



400 E Howry Avenue • DeLand, FL 32724 • (386) 822-6900

March 2020



Corinne Martinez

Corinne Martinez credits her remarkable educational achievements to a mother who never lost her dogged belief in education for her three daughters. Nor did their mother relent one bit when she became ill and the disastrous economy of the 1920s cost them their home forcing Corinne's father to leave Dallas, Texas and go far away to Chicago in order to find work. Following primary school, Corinne entered high school where she studied to become a secretary and where she met her high school sweetheart who was destined to become her husband. When young Mr. Martinez entered the service, Corinne enrolled in North Texas University. She remained a year there before switching to Nursing School where she earned her first degree, a BSN. However, at the time, secretaries were earning better salaries than nurses.

In the meantime, her young man returned home, enrolling in Southern Methodist University where he studied Mechanical Engineering. They married during his junior year and one year later, Engineering Degree in hand, they relocated to his first job in Houston. Five years later they answered a call to Tullahoma, Tennessee. They had already begun raising their family of two daughters and for the ensuing seventeen years, by bits and bobs, Corinne would continue her educational pursuits through day and night classes and correspondence courses. It may have taken a bit longer, but eventually she received a BA in History, with minors in French and Spanish Language. She taught History, wrote articles and two non-fiction books and pursued her family genealogy. On January 7, 2001, The Tullahoma, Tennessee Sunday News would announce six Tullahomans included in a book entitled, 'Volunteer Heroes'. To Corinne's astonishment, they wrote: "Mrs. Martinez volunteered her time and talents for more than 47 years with various non-profit organizations including adult literacy classes, the League of Women Voters and the Historic Preservation Society". A true study indeed, in perseverance instilled in her children by a wise mother. Must have rubbed off, for one of the Martinez daughters is currently a Veterinarian, the other a Lawyer. And lest we forget, since moving into her Cloisters' Villa, card playing Corinne has also taught Spanish to Cloisters' residents. Barbara E. Connor

Believe you can and you're halfway there.—
Theodore Roosevelt



Carol Mayo

Upon her high school graduation, Pennsylvania's Carol Mayo was treated to a round-the-world tour by her parents! Despite marrying and raising four children, three girls and a boy, she and her husband continued their love of travel in an R.V.!! An inveterate crafter of jewelry and sewing, Carol also enjoys playing cards and games.



Ken O'Hair

Former DeLand resident, Ken O'Hair visited our community many times before his recent move into the Atrium. We are pleased to welcome you, Ken, and look forward to seeing much more of you.



Kathleen Wilson

Kathleen comes to DeLand from The Villages. A native of Wisconsin, she grew up in Alaska, married a naval officer and became mother of a daughter and son. Kathleen holds several college degrees and has traveled the world. Gamers alert: these days she likes to play cards.



Phyllis Snyder

Phyllis comes to The Cloisters from Sanford, Florida. The mom of a daughter living nearby, Phyllis was also a former high school teacher of Physics and Chemistry. As a summertime world-traveler with her teacher-friends she also participated in archaeological 'digs'.



Brigitta Witscher

Brigitta's charming German accent and warming smile endears all who meet her. From her former home in Deltona, she looks forward to living closer to her daughter and son-in-law. At present she is busy decorating her new Atrium apartment.



Phyllis Snyder Continued

Phyllis' other past activities include the art of 'clowning', puppeteering and telling stories to elementary school students. Having completed her "bucket list" of things to-do Phyllis is looking forward to spending more time with her daughter and son-in-law.

Profiles by B. Chamberlain and B. Connor

Recent Events



Cloisters residents recently enjoyed lunch at Cracker Barrel. We selected from a menu based on traditional Southern cuisine. The appearance and decor were designed to resemble an old-fashioned general store, fireplace and all. The restaurant also featured a front porch lined

with wooden rocking chairs.
Cheryl Starling



June and Ed Driggers

Apparently we missed something last month amid the mad rush to meet deadline. A belated and hearty congratulations to June and Ed Driggers on their 73rd Wedding Anniversary and a sincere apology for our omission.
Newsletter Staff

The Cloisters 2020 King and Queen



Neva Woolley and Benny Clifford were Queen and King presiding over this year's Valentine Party. The Atrium was adorned with balloons, the

refreshments included platters of cheese and fruit. Entertainment was provided by Bill Strogger and a great time was had by all.
Cheryl Starling



In the Kitchen With Chef Gary

As promised earlier, the Food Committee and Chef Gary have set the guidelines for the aforementioned Resident Recipe Contest. Categories include Appetizers/Soups, Entrées, Desserts, and Sides i.e. vegetables, salads, rolls, bread, etc. Entries are to be turned to the kitchen at the end of March. More detailed information will follow so if you are interested in participating, stay tuned.
Barbara E. Connor, Facilitator



New Sous Chef

Sarah Mankie's love of cooking began in Virginia where her Grandmother taught her at an early age. Twenty-three years later, she is still cooking. In college she also honed her management skills which qualified her candidacy for the title of sous chef. She has already made a notable impression here in our kitchen. Welcome Sarah. Barbara E. Connor



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 1:00 Hand and Foot in the Pub 6:30 Movie in the MPR	2 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:30 Bingo - Bradford Room 6:00 Bridge in the MPR	3 8:45 Aquacise at the Clubhouse 10:00 Chapel (Communion) 2nd Floor 1:00 Epic Movie Theater Deltona** 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo In the MPR	4 10:00 Bingo in the Bradford Room 10:30 One Daytona Lunch and Shopping** 11:00 Chair Exercise Bradford Room 11:00 One on One Computer Lessons** 2:00 Bunco in the Bradford Room 2:30 Parkinson's Support Group 3:30 Ladies' Bible Study - Chapel	5 8:30 Kitchen Band In MPR 8:45 Aquacise at the Clubhouse 10:00 Chair Zumba On The 3rd Floor 10:00 Coffee Time with The One Man Band- Bradford Room 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 6:30 Pokeno in the Pub	6 9:30 Stretch and Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 2:30 Birthday/ Anniversary Party 6:30 Movie- MPR	7 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 2:00 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
8 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 1:00 Hand and Foot in the Pub 6:30 Movie in the MPR	9 9:30 Stretch and Flex on 3rd floor 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:00 Scripture Reading 2nd floor Chapel 2:30 Bingo - Bradford Room 6:00 Bridge in the MPR	10 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo In the MPR	11 9:30 Stretch and Flex on 3rd floor 10:00 Bingo in the Bradford Room 10:30 Volusia Mall** 11:00 Chair Exercise Bradford Room 11:00 One on One Computer Lessons** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel	12 8:30 Kitchen Band In MPR 8:45 Aquacise at the Clubhouse 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:00 Kindred Spring Social.** 2:30 Wii Golf in the MPR 4:30 Diner at Blackwater Inn** 6:30 Pokeno in the Pub	13 9:30 Stretch and Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 12:00 Pizza Party in the Pub** \$5.00 6:30 Movie- MPR	14 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 2:00 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
15 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 1:00 Hand and Foot in the Pub 6:30 Movie in the MPR	16 9:30 Stretch and Flex on 3rd floor 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:30 Bingo - Bradford Room 6:00 Bridge in the MPR	17 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 12:00 St Patrick Leprechaun Lunch in the dining ** Best dressed will win a prize 1:00 Epic Movie Theater Deltona** 1:00 Wii Bowling in the MPR 2:00 Arts & Crafts In the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo In the MPR	18 9:30 Stretch and Flex on 3rd floor 10:00 Bingo in the Bradford Room 10:30 Lunch at OutBack** Daytona 11:00 Chair Exercise Bradford Room 11:00 One on One Computer Lessons** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel	19 6:45 Stetson Concert** Tickets on your own 8:30 Kitchen Band Breakfast in 3rd Dining Room ** 8:30 Kitchen Band In MPR 8:45 Aquacise at the Clubhouse 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 4:00 Diabetic Discussion Group in the Pub 6:30 Pokeno in the Pub	20 9:30 Stretch and Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 10:30 Orange City Racing and Card Club** 11:00 Chair Exercise - Bradford room 6:30 Movie- MPR	21 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 2:00 Movie Matinee in the MPR 2:00 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
22 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 1:00 Hand and Foot in the Pub 6:30 Movie in the MPR	23 9:30 Stretch and Flex on 3rd floor 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:00 Scripture Reading in the 2nd floor Chapel** 2:30 Bingo - Bradford Room 2:30 Knowledge is Power in the MPR 6:00 Bridge in the MPR	24 8:45 Aquacise at the Clubhouse 10:00 Chapel 2nd floor 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 3:30 Mystery Entertainer on 3rd floor** you won't want to miss this one 6:00 Bingo In the MPR	25 9:30 Stretch and Flex on 3rd floor 10:00 Bingo in the Bradford Room 11:00 Chair Exercise Bradford Room 11:00 One on One Computer Lessons** 2:00 Bunco in the Bradford Room 3:30 Ladies' Bible Study - Chapel 6:30 \$25 Lobster Dinner**	26 8:30 Kitchen Band In MPR 8:45 Aquacise at the Clubhouse 10:00 Chair Zumba On The 3rd Floor 10:00 Men's Bible Study Chapel 11:30 Catholic Mass 1:00 Table Bowling in the MPR 2:30 Wii Golf in the MPR 3:00 Resident meeting 3rd floor 6:30 Pokeno in the Pub	27 9:30 Stretch and Flex on 3rd floor 10:00 Crosswords - Bradford Room 10:00 Yahtzee in the Pub 11:00 Chair Exercise - Bradford room 12:00 Florida Lecture Series in the dining room** 6:30 Movie- MPR	28 6:15 Helena a premier women's singing Group** 8:45 Aquacise at the Clubhouse 10:00 Armchair Discussion in Pub 10:00 Bingo - Bradford room 11:00 Chair Exercise -Bradford Room 2:00 Table Bowling in the Bradford room 2:30 Dominoes in the pub 6:00 Hearts in the Pub 6:30 Movie in the MPR
29 8:30 Bus to St. Peter's** 9:00 Sunday School in the Chapel 10:00 Worship Services 3rd Floor 1:00 Hand and Foot in the Pub 6:30 Movie in the MPR	30 9:30 Stretch and Flex on 3rd floor 10:00 Scrabble in the MPR 11:00 Chair Zumba on 3rd floor 1:00 Hand and Foot in the Pub 2:30 Bingo - Bradford Room 6:00 Bridge in the MPR	31 8:45 Aquacise at the Clubhouse 1:00 Epic Movie Theater Deltona** 1:00 Wii Bowling in the MPR 2:00 Table Bowling Practice in the Bradford Room 3:00 BYOB in the Pub 6:00 Bingo In the MPR 6:45 Stetson Concert **				



Happy St. Patrick's Day!

This is the month when everyone seems to have a bit o' the Irish in him or her. You are invited to join us at a St. Patrick's Day party on March 17. Wear your green, watch a parade and impress your friends and family with the truth about these common Irish myths (or blarney):

- *Myth:* "St. Patrick drove the snakes out of Ireland." *Truth:* The Emerald Isle probably never had snakes thanks to the Ice Age.
- *Myth:* "Leprechauns are cute little sprites." *Truth:* According to Irish legend, they're bad-tempered creatures who perform treacherous deceptions to keep people away from their gold.
- *Myth:* "The national symbol of Ireland is the shamrock." *Truth:* It's really the Celtic harp.
- *Myth:* "Corned beef and cabbage is a favorite St. Patrick's Day dish in Ireland." *Truth:* It's actually an American creation. Cheryl Starling



Patricia Kadel 3/8
Robert Renfree 3/8
Darryl Cowden 3/9
Kathleen Wilson 3/11
Edmund Driggars 3/13
Corinne Martinez 3/14
Irma Vezinho 3/16
Milt Cohen 3/17
Dick Futterer 3/18
Russ Gagnon 3/18
Ina Morgillo 3/21
Gertrude Stratton 3/21
Janet Zamba 3/21
Jack Cribbs 3/22

Lois Dill 3/23
Shirley Gagnon 3/23
Brigitta Witscher 3/23
Grace Carlson 3/27
Sara Watkins 3/27
Ruth Youngquist 3/29
Kay Wheeler 3/30



Clifford & Ann Mearkle 3/4
Barbara Chamberlin 3/12
Porter & Joyce Jones 3/22
Charles & Granger 3/24
Charles & Ruth Millspaugh 3/25



Welcome to Our Family

Our Ambassador Committee is always excited to welcome new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We will be hosting a quarterly lunch to give our newest residents the chance to

meet each other and all our Ambassadors. We hope that everyone will join us in making our newest residents feel right at home! I would like to announce some new members to our Ambassador Committee and thank those who have agreed to participate. Photo above, 1st on the right Dick Futterer, Joan Layson, Brema Seemann, Georgia Cowan, Jean Wilson, Shirley Abbott. 1st on the left, Mary Futterer, Joanne Thomas, Noella Brister, Lois Harvey and Jane Murphy. Cheryl Starling

Positive Thought

"You carry the passport to your own happiness." —Diane von Furstenberg



Library

Since March is the month we celebrate St. Patrick's Day and everything Irish, we like to feature a new book that is set in Ireland. This year it is *Fatal Roots* by Sheila Connelly. This is her 8th County Cork mystery. She lives in Massachusetts with her husband and three cats, but has been visiting Ireland and West Cork in particular for more than 20 years and now owns a home there. After living in Boston, Maura Donovan is now getting accustomed to Irish living complete with an inherited house and a pub named Sullivan's. One day some students of Irish folklore from Cork University come knocking on Maura's door asking about a mystical fairy fort that happens to be located on Maura's land. Irish folklore has a long history of fairy folk and plenty of people who believe in them. The lore indicates that messing with the fort can cause bad luck, and most everyone is telling Maura not to get too involved. However, she is curious about her own land and doesn't buy into their superstition.

Then one of the students disappears after a day of scoping out the fort on Maura's property. Maura has to take matters into her own hand. When she uncovers a decades old corpse buried in the center of the fort, nothing is for certain anymore. Kathryn Trahan

Kindred at Home



Chronic pain can negatively impact our lives in many ways beyond the physical. Mentally, emotionally and financially for example. At Kindred we work with you and your physician to determine source of pain and design a care plan. Our goal is to reduce the effects of pain so you can achieve the maximum return of function.

Goals of Pain Management are:

- Determine source and symptoms of pain
- Effectively manage through easy to understand non-prescription based strategies
- Additional restorative therapy designed to help you regain independence and improve quality of life, socialization and quality of sleep

Treatment might include:

- Physical therapy
- Relaxation techniques
- Massage therapy for smaller perception of pain, fewer muscle spasms and decreased symptoms overall.
- Alternative treatments: when other routes do not provide relief, your doctor might suggest acupressure, acupuncture, electrotherapy or guided imagery and relaxation techniques. Rebecca Sandvall, BSW, 386-871-1953



It's That Time Again ...

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! So look forward to longer days filled with sunshine! Cheryl Starling



Spring Arrives

"No winter lasts forever; no spring skips its turn." —Hal Borland

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

1	2	9	5	6	3	4	8	7
4	8	7	9	1	2	3	5	6
6	3	5	4	7	8	2	9	1
5	7	3	1	2	9	8	6	4
8	6	1	7	3	4	5	2	9
9	4	2	8	5	6	7	1	3
3	5	8	6	4	1	9	7	2
2	9	6	3	8	7	1	4	5
7	1	4	2	9	5	6	3	8

Solution

		9				4	1	
	4		7				6	
2	7			4			5	
			9		8	2		
6								8
		8	6		1			
	6			7			3	9
	5				6		8	
	8	4						

Resident Referral Program?

When you refer someone to The Cloisters and they choose to make our community their home, we will give you \$250!*

1st move-in within a calendar month = \$250

2nd move-in within a calendar month = \$500 (\$750 total) 3rd move-in within a calendar month = \$1,000 (\$1,750 total)

4th move-in within a calendar month = One Month's Rent Free (total)

*Inquire with marketing for more details and restrictions

TDD 800-545-1833 x359
Language Assistance Services
562-257-5255

ALF License # AL8340