

Culpepper Place

Senior Living



May 2011

A Premier Senior Address

5351 Gretna Road. Branson, MO

417-334-3336



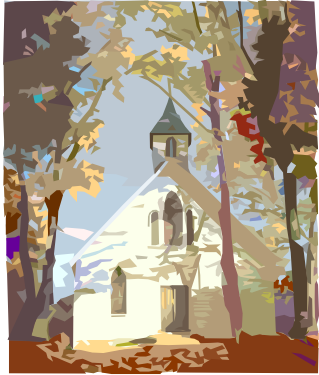
**Ora Susanna
Bisplinghoff**

*“That man upstairs has
been good to me! I couldn’t
have asked for a better
place to be living now.”*

Ora Susanna Bisplinghoff, (Sue B. known by many) was born on May 30, 1930 in the neighboring town of Hollister, Missouri to Ora and Bob Carouthers, a retired service man. Her family was very involved in running an Inn in Hollister. At the young age of seven her father passed away, leaving her mother to tend after the five

children, Sue being the youngest. Sue has two older brothers Robert and Johnnie and two older sisters, Myrtle and Katherine (Katy). Growing up, the entire family worked at the Inn.

“My first ride in a car was to the old stone church,” Sue recalls. “Mrs. Dick Hulland asked me if I wanted to ride along with her and go to church when I was only six or seven years old.” And from that first ride along with Mrs. Hulland to church, she has grown to be a lifelong member.

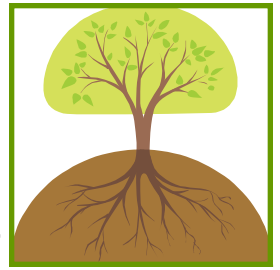


“The dear Lord has been good to me,” she says.

“Mother had a hard time getting my siblings to get me out of Turkey-Creek! I had my own swimming pool in my back yard,” says Sue. As a little girl, she seemed to have the run of Hollister, “Everyone knew me!” Sue laughs.

Needless to say, Sue became very involved in her community at a very young age. One day she saw a neighbor of hers, Jerry Harris, (who later became mayor) planting a tree. “After asking him to let me help over and over again, he finally gave me a bucket and told me to go fill it up with water. When she got back he let

her hold the tree while he filled the hole with dirt.” So to say she was “putting roots down in her community,” would be very accurate.



That tree still stands tall today at the intersection of Downing street and Business 65.

Around 1947 she met a man by the name of Claude Edward Bisplinghoff. She remembers meeting Eddie at his parents store near the Arkansas line on a hot, summer day while taking a drive with her nephew who wanted to stop for a bottle of pop. At the time she was working at a local restaurant and the very next day after buying that

bottle of pop, Eddie came in during a very busy lunch hour to visit some more. Soon after they began dating and in December of 1948 they married.



Eddie and Sue raised two beautiful daughters, Karen and Linda and

Claude served in the United States Marine Corp for four years. The family spent a lot of time at the Lake for Holidays, barbeques and simply family fun and time at the pool. From boating to croquet, darts and volleyball, many sunny days were spent enjoying the outside.



Sue worked at Security Bank where she eventually retired from under the name of Landmark af-

ter twenty-two years of service. Soon after, she came out of retirement and worked for the First Community Bank for five more years.

Formerly, Sue was an Alderwoman for the city of Branson, and a member of the BPW (Branson Professional Women) and received their Outstanding Civic Service award. She was also a deacon, elder and choir member of the First Presbyterian Church locally in Branson, a local Chair position with the March of Dimes and part of the Democratic League of Women voters for Taney County. After twenty-seven years working for the banking industry, she became President of the Tri-Lakes



Bankers Association in 1983. Sue was what many would call, "a doer", she did things as oppose to talk about doing things.

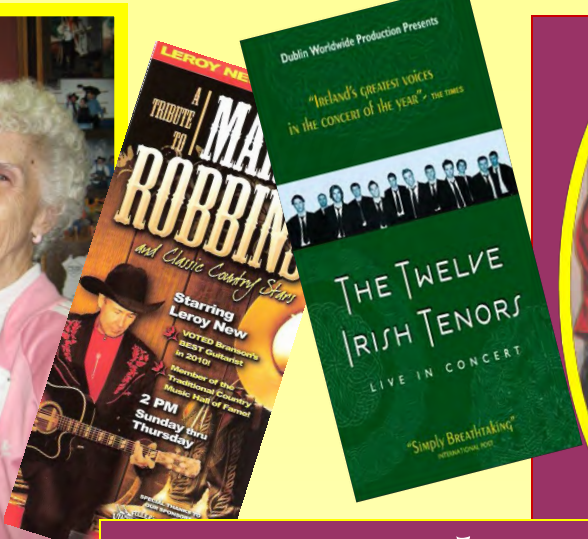
She was also one of the six founding members of the Founder's Day celebration in Hollister.

One of her many proud moments included organizing Hollister's first -



school reunion which, at that time, included all of the graduates between 1930-1950. "It ended up being the biggest reunion in the schools history," she smiles.

Today, Sue enjoys four Grandchildren and seven Great Grandchildren. Here at Culpepper Place Senior Living she enjoys not having to cook, clean, or run errands to the grocery store. Sue thinks its wonderful to be able to live with her dog Terrie also. She enjoys making many new friends and really enjoys the activities and staff. She is busy every part of the day and is always offering to help with anything. "It's a delightful place, a good living, who could ask for better living." Sue suggests.



Our scenic drives were wonderful!

Off to the Shows we went!



Mary enjoyed a wonderful Birthday celebration with friends!



Wanda has begun teaching us the Spanish Language!





Wishing
you all a
very happy
Springtime !





From the Community and Health and Wellness
Directors:
10 Ways to Improve Your Life



As we are half way through the year and beyond the new year resolution phase, here are a few ideas to improve our lives for the rest of 2011....

- 1** Unleash your creative genius. To say you are not creative is no excuse. Holding back is a mistake, experts say, because self-expression is known to reduce stress, enhance the immune system and increase joy.
 - 2** Smile to lift your mood. A warm smile can create a “halo” effect, helping us feel more optimistic, more positive, and more motivated.
 - 3** Work on focusing, it'll do your mind good. Practice “deep reading”, taking time to absorb a text and allow the mind to sink into contemplation. Even if for only 15 to 20 minutes at the beginning or end of the day, this practice can enhance our critical thinking processes.
 - 4** Give laughter yoga a try, it may sound silly but research suggests it works. It's a great stress-buster and within 20 minutes, people walk away with a glow, and simply feeling better emotionally. Research suggests laughing improves blood flow, lowers levels of the stress hormone cortisol, and boosts the immune system. Classes involve rhythmic clapping, chanting, “Ho, ho, ha, ha, ha,” deep breathing, childlike playfulness (swinging arms into the air.)
 - 5** Show affection towards others. People in dedicated relationships tend to live longer and it has been shown that they have a more positive outlook on their lives. Physical contact creates feelings of acceptance, affection, and an overall well-being. Contact allows the brain to relive built up stress.
 - 6** Take care of a pet or a plant. If you take care of something, this act also helps to relive stress. Whether you are petting a pet, or tending a plant, studies have shown that it produces positive effects.
 - 7** Spend just a little while outdoors each day. That lack of sunlight on the body's skin has been linked to many depression diagnoses. Limited sunlight exposure has been proven to help alleviate depression and boost the urge to connect with others.
 - 8** Don't let life get you down. Keep practicing being optimistic. If you expect bad things in your life, you'll always find them. A negative mind-set is like looking at the world through distorting, grimy lenses. It's amazing what isn't there until you start to look for it. If you decide to look for signs of positive things, you'll find them.
 - 9** Drink plenty of water. Drinking water helps with digestions and is the major factor in preventing dehydration. Get plenty of rest. Studies have shown that sleep deprivation has been linked to an increase in the risk of having a heart attack.
 - 10** Eat plenty of fruits and vegetables. Fruits provide fiber and vitamins and are packed with antioxidants, which are responsible for helping repair the body. Vegetables also provide the body with vitamins and fiber and although fresh vegetables are nutritionally best, frozen or canned vegetables will suffice as well.
- Have a wonderful month, Wayne and Lisa.

Happy Birthday



Harry Solberg 5-6



Bertha Smith 5-18



Sue Bisplinghoff 5-30

June Rahn 5-27