strength.

Like sheep, most of us have gone astray at some time. We may be tired, hurt, betrayed. We may be cast down because our wool has become snagged and matted with the cockleburs of life. We may be disappointed, disillusioned, filled with grief, and weighed down by minds full of trivia and hearts full of resentment or disquieted with fear.

If we are fortunate, we are helped to our feet by caring friends when we cannot get up by ourselves. Even more fortunate, it is when we are called upon to be the shepherd ourselves-- to help others who are caught on crags, those cast down, the discouraged, the frail, the bereaved-- that often we discover that we, too have put our feet back on the solid path.



This "Turtle" planter in front of 13641 Myrica Court grew into an Easter Turtle the night before Easter. George and Carol Wilson who live there have no idea of how it happened. George (who made the planter at our woodshop) said they found on Easter morning that it had grown ears and a white bunny tail overnight.

EASTER-THEMED HEALTH FAIR HELD

Innovative Senior Care presented an Easter themed Fair to celebrate the Easter holiday. The Outpatient Therapy staff, all dressed

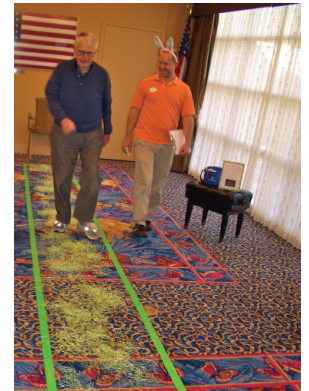


up with bunny ears, provided interesting activities that were fun and and at the same time tested the participants' daily living skills. There were also Easter

Eggs as part of the refreshments and Easter jelly beans were involved in one of the activities.

Balance was the focus of two of the activities. One involved walking several steps forward then turning around and walking back. The other task was to stand with a cotton ball in hand before a drawing of a big bunny, and then to turn all the way round until facing the bunny again and immediately placing the cotton ball accurately on the place where bunnies have cotton tails.

One of the activities tested manipulation skills, particularly eating. It involved the subject taking jelly beans from a dish with a spoon and putting them into a paper cup. The goal was to get as many jelly beans into the cup as possible in the time allotted. A bonus was the possibility of eating a few jelly beans after the test.



Sitting and bending over was the focus of another activity. Emphasis was on sitting down in a chair without "flopping" and then, while seated, reaching down, picking up a plastic Easter egg and sitting upright once more. Built into the activities was a test of one's ability to write well. This was done merely by asking the participants to sign their names and write a Happy Easter message on a poster.

The activities were fun and elicited a lot of laughs. While simple, the activities gave the staff the opportunity to see how well the participants were doing, and giving the staff the opportunity to offer help to anyone who showed any problems involved in the exercises.

SIGHTINGS

By Nancy Lloyd Hickey

The Snowy Egret, magnificent in mating plumage, hitches and shuffles its golden feet in the shallow water of the lake. This attracts fish. A pair of mallards watch enviously from the bank not ten feet away. The Snowy was hunted almost to extinction at the end of the nineteenth century, its feathers used to adorn women's hats, which were quite in vogue. The fledgling Audubon Society put a stop to this, and now it's against the law even to own Snowy feathers.

Albert, the alligator, cruises to and fro the length of the lake, awaiting hopefully, a banquet buffet of goslings and ducklings soon to be hatched. There are several pairs of mallards, mostly under trees on the lake banks. While most Canada Geese have finally departed for cooler climes, a few are seen in rather odd places; near the firehouse, in and around rain filled gutters and nearby ponds.

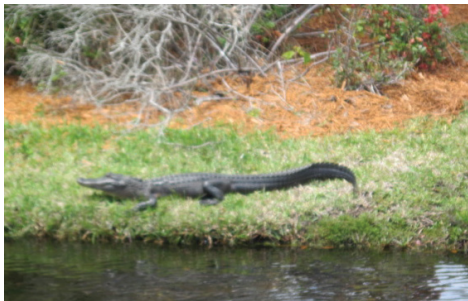
One lone wild turkey darted out of the woods and was almost hit by a passing car. You've heard of pressed duck - have you ever heard of pressed turkey?

The wild iris, in yellow and blue, rim the little brook near the east bridge - the water lilies are struggling to break through the hyacinth and fern-like weeds that are strangling them.

The circle of stone bricks near the service entrance is planted with flowers. I understand a bird bath will be placed in the center. The retaining wall of the same stones is opposite the service entrance door and attractive plants grace the far side.

The new fountain near the boathouse is truly spectacular - the water is sprayed in several directions. At night, it is illuminated and adds so much to the lake!

The recent much-needed rainfall has raised the lake and Cypress "knees" are almost hidden. The loft of the lake has inspired Albert Alligator to climb out on the East bank, so



Albert Alligator

be most careful when you and pets go poochie-footing.

Azaleas are still adding color as are the pansies at the entrance and exits to Cypress.

Indoors, in their glassy enclosed home, the finches swing on their little swings and, looking carefully, you can see newly hatched eggs the size of jelly beans in their little "thatched" houses. Spring is truly ready to be "busting out all over"!!!

LIFELONG LEARNING

by Bob Gryb

On March 28, Bradlee Robbert, Director of Patient Services for the University of Florida



Proton Therapy Institute gave a fascinating presentation about proton therapy, how it is different from other types of radiation, and how it can be

adapted to fit patients' individual needs.

He explained how the unique characteristics of the beam allow it to enter the body with low power, which is turned to high only when it reaches the cancer cells. This results in minimal damage or side effects to adjacent organs. Pediatric brain tumors were the earliest application, but new applications are being found all the time. Jacksonville is very fortunate to have this leading-edge technology available to us.

On May 31, 2013 at 7:00 p.m. in Egret Hall, we will have another interesting presentation of a subject that most of us know very little about, but should - because it affects our everyday lives in so many different ways. That subject is MYCOLOGY: The Importance of Fungi in this World and in Space.

For most of us, it sounds frightening or bad, but for those most interested in traveling to distant places in the universe, it represents the simplest and earliest forms of life. Who knows, we may all have started as fungi.

Dr. Paul A. Volz, a Cypress Village resident, has worked in this field for over fifty years in a great many universities and technical institutions throughout the world, and received many awards. In doing so, he has become knowledgeable in all forms of rocketry, biospace technology, telemetry, and the Skylab, as well as medical and biological systems. He will also display some items and materials that are part of his talk.

Please come to this unique presentation, and get a new perspective on how the earliest forms of life are important to us all.

SCHOLARSHIP NEWS

The annual fund raising cookout will be on May 17th and will be accompanied by a raffle for an iPad and other prizes. There will be a place in the B lobby to buy tickets in advance, and tickets will be sold at the door as well.

Walter Hedley, chairman of the Scholarship Committee, reports that residents' May statements will contain reminder letters to those who haven't given as yet to the employee scholarship fund. He says the committee would like contributions by May 15th so they can determine the awards to be made for the 2013-2014 terms.



Interviews of applicants were held and 14 will be given scholarships this year compared to 20 last year. Hedley said, "Let's make it possible to give each applicant as much as possible toward his or her educational goals."

MEET A SCHOLARSHIP RECIPIENT

Sarra Ninya is one of the recipients of financial aid from the Cypress Village scholarship fund. In May she will be graduating from UNF with a BA in Financial Services. She currently holds the position of Office Manager in Cypress Village.

She began working at Cypress Village almost immediately after graduating from high school. She started as a Concierge, then was promoted to Account Assistant before being promoted to her current position. She plans on staying with Cypress Village (or at least with Brookdale) after graduation.

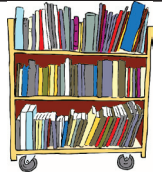


In regard to her financial aid from Cypress Village, she said, "I am very grateful for that scholarship. Thank you from the bottom of my heart!"

"RAINBOW'S END"

By Bess Turk

Review by Paula Harding



Bess Turk's autobiography, *Rainbow's End*, is an amazing tale of her experiences living in various countries of the world - from the time she was born in Mexico to her present home in Cypress Village.

Told with open frankness regarding her strengths and weaknesses, the book holds the reader's attention from beginning to end, which concludes with her lovely poetry, emphasizing that she has reached the rainbow's end.

Bess' father, Lynn Franklin, was a diplomat who served in the U.S. Foreign Service. He was sent to trouble spots around the world to calm the winds of war and always took his family with him.

Bess recalls her time in pre-revolutionary China - riding in rickshaws, watching the junks in the harbor, and being very afraid when the family had to quickly evacuate a home that was under attack by bandits. She recalls skiing in Sweden and living in and fleeing from Barcelona during the Spanish Civil War. She relates a treasure trove of amazing memories from her childhood.

Her first husband, father of her three children, Jim MacDonald was the representative of a U.S. aviation company and was often sent to foreign countries. He would set up his family in locations near his work - Aix en Provence, France; London; Paris; Genoa, Italy and a village on the coast of Portugal.

Widowed young, Bess returned to her parents' centuries-old home (with its very own ghosts) Fall Hill, near Fredericksburg, Virginia.

Bess met Fred Turk at an investment seminar he led, and eventually they married. They built a home in Falls Church, Virginia, not far from Fall Hill. The couple had an active social life and played golf and tennis.

Both Fred and Bess began to have some health issues, and they started looking for a retirement home. After visiting several places in Jacksonville, and finding they already knew a couple from Virginia who were living at Cypress Village and loved it, they bought a house and moved in. Fred's health continued to deteriorate, and he passed away six years later.

Bess' neighborhood church and friendships have sustained her. Now good neighbor and friend, Joe Bracewell, shares time and activities with Bess both at church and in Cypress Village. They celebrate life together and separately, enjoying all that Cypress Village has to offer.

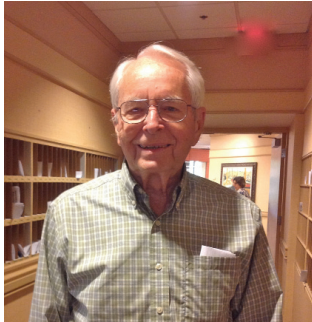
The art work on the book's lovely cover was created by Bess' daughter, Claire, and the book has family photographs used throughout.

Co-written by Susan Brandenburg, *Rainbow's End* is on display and may be borrowed from the Cypress Village Library. Since it is classified as a paperback, it is not catalogued. If you don't see it, ask a volunteer to help you find it.

SHARING A LETTER FROM DAUGHTER OF QUILTER SID SNELLER

I am writing to tell you of a story that you might be interested in writing for the Cypress Village Log. I am from North Carolina and just spent a week with my dad at Cypress Village. While at his apartment, I read the latest Cypress Log which was very interesting.

My dad is Sidney Sneller and lives in A-228. For many years he and my mother made quilts and quilted them by hand. They have been given to the grandchildren for wedding presents, used in their home, and given to others on occasion. Most of them have stayed in the family.



After my mother's health failed and she passed away a few years ago, my dad has continued to make quilts. He will be 93 in March and I am amazed that he can sew the squares together, make the binding, thread the needle and put in the hours that it takes to quilt an entire quilt by hand. It is quite an accomplishment and quite an inspiration to me!

I was able to put in a few hours of quilting while I was there as he is almost finished with his latest creation.

The latest quilt is still up on the rack in the living room but he is getting close to finishing it. I think it would make an interesting and inspirational story for your readers. Thank you for your consideration.

Best regards,
Nancy (Sneller) Stockton, Charlotte, NC



INVESTMENT SEMINAR

By Herb Seubert

On April 4th the Bank of Japan announced the world's most intensive monetary stimulus by a major currency, promising to inject \$1.4 trillion into the economy by the end of 2014. With the Japanese economy about one-third the size of the U. S. economy, the scope of this stimulus is unmatched. With all the major central bankers attempting to stimulate their economies by debasing their currencies, thus making their products and services more competitive on world markets, they have embarked on a gigantic experiment never seen before. No one can say how it will all end.

With most stocks no longer on the bargain counter, is it time to bail out? Keeping in mind that the Hall of Fame for financial forecasters is an empty room, I don't think so. It seems inevitable to me, when the economy improves at a faster rate, inflation will increase, perhaps at a much faster rate. Will the Federal Reserve be able to keep it under control? No one knows. The Fed, by increasing the money supply and buying U.S. Treasuries and mortgages, is keeping interest rates low, thus stimulating the economy and stock market. This makes it easier for the government to pay off its debt, but creates more inflation risk. I'm sure Mr. Bernanke would prefer the government get its fiscal house in order. Being the political animal he is, and has to be to hold a high appointive position, his comments regarding the necessity of returning to a sustainable fiscal path have been restrained. As a recent Pew Research report indicates a majority of the American people favor more entitlements and lower taxes, I believe this is unlikely to happen in the foreseeable future.

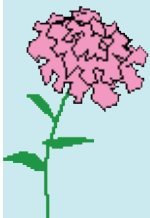
In Ben Graham's "The Intelligent Investor", he advocates a 50/50 ratio of bonds versus stocks for the defensive investor. The book was published in 1949 when the dollar was still considered a "store of value". Since 1792 when the U.S. Mint created the dollar until the end of World War II, there was little difference in the buying power of the dollar. Since then, according to the American Institute of Economic Research, the buying power of the dollar has eroded 92%. This suggests Graham's ratio of bonds versus stocks should be adjusted to put more weight on stocks.

IN MEMORIAM

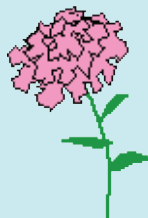
Madolyn Borum 2/22/1918 - 4/8/2013

Ned Oakley 11/3/1917 - 4/17/2013

Jim Ryan 10/13/1925 - 4/21/2013



REST
IN
PEACE



THREE TIPS FOR HAPPINESS

from "Happy This Year" by Will Bowen

People are LITERALLY searching for happiness.

Every year, 259 million people worldwide Google the words 'Happiness' and 'Joy' and that number has increased 250% since 2004. People are looking for happiness everywhere except in the one place it can be found - inside.

Here are 3 tips to help you unearth the gold mine of happiness within:

1. The best vitamin for happiness is B1. Begin to define yourself as a happy person. This seems simplistic but happy people believe they are happy people. When someone asks, "How are you?" Resist the automatic affirmation of mediocrity, 'I'm fine.' Instead, when someone asks, 'How are you?' Answer, 'I'm Happy!'

2. Set a happiness goal every week and measure your progress. The brilliant Russian author Fyodor Dostoyevsky observed, 'Man only likes to count his troubles; he doesn't calculate his happiness.' Most psychologists prefer the term 'subjective well being' to 'happiness.' How happy we are is how we, subjectively, feel our life is going. We, therefore, get to decide how happy we are and how happy we will become. The free HappyStat smartphone app helps you set and monitor your happiness level.

3. Order the combo. Studies have found that (1) having something to look forward to and (2) doing something nice for other people raises our subjective well-being and makes us feel happier. Therefore, combine the two every day. Commit every morning to finding something you can do for someone else. This gives you happy anticipation as well as a positive feeling for having helped someone else.



*UNF Opera Performance
(above and below)*



*Final Music Society
Concert - pianist
Dr. Michelle Huang
(above)*

*(left) 'Gladius'
Classical Spanish
Guitarist*



ALPHABET SOUP OF HOME HEALTH CARE WHAT ARE PL & ISC?

By Bonnie L Rouls, RN, BS
Director of Nursing, Personalized Living

It has been called to my attention recently by many of our residents that the abbreviations we use for our Home Care Services, and what they mean, may be very confusing. So, I wanted to explain our wonderful Alphabet Soup of Home Care offerings here at Cypress Village and summarize what services are covered by each department.

ISC: Innovative Senior Care is our Medicare-Certified Home Care Agency. These services are covered by Medicare and the Nurse or Therapist comes to your home to provide these services.

There are 3 requirements to qualify for these home care services under Medicare. The first is that you have to be under a physician's care because a physician's order is required to start Medicare Home Health. Secondly, there has to be a skilled need, such as requiring Nursing, Physical Therapy or Speech Therapy. Last of all, you need to be Homebound, meaning it may be difficult for you to leave your home.

If you have additional questions, or need additional information, please call ISC at 807-6111.

PL: Personalized Living provides Personal Support Services in your own Home. It is not reimbursed by Medicare, does not require a Physician's order, and is based on a fee schedule, depending on your preference of services and needs.

There are 2 levels of services. The first level is the higher level of care and requires hands on services, provided by a Certified Nursing Assistant (CNA) or Certified Home Health Aide (HHA). This level of care includes assistance with bathing, dressing and grooming, as well as all the services mentioned below for the Personalized Living Associate.

The second level of care is non-hands on care, provided by Personalized Living Associates (PLA). This level of care can help with a range of day-to-day assistance including errand and escort services, light housekeeping, meal preparation, pet care, companionship and more.

If you decide PL may make your life easier, a Registered Nurse (RN) will come to your home for a free assessment to start care at a mutually agreeable time. RN Supervisory visits are done routinely, and are also free of charge and part of our ongoing service

If you have any questions or need additional information, please call PL at 807-6142 or 807-6103.

Hopefully this basic information will assist you when you need to make a decision about Home Care Services.... And now you know the meaning of our "Alphabet Soup" for Home Care.



Aging talk by Dr Robert Shannon of the Mayo Clinic

(below) At the Caribbean 'Dock' Party



PEOPLE, PLACES and THINGS



Easter Party at the Healthcare Center



Caribbean 'Dock' Party



(above and left) 'Soft' opening of the new Sandpiper Cafe



Roe Family Singers



(right) At the Village Bells Concert, directed by Dr. Michalyn Palmer
(below) Cleaning bells after the concert



(right) The Village Chorus, Dr. Michalyn Palmer, director

