

# the Shavings

The Magazine of **The Estates**  
AT CARPENTERS

February 2014



But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever.  
- Psalms 52:8



# From The Executive Director

The beginning of a New Year often spurs a round of resolutions to lose weight, eat better, and volunteer more. Sadly, most of these resolutions do not survive the test of time and are forgotten and discarded soon after the ball drops in Times Square.

Let's make sure 2014 is different! Let's use the New Year to deepen our awareness and to navigate each day with grace and zest. What would our community look and feel like if we all practiced the following every day?

**Practice Gratitude:** Look for and note the small and large graces and gifts of each day to infuse our lives with meaning, even in the midst of great difficulties.

**Practice Wonder:** Poet Mary Olivier in "Instructions for Living" says: "Pay attention. Be astonished. Tell about it." The heart of practicing wonder is seeing what is present all around us and being astonished by it, whether it is a sunset, the call of a bird, or the smile of a friend. Share your wonders; with others and with the world.

**Practice Creativity:** Discovering new mediums for expressing our innate creativity can be a powerful antidote to the boredom of passing days. Challenge yourself to find creative solutions to old problems; set out to try new routes and to experience new things. And see your life as a creative work in progress.

**Practice Kindness:** We do not always have control of our life circumstances or what is going on around us. What we can control is our response, and we can almost always find a way to be kind. Giving others the benefit of the doubt, or making that extra small gesture, does not cost much in the end but contributes to our soul's growth and expands our capacity for empathy and compassion.

**Practice Connecting:** If we are fortunate to live long enough, we find that with added years our circle of friends and family diminishes in size. Yet study after study has shown that those with significant ties to others fare better in the aging process. So practice making new connections and keeping old ones vital. Do not wait for others to contact you — pick up the phone, write that note, invite a new neighbor for coffee, or send your grandchild that email.

**Practice Being Who You Are:** The goal of the spiritual journey of life is to become our most authentic self. After a certain age, it no longer matters so much what people think of us. What matters is that we are being true to ourselves, our own uniqueness. Say yes to the things that bring you joy, and quit doing the things that don't. Explore those parts of yourself that you left behind as you climbed the career ladder or raised a family.

Let's strive to make 2014 the best in the almost 28 year history of the Estates. - **Brian Robare, CEO**



## ON THE FRONT COVER

We had some beautiful, clear, cool days in January and our residents were out and about enjoying the fine weather. Many walk the circumference of the property daily, while others choose to ride the 8/10 of a mile on their bikes. Those who take advantage of our water aerobics classes, really appreciate the heated pool this time of year.

On the front cover, Estates residents Sally Posey and her dog Doodlebug (seated on the left bench) and Mary Lomasney and her dog Lappie (seated on the right bench) enjoy an afternoon in the Bark Park. Nothing perks up a dog more than cool weather and an opportunity to race around untethered.

# Meet Your New Neighbors



**Chuck & Julie Ball, M-403, Phone: 863-449-0547 or 863-257-1156**

Chuck was born in Flint, Michigan. He attended the University of Michigan Business School and has a B.A. in Economics from Albion College. Chuck was the President of Manufacturers Bank of Livonia and a Store Manager and volunteer for Habitat for Humanity. Julie was born in Allen, Michigan, earned her B.A. from Albion College and taught elementary education and remedial reading.



**Roland & Genivieve Vanzant, M-405, Phone: 863-859-5758**

Roland was born and raised in Yulee, Florida (near Jacksonville). He holds a Masters of Divinity from Florida Southern College and two honorary doctorates. He served in United Methodist churches in Miami, Titusville, Bradenton, Tampa, and Jacksonville. He was also the Assistant to the United Methodist Bishop of Florida. Genivieve was born in Tampa and also attended Florida Southern but received her B.A. in Elementary Education from Florida Atlantic. She worked both as an elementary school teacher and a minister's wife while raising their family.



**Clara Cannon, G-304, Phone: 863-688-4704**

Although born in Tampa, Florida, Clara was raised in Pensacola. She attended Florida Southern College and was the co-owner of Cannon Automotive Group with her husband. The couple met in 1944 at the First Methodist Church in Pensacola. They were blessed with 3 children and their family has grown to include 2 grandchildren and 2 great-grandchildren. Clara enjoys flowers and spending time with her grandchildren and their families.

## Memorials, Honorariums, Gifts and Donations

The Estates would like to thank the following individuals for their generosity during the month of December 2013.

Ed & Donna Johnston  
Eugene & Lillian Trachtenbarg  
Karl & Joyce Strader  
Charles & Laverne Paulk  
Robert & Joy Mogyrosy  
John & Diane Thompson  
Brian & Michelle Robare  
John & Debbie Morisako  
HMS of Lakeland  
Libbye Thompson

The Skelton Family  
Lola Swygert  
Frances Warnimont  
Mary Noblet  
Bob Riggs  
Beatrice Cirri  
Arlene Keiber  
William McNiffe  
Newell Kellogg  
Nannette Ignacio

Carmen Lopez  
Mike Cole  
Linda Haner





# NEWS FROM THE FACILITIES DEPARTMENT

Plans are now underway to replace the fire alarm system. This new, state of the art system is a significant upgrade from the current system and will meet all building and fire codes.

After careful consideration and review of the bids, a contractor with 25 years of experience was selected. The project plans have been submitted and are under review and, when approved, we will begin the installation phase of the project.

The contractor is onsite to do some of the preliminary work. Our Facilities staff is working closely with the lead supervisor and the foreman for this project to finalize the strategy. The new system includes horns and strobes in each of the apartments. As the installation phase progresses, we will be use the FYIs to communicate the schedule and additional information. We are anticipating that this will begin in the next few weeks.

*- Anthony Sindoni, Director of Facilities*



**Grand Re-opening: February 10, 2014**





## NEWS FROM DINING SERVICES

As the new Director of Dining Services, it's been a great pleasure to meet many of you. I appreciate your warm welcome, suggestions and support!

This year we will be offering a new, updated menu developed by the Estates Menu Committee comprised of residents and staff. The new design calls for a new style of service and we are hard at work training the kitchen and dining room staff to provide a seamless transition.

There are several exciting events in the works throughout the year. Our goal is to have a special culinary event each month. Dates will be announced in advance for Seafood Night, the English Tea & Fashion Show, and the Memorial Day Picnic Buffet.

I am thrilled to be here and look forward to the exciting year ahead!

*- Betsy Bulger, Director of Dining Services*



## THE WORD & THE MUSIC

All residents are invited to attend the "Song & The Word" service from 11:00 a.m. to 12 p.m. every Tuesday in the auditorium. Featuring an informal format of "no preaching and no teaching," this service incorporates hymns, scriptures, poems, prayers, and stories from various residents. Each service ends with a special prayer for everyone led by Chaplain Norm Bradney.

## SATURDAY BIBLE STUDY

The Saturday Bible Study, led by Karl Strader, features "All the Commandments of the Bible" (about 3000 of them!) Held in the auditorium from 11:00 a.m. to 12:00 p.m., this Bible Study is designed for residents who are hungry for more of the Word of God. All are welcome to attend each week.





## A MESSAGE FROM MARKETING

**2013 was quite a year with 50 deposits and 49 move ins.** We saw occupancy increase and welcomed many new faces to the Estates at Carpenters family. I encourage you to take a moment to look at your Family Album and introduce yourself to those new neighbors who came in last year- our strong sense of community is what continues to make the Estates the premier place to live in Lakeland.

As we are now well on our way into the new year, I wanted to share with you some of our upcoming Marketing endeavors for 2014. In January, the entire Marketing team went to the Annual Snowbird Extravaganza hosted by the Lakeland Center. This expo enables us to meet Snowbirds and discuss the exceptional lifestyle offered at the Estates. One of last year's incoming residents was, in fact, someone that had first heard about the Estates at the 2013 Extravaganza. We are diligently maintaining contact and following up with these people.

We are also continuing with our Marketing on the Move events. These luncheons are held throughout Central Florida in various cities where distance and travel time would have otherwise deterred such a meeting, affording us the opportunity to familiarize people outside of Lakeland with the Estates. Our goal is to increase awareness of our presence so they will be more likely to come for a tour and choose to call the Estates 'home.'



In an additional effort to increase local awareness of the Estates, we will be attending expos in Foxwood Lakes Estates and Sandpiper. These communities hold Vendor Fairs which allow their residents to learn more about local businesses such as ours. If you were once a resident of one of these communities, or if you know someone who lives there, please tell your friends to stop by our table and say hello! We can talk all day long about our wonderful community, but it is the Residents who can really speak from the heart .

Marketing is a team effort and we cannot do it without you, the residents. We are looking forward to a busy 2014 filled with tours and new residents! - **Karen Adair, Director of Marketing**

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**MOVING IS VERY STRESSFUL** A move into the Estates typically means downsizing, selling a home, and arranging for a moving company. All of this occurs before they even pick up the keys to their new Estates home.

One of the most valuable volunteer opportunities at the Estates is the Move-In Assistant. These volunteers assist the Marketing Department on the day a new resident arrives at the Estates. The duties are simple and yet critical to a very important process. Move-In Assistants make sure that exterior doors are not left open and unattended. This protects everyone who lives and works at the Estates. They provide the moving company with guidance and access to the elevators; as well as providing a friendly face to new neighbors.

If you would enjoy volunteering as a Move-In Assistant, please call the Marketing Department at extension 173.

# HEART HEALTHY EATING



Since 1963, February has been celebrated as American Heart Month to encourage Americans to join the battle against heart disease. February is also the signature month for the American Heart Association's "Go Red for Women" campaign and the message that heart disease is not only a man's problem.

Heart disease kills over 600,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You may be able to reduce your risk through diet and exercise.

Eating healthy is easier than you might think. Adding healthy habits slowly makes the changes more manageable. Not sure how to get started? Try some of these tips:

- Avoid dishes with lots of cheese, sour cream and mayonnaise.
- Instead of fried fish or chicken, choose baked, broiled or grilled fish or chicken.
- Choose bread over croissants.
- Eat a salad as a meal- just be careful of the dressing you pour on it. If you don't like vinaigrette, just reduce the type you like to 25% of what you normally would use.

## Instead of:

Cream based soups  
Creamy coleslaw or Waldorf salad  
Blue Cheese dressing  
Hamburger  
Fried catfish  
Fried chicken sandwich  
French fries or Mashed potatoes and gravy  
Whole milk  
Cheesecake  
Ice Cream

## Choose:

Broth based soups  
Tossed salad  
Lite Italian or Raspberry Vinaigrette  
Black bean burger  
Broiled catfish  
Grill chicken breast on whole wheat  
Baked potato or rice  
Skim or low fat milk  
Fresh fruit cup  
Sherbet



Wear red each  
Thursday  
this month to  
support the  
battle against  
heart disease.

Please note: Our new menus have a heart next to items to denote a "wellness selection" and assist you in choosing healthier options.

## Your Healthiest Weight

Excess weight is mainly caused by taking in more calories than are used in physical activity and daily life.



When people consume too many calories, saturated fat, or trans fat their blood cholesterol levels often rise. That raises their risk of health problems like high blood pressure, heart disease, diabetes and stroke. Extra fat also harms more than just the heart and blood vessels, it is a major cause of gallstones and can worsen degenerative joint disease.

When your weight is in a healthy range:

- Your body more effectively circulates blood
- Your fluid levels are more easily managed
- You lessen your chances of developing certain forms of cancer
- You relieve stress on your back and joints
- You increase your energy level.

Join us in making 2014 a healthier year!

- Carol Sawyer, Estates Wellness Clinic



# Program Spotlight

The Estates at Carpenters' K9s for Cops program had a wonderful first year! We held our first "Evening with the Stars" Event at the Lakeland Yacht Club in May and our first "Barks and Badges" event at Victory Church in October. We had a great time at both events and have greatly enjoyed our partnership with the Polk County Sheriff's Office. Our fundraising efforts have resulted in the purchase of new K9 partners Hammer and Gage (Hammer is pictured below with his handler). Both K9s just recently finished their training and have taken to their jobs protecting the citizens of Polk County. Dogs of this caliber and their training requirement are expensive. It has greatly relieved a burden for the Sheriff's Office to be able to come to the Estates when they are in need. We thank you for your support of this signature project of the Estates at Carpenters and for the impact that this will have on our community at large.



Our "Evening with the Stars" event will be held at Eaglebrooke Country Club on September 26, 2014. Please mark this date on your calendars. We would love to see you all there! We will provide more information as the date draws near. We are currently looking for sponsors and value your contacts in the community. If you know of anyone who would be interested in supporting the Sheriff's K9 Unit please leave a note for Michelle Robare at the front desk. We had a great time at our "Barks and Badges" outdoor event but found that it was a little warm to hold the event in early October. We decided to move the event to the spring when the weather is much nicer. Our next "Barks and Badges" event will be held in the spring of 2015.






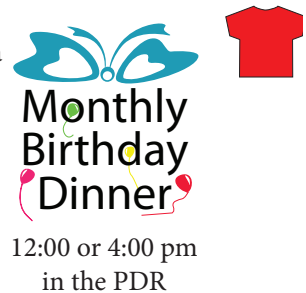
This year we are implementing a new piece to the K9s for Cops program that we have named Dining for Dogs. Some of you have already shown great support for this program! Each month we are partnering with a different restaurant in a sponsorship event that will donate a portion of the cost of your meal back to the K9s for Cops program. On February 5, we have arranged for all of the Applebee's in Polk County to hold a "Dining to Donate" Day for K9s for Cops. So get out your calendars and mark it down! The location on South Florida Avenue will hold the event from noon to 9 p.m. All other locations will hold the event from 4-9 p.m. Applebee's will donate 10% of the cost of your meal back to K9s for Cops.

Ally Robare's school, All Saints Academy, has sponsored two student dress out days to raise funds for K9s for Cops. The student response has resulted in two donations of almost \$2,000! This year St. Paul's has also agreed to hold a dress out day for us. We are excited that they are partnering with us as it is our goal to make this program a community wide endeavor.

Thank you for your support of this program. The Estates at Carpenters believes in building a better community for the residents of Polk County and the Estates at Carpenters. We are looking forward to 2014 and all that we will be able to accomplish together!

*- Michelle Robare, Community Relations*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>February 2014</h1>			<b>Gift Shop Hours</b> <b>M-F 8:30 - 10:00 a.m.</b> <b>2:00 - 3:30 p.m.</b>	<b>PLEASE CHECK CHANNEL 95</b> <b>OR CALL EXTENSION 9 FOR</b> <b>ANY CHANGES</b>	<b>Abbreviations Key</b> * AUD - Auditorium * ECR - Estates Conference Room * PDR - Private Dining Room * MDR - Main Dining Room * GR - Game Room	10:00 Water Workout 11:00 Bible Study - AUD 12:30 Wii Golf - GR 2:30 Intercessory Prayer - ECR  6:00 Movie and Popcorn "Julie & Julia" PG-13 (123 min) <div>1</div>
9:00 CHERA Sunday School - ECR 10:15 CHERA Worship Service - AUD Rev. Walter Waddell Independent Baptist 1:00 The Wizard of Oz - BUS 6:00 Euchre - GR 6:00 Superbowl Party - AUD <div>2</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:00 UMW Circle Meeting - PDR 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 6:30 Bingo - AUD <div>3</div>	10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:00 Bridge - GR 10:00 Dietary Committee Meeting - ECR 11:00 The Word & Music - AUD 3:00 Bike Meet - Portico 6:45 Imperial Symphony - BUS <div>4</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:00 Sit & Get Fit - AUD 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 3:00 Bike Meet - Portico 5:00 ROMEO Club Dinner - BUS 6:25 Bridge - AUD <div>5</div>	9:30 Grocery Shopping - BUS 10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - Villa 12:15 Wii Golf - GR 1:00 Jeopardy - GR 2:00 Banks 2:00 CHERA Board - AUD 2:00 Book Club - M Bld 6:30 Chapel - AUD 6:45 Entertainment Series - BUS <div>6</div>	9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Water Workout 11:00 Olympics Opening Ceremony - AUD 1:00 Wii Bowling - GR 1:30 Low Vision Group - AUD 2:00 Walmart - BUS 6:30 Pinochle - AUD <div>7</div>	10:00 Water Workout 11:00 Bible Study - AUD 12:30 Wii Open - GR 2:30 Intercessory Prayer - ECR  6:00 Movie and Popcorn "In Love and War" PG-13 (113 min) <div>8</div>
9:00 CHERA Sunday School - ECR 10:15 CHERA Worship Service - AUD Rev. Bill Fraker United Methodist 1:00 The Wizard of Oz - BUS 6:00 Euchre - AUD <div>9</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 6:30 Bingo - AUD <div>10</div>	9:15 FLICRA Board Meeting - ECR 10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:00 Bridge - GR 10:00 Foshee Jewelers - Lobby 11:00 The Word & Music - AUD 2:30 Health Advisory Committee - ECR 3:00 Bike Meet - Portico 6:45 Harmony Girls - AUD <div>11</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:00 Sit & Get Fit - AUD 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 2:00 Harmonica Class - ECR 2:30 I DO DAY - AUD 3:00 Bike Meet - Portico 6:25 Bridge - AUD <div>12</div>	9:30 Grocery Shopping - BUS 10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - Villa 12:15 Wii Golf - GR 1:00 Jeopardy - GR 2:00 Banks 2:00 CHERA Board & Residents - AUD 6:30 Chapel - AUD <div>13</div>	9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Water Workout 12:00 Lunch at Olive Garden - BUS 1:00 Wii Bowling - GR 2:00 Walmart - BUS 6:30 Pinochle - AUD <div>14</div> <div>VALENTINES DAY</div> 	10:00 Water Workout 11:00 Bible Study - AUD 12:30 Wii Golf - GR 2:30 Intercessory Prayer - ECR  6:00 Movie and Popcorn "The Proposal" PG-13 (108 min) <div>15</div>
9:00 CHERA Sunday School - ECR 10:15 CHERA Worship Service - AUD Rev. Fred Meuser Lutheran 1:15 Lakeland Band Concert - BUS 6:00 Euchre - AUD <div>16</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 6:30 Bingo - AUD 6:45 Festival of Fine Arts - BUS 6:45 Entertainment Series - BUS <div>17</div>  <div>PRESIDENTS' DAY</div>	10:00 Water Workout 10:00 Townhall Meeting - MDR 10:00 Bridge - GR 11:00 The Word & Music - AUD 3:00 Bike Meet - Portico 6:45 Name That Tune - AUD <div>18</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:00 Sit & Get Fit - AUD 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 3:00 Bike Meet - Portico 6:25 Bridge - AUD <div>19</div>	9:00 Religious Resource Committee - K106 9:30 Grocery Shopping - BUS 10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - Villa 12:15 Wii Golf - GR 1:00 Jeopardy - GR 2:00 Banks 2:00 Book Club - M Bld 6:15 Lecture Series - BUS 6:30 Chapel - AUD <div>20</div> 	9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Water Workout 1:00 Wii Bowling - GR 2:00 Walmart - BUS 6:30 Pinochle - AUD <div>21</div>	10:00 Water Workout 11:00 Bible Study - AUD 12:30 Wii Golf - GR 2:30 Intercessory Prayer - ECR  6:00 Movie and Popcorn "TV Comedy Extravaganza" <div>22</div>
9:00 CHERA Sunday School - ECR 10:15 CHERA Worship Service - AUD Rev. William Fisackerly United Methodist 1:00 The Wizard of Oz - BUS 6:00 Euchre - AUD <div>23</div>	9:00 Group Exercise - AUD 10:00 Water Workout 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 6:30 Bingo - AUD <div>24</div>	10:00 Water Workout 10:00 Sit & Get Fit - AUD 10:00 Bridge - GR 11:00 The Word & Music - AUD 3:00 Exercise Class - GR 6:30 Health Night - AUD <div>25</div>	8:15 Blood Pressure Check - AUD 9:00 Group Exercise - AUD 10:00 Water Workout 10:00 Sit & Get Fit - AUD 1:00 Wii Bowling - GR 1:00 Duolingo - K-207 2:00 Harmonica Class - ECR 2:00 Parksdale Trip - BUS 3:00 Bike Meet - Portico 6:25 Bridge - AUD <div>26</div>	9:30 Grocery Shopping - BUS 10:00 Water Workout 10:00 Sit & Get Fit - AUD 12:15 Wii Golf - GR 1:00 Jeopardy - GR 2:00 Jackson Wranglers - AUD 2:00 Banks 2:00 Catholic Mass - PDR 6:30 Chapel - AUD <div>27</div>	9:00 Group Exercise - AUD 10:00 Lakeland Square Mall - BUS 10:00 Water Workout 10:00 N. Lakeland Library - BUS 1:00 Wii Bowling - GR 2:00 Walmart - BUS 6:30 Pinochle - AUD <div>28</div>	<div>An Electronic version of The Shavings is available at: www.EstatesAtCarpenters.com</div>



# HAPPY BIRTHDAY



## ESTATES

Ruby Buyck . . . . .	02
Wyanda Mitchell . . . . .	02
B.T. Hatley . . . . .	03
John Hoadley . . . . .	03
Ellen Snell . . . . .	03
Beatrice Cirri . . . . .	05
Judy Douce . . . . .	06
Gail Hadley . . . . .	06
Margo Zendler . . . . .	06
Bea Mintle . . . . .	08
Ruth Walzer . . . . .	08
Charles Edwards . . . . .	09
Shirley Amack . . . . .	13
James Arnold . . . . .	13
Dorothy Jackson . . . . .	13
Donella Johnson . . . . .	13
Grace Matthews . . . . .	16
Mildred More . . . . .	18
Robert English . . . . .	21
Annabelle Weekley . . . . .	21
Newell Kellogg . . . . .	23
Gladys Rozek . . . . .	23
Nancy McKinnis . . . . .	26
Beatrice Machon . . . . .	29

## HEALTH CENTER

Ross Literski . . . . .	04
Wilma Flippo . . . . .	07
Ann Flowers . . . . .	08
Helen MacGregor . . . . .	14
Marie Pearce . . . . .	18
Marjorie DeMeurers . . . . .	20
Joyce Strader . . . . .	21
Evelyn Monaco . . . . .	22
Milena Coton . . . . .	27

# EVENTS

EVENT KEY:

Entertainment

Information

Sports

Trip

**Feb 2 | “Wizard of Oz”  
1:00 p.m. - BUS**

“The Wizard of Oz” at the Polk Theatre is a live show presented by All Saints Academy. This is an all student production. If you’d like to see some of the rehearsal pictures, check out the All Saints Facebook page (spoiler alert: the munchkins are adorable!)

**Feb 2 | Super Bowl Party  
6:30 p.m. - AUD**

Super Bowl XLVIII will be shown in the Auditorium on the big screen on Sunday, February 2 at 6:30 p.m. The game will be held in Metlife Stadium in New Jersey; and, if the playoffs are any indication, this game is going to be terrific! Bruno Mars, the singer who will be featured in the half time show, is already having fun! Visit <http://www.nfl.com/videos/nfl-videos/0ap2000000289081/Get-hyped-for-halftime> to view a music video featuring dance moves from NFL players, their families, and some NFL cheerleaders. Estates’ residents, employees, depositors, and marketing guests are invited to join in the fun, food, and fellowship.

**Feb 4 | Imperial Symphony  
6:45 p.m. - BUS**

The Lark Ascending is a British classic by composer Ralph Vaughn

Williams. It premiered as a violin/piano version and was presented later as a violin/orchestra piece. Inspired by a poem of the same name by George Meredith, The Lark Ascending ranks consistently in the top three classical music pieces requested on classical music stations in England, New York, and New Zealand.

**Feb 5 | ROMEO Club  
5:00 p.m. - BUS**

Our Retired Older Men Eating Out group will travel to the Peking House in Lakeland this month. The Peking House is an ‘old style’ Chinese restaurant with dishes such as: pepper steak, egg foo yung, and crispy duck. Don’t skip the egg drop soup, it’s fantastic.

**Feb 6 | Entertainment Series  
6:45 p.m. - BUS**

Tommy Tune is an actor, dancer, singer, theatre director, producer, and choreographer. He has won 9 Tony Awards and the National Medal of Arts (the highest honor for artistic achievement given by the President of the United States). His film work includes: “Hello Dolly,” “The Boyfriend,” and “Mimi Blulette.” Celebrating 50 years in show business, Mr. Tune will be performing at the Lakeland Center at 7:30 p.m. (bus departs at 6:45).

**Feb 7 | Olympic Games  
11:00 a.m. - AUD**

Join us in the auditorium for the opening ceremony of the winter Olympics. Direct from Sochi, Russa, this glamorous event will look terrific on the big screen and we will be serving themed foods from around the globe. To help those who will be following the games themselves, a viewers guide can be found at <http://www.nbcolympics.com/viewers-guide>. Coverage of the games will be provided over several networks this year. Visit <http://www.nbcolympics.com/tv> for the events and which network (NBC, NBC Sports, USA, MSNBC or CNBC) will be showing which event and at what time.

**Feb 11 | Harmony Voices  
6:30 p.m. - AUD**

The all female vocal group Harmony Voices will be in the Auditorium at 6:30 p.m. singing their original renditions of songs from the 40’s through 60’s. This high energy trio will put on a terrific show that you don’t won’t want to miss!

**Feb 12 | I DO Day  
2:30 p.m. - AUD**

At 2:30 p.m. on February 12 in the Estates Auditorium, several of your friends and neighbors will be

# Program Spotlight

## CHERA SCHOLARSHIP COMMITTEE

At the last meeting of the Scholarship Committee, seven applicants were given grants to continue their education. These grants for the school term beginning in January, 2014, totaled \$6,875.68

New applicants, Beata Nieradka and Allysa Mullenix were interviewed by the committee. Beata wants to continue with her education in nursing and is presently working in the Manor. Allysa would like to get a degree in Speech Pathology. Allysa is now working in Dining Services.

Kristyn and Eric Eversole will continue in education at Southeastern University and Elise Cooper will continue in Political Science at the University of South Florida. Joy Richter and Mauricio Joseph will continue at Polk State College. Joy will soon receive her nursing degree and Mauricio is taking his second class.

The committee needs help from the residents to make sure these deserving employees can continue their education. Our Immediate Use Fund is very low on funds and college tuition is very expensive. Please help these students by donating to the Scholarship Fund. In future issues of the “Shavings”, we will have articles about the history of the Scholarship Fund and more in-depth interviews about our scholarship students.

- *Sally Wasson, Scholarship Committee*

## HEALTHY JOINTS, HAPPY JOINTS

### Exercise

- Keep your joints moving whether you are watching TV, reading, or sewing, change your positions often and always maintain good posture. Posture can protect your joints from your neck all the way down to your knees!
- Stretching may be one of the most important exercises, try to stretch at least 3 times a week. Make sure you do a light warm up before stretching, you never want to stretch cold muscles.
- Walking, biking, and swimming are also great ways to protect your joints, it helps build muscles around your joints without harming them like high-impact exercises (running, jumping, etc.) can. When we build up the muscles around our joints, we put less stress on them.

### Diet

- There are a few changes in your diet that can help as well. Calcium is a big part because it makes our bones strong so be sure to consume plenty of dairy products. If that is a problem, you can substitute dark leafy greens like broccoli and kale.
- Fish, especially salmon and mackerel are a great source of omega-3 fatty acids which help keep your joints healthy and reduce inflammation. If you have rheumatoid arthritis, a fish diet is for you!





renewing their marriage vows. It's not too late to join them if you'd like too! The vow renewal ceremony, officiated by our own Chaplain Norm Bradney, will be a celebration of your union and of what you have accomplished and become in your years together. I Do Day will be a meaningful day to those couples who choose to participate. Each bride will receive a flower to hold, and cake and punch will be served in the decorated Auditorium. Please contact Karen Adair (ext. 142) or Patti Knight (ext. 113) if you would like to participate in the "I Do" Day festivities.

**Feb | Olive Garden  
14 | 12:00 p.m. - BUS**

14th - Valentine's Day at Olive Garden, 12:00 p.m. Nothing says "I Love You" like really good Italian food!

**Feb | Lakeland Band  
16 | 1:15 p.m. - BUS**

The Lakeland Concert Band will be performing at Florida Southern College. Directed by Vic Larsen, the pre-show starts at 1:45 p.m., and the main event begins at 2:30 p.m. (bus leaves at 1:15 p.m.). The Lakeland Community Band began in 1978. The Band consists of members of all ages from many local communities as well as some "Snow Birds" who come from all over the United States and Canada.

**Feb | Festival of Fine Arts  
17 | 6:45 p.m. - BUS**

The faculty of Florida Southern's Music department presents a program involving both solo and chamber music. This performance

will focus on brass instruments in a variety of solos and ensembles. The Hollingsworth Trio and the Clarion Brass will also perform.

**Feb | Entertainment Series  
17 | 6:45 p.m. - BUS**

Masters of Illusion Live at The Lakeland Center is a magic show that will include: illusions, great escapes, sleight of hand tricks and street magic. Performers Farrell Dillon, Angela Acosta, Michael Giles, Tom Burgoon and Rick Thomas promise a mind blowing show.

**Feb | Name That Tune  
18 | 6:30 p.m. - AUD**

John Daughtry with "Name That Tune" in the Auditorium at 6:30 p.m.

**Feb | FSC Lecture Series  
20 | 6:15 p.m. - BUS**

The next installment of the Florida Southern College lecture series is "Marjorie Rawlings and the Year of The Yearling" presented by Leslie Kemp Poole.

The Yearling was published by Marjorie Kinnan Rawlings in 1938 and was the #1 bestseller that won her a Pulitzer Prize. To this day, The Yearling is the most famous book about Florida and its frontier life long ago. Leslie Kemp Poole is a Professor of History at Rollins College. She also has her PH.D. in American environmental, women's, and science histories. She has written about Rawlings and received many awards for her work and is a member of the Rawlings Society board of trustees. Poole will explore Rawlings' career as

well as the novel, and major motion picture of The Yearling.

**Feb | Lakeland Theatre  
23 | 1:15 p.m. - BUS**

The Lakeland Community Theatre production of "South Pacific" by Rogers and Hammerstein was based on the Pulitzer Prize-winning story by James A Michener entitled "Tales of the South Pacific." Set on an island in the south seas during World War II, the musical parallels two love stories that are threatened by the dangers of prejudice and war. Nellie, a spunky nurse from Arkansas, falls in love with a mature French planter, Emile. Meanwhile, the strapping Lt. Joe Cable denies himself the fulfillment of a future with an innocent Tonkinese girl with whom he's fallen in love out of the same racist fears that haunt Nellie. When Emile is recruited to accompany Joe on a dangerous mission that claims Joe's life, Nellie realizes that life is too short not to seize her own chance for happiness, and conquering her prejudices. The show begins at 2:00 p.m. The Estates bus will depart as 1:15 p.m.

**Feb | Festival of Fine Arts  
23 | 6:45 p.m. - BUS**

"The Wedding Singer" takes us back to a time when hair was big, and greed was good. It's 1985 and rock-star wannabe Robbie Hart is New Jersey's favorite wedding singer. The show starts during one of his wedding gigs, when Robbie proudly announces that he will be married to his beloved fiancée Linda the next day. After the wedding gig that night, Robbie writes a sweet love song to Linda, with help from his new friend Julia the waitress.



The following day, Linda dumps Robbie at the altar leaving only a note claiming that she wants to be the wife of a rock star not ‘just’ a wedding singer. Meanwhile Julia (the waitress) becomes engaged to her Wall Street banker boyfriend. It’s not long before Robbie realizes that he loves Julia. When she elopes to Las Vegas, Robbie takes his grandmother’s advice, crashes Julia and Glen’s wedding, and sings his new song “Grow Old With You.” Glen is outraged and blurts out that he cheated on Julia with hundreds of women. Upon hearing this, Robbie proposes to Julia. She says yes, on one condition, she wants him to sing at her wedding. The answer is a resounding “Yes!” and Mr. and Mrs. Robbie Hart are wed.

the strawberry throne or shop for plants, dressings, jellies, jakes, hot sauce, pot holders, and other gifts.

**Feb 27 | Mama’s Wranglers 2:00 p.m. - AUD**

Entertainment by The Jackson Family Band and cloggers. This group comes from Las Vegas and features old time Western music and Americana, featuring clogging, fiddle, banjo, vocal harmonies, and yodeling. This group was recently featured on a national TV show recorded in Nashville, called “Shotgun Red.” They have previously performed at the CMA’s in Nashville, The Illinois State Fair, Mushroom Mardi Gras in California, Topsfield Fair of Boston, Massachusetts, and the Roy Clark Theater in Branson, Missouri.

**Feb 25 | Health Night 6:30 p.m. - AUD**

Neppie Alexander, MSN, RN, ACNS-BC, CCPC Advanced Practice Specialist Chest Pain Coordinator from the Lakeland Regional Medical Center, will speak on the topic of the heart.

**Feb 26 | Parkesdale Market 2:00 p.m. - BUS**

Parkesdale Farm Market is the largest family operated Strawberry & Citrus Market in Florida. Although many visit at this time of year for the Strawberry Shortcake, you can also find a large variety of local produce including vegetables, such as kale and spinach, to fresh fruit like Florida navel oranges and grapefruits. While you’re trying a strawberry shortcake or milkshake you can take a photo on

*Thank you*

Thank you to everyone who donated to the Employee Holiday Food Drive! It was a major success last year. As food was collected, it was stored in the Human Resources office. When the time came to distribute the donations, they literally had a bathtub full of food!

Your generosity provided 19 employees with a bag full of ingredients to create some delicious meals and a \$25 gift card from Publix.

**EMPLOYEE OF THE MONTH**

Jennifer Rittman, one of our CNAs in the Manor, was the overall Employee of the Month for December. Born in Fort Myers and raised in Tallahassee, Jennifer worked as a correctional officer for 7 years before moving to Lakeland in 2006 to begin her career in direct care. She passed her CNA exam in 2009 and has been working as a CNA

in the Manor since November 2010.

Jennifer says she loves her residents and has a goal of putting a smile on at least one resident’s face daily. Jennifer enjoys dancing, watching movies and spending time with her family.

The other Employees of the Month for December were:

Amanda Worley from Dining Services

Charles Bennett from Security

Ginger Kilgore from Dining Services was the Part-Time Employee of the Month.

*- Kelley Jeans, Director of Human Resources*





# CHAPLAIN'S CORNER

## LOVE: THE GREATEST POWER IN THE WORLD

A single woman's depression was so severe from experiencing rejection and abandonment she eventually sought medical attention. She found little relief. And then it happened - she met the dream of her life. As the relationship blossomed, her outlook on life took on a new dimension. It was like the sun came out and the darkness was gone! Love, the greatest power in the world was transforming her very being. Her life was taking on a new beginning, a new freshness. Life was worth living again!

I have heard many testimonies of the transforming power of Jesus Christ's love in a person's life. 2 Corinthians 5:17 promises "When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!" TLB.

Stuart Hamlin wrote country and western songs. Before he discovered God's love and was converted, he wrote numerous songs that didn't have godly values to them. Then Stuart was saved and John Wayne made a bet Stuart wouldn't last six months. The next time they spoke, John Wayne complained, "You cost me some money, Stuart. I bet you wouldn't last six months." Stuart replied, "it is no secret what God can do." John Wayne remarked that his statement would make a good song title. Stuart went home that night and wrote the song "It Is No Secret What God Can Do."

God is a God of new beginnings. The Lord says "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws," Ezekiel 36:26-27. Because God's love is constant, His mercies are said to be new every morning. Love is the greatest power in the world. Let the Lord's love transform your life. Leo Buscaglia says it well "Too often we underestimate the power of touch, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- *Chaplain Bradney*

## FEBRUARY CHAPEL SCHEDULE - THURSDAYS AT 6 **PM** .

**February 6** – Dr. Michael VanDoren believes tomorrow's headlines are woven in the Word of God. Come and hear him develop "How the Book of Revelation Relates to Current Events." The Ladies Trio from the Estates will be providing special music.

**February 13** – A Valentines Program "Love Makes Life Worth Living." Frances Vaughn and Chaplain Bradney will lead in songs covering all aspects of love that comes "from" God, love "to" God, and love to one another as community and in the marriage relationship. The CHERA Chorus and Ladies Trio will participate as well. Come and share in the love of God.

**February 20** – Rev. George Garner, Retired Army Chaplain will be with us for the first time. His background includes his service to our nation, as well as chaplaincy at Lakeland Regional Medical Center, an instructor at Emmaus Baptist College, and President of the American Baptist Association.

**February 27** – Norm and Joy Phillips, Canadians by background are musical artists on the keyboard and valve trombone. You will be inspired by their lively and inspirational program of sacred music.



# News From Your Health Center



## “MAKE YOUR STAY MORE COMFORTABLE”

Making the transition from home into a nursing home can be hard. Not only for you, the resident, but for family and friends too. Here are a few ideas that may help you or a loved one's stay at a nursing home be more comfortable and homelike.

Family and friends are encouraged to visit as often as possible. It is always great to have individual interaction and visits are the perfect time to reminisce and catch up on current events.

**Bring in your own clothes.** Hospital gowns, like the one pictured right, are not the most comfortable things to wear. We want you to be as comfortable as possible; a way to accomplish this is to bring in your own clothing from home.

Please remember, whether the Estates washes your clothes or someone else does, label your clothes with your full name.



**Bring in hobby items.** We'd like you to enjoy your time in the Health Center and encourage you to bring in items such as, books, magazines, Bibles, crossword puzzles and knitting items.

**Decorate your room.** Bring in special trinkets that are important to you or your loved one. Personal pictures and paintings can be hung on the walls by our staff. Your own bedding may be brought in; however silk bedding is not preferred due to the slickness of the material. Plant life also creates a homelike environment, so bring in your favorite potted plant!

**Bring in your furry friends to visit.** Our pets are family too! Interactions between animals and humans can greatly improve our quality of life. We ask that prior to bringing in your pet you give us proof from your veterinarian of all updated vaccinations. - *Amber Morell, RN*

### ENTERTAINMENT

2/07 Mel Hancock  
2/14 David Smith  
2/21 Eddy Rivers  
2/28 Karaoke

### OUT & ABOUT

2/06 Shopping at Wal-Mart at 1:30 p.m.  
2/13 Lunch at Cracker Barrel at 11:30 a.m.  
2/20 Drive Around Town at 1:30 p.m.  
2/25 Shopping at Beall's at 1:30 p.m.

### VILLA SERVICES

02/02 – Chaplain Bradney  
02/09 – Linda Johnson  
02/16 – Rev. Fred Zufall  
02/23 – John Naser

## THE WHITENERS CELEBRATE THEIR 69TH WEDDING ANNIVERSARY

Orville (O.M.) and Gladys Whitener celebrated their 69th wedding anniversary on December 30, 2013. The couple met in August of 1943, in the early morning hours on an airfield. Both 16 years of age, it was O.M.'s first day as a fuel truck driver and Gladys turned out to be his first customer. O.M.'s first glimpse of Gladys was her sitting on a wing of an airplane at 5:30 a.m. with a spotlight shining on her. The spotlight signaled to drivers that an airplane needed re-fueling. O.M. says that he knew there and then that Gladys would be his bride. They married on December 30, 1944 prior to O.M. being called to active duty in the U.S. Army Air Corp. They have been blessed with several decades of happiness since that fateful day. - *Jennifer Bidding, Director of Recreation*



# More Health Center News



## FUNCTIONAL COGNITIVE ACTIVITIES FOR ADULTS

### The Sequential Approach

Here at The Estates at Carpenters, we offer many types of therapies – Occupational Therapy, Physical Therapy, and Speech Therapy. Through traditional and innovative rehabilitation techniques, our therapists strive to assist our residents to regain and improve their functioning and, ultimately, their independence.

Recently, our Speech-Language Therapist, Jennifer Lake-Rutledge, MS, CCC-SLP, attended a conference in Orlando to learn a new therapy approach to cognitive rehab training. This new approach is called the Sequential Approach and focuses on improving the overall performance in real-life activities and incorporates all of the sub-skills of “traditional cognitive rehabilitation.” What makes this approach different? The Sequential Approach emphasizes three global elements of functional cognitive activities throughout each session. The three global elements are:

1. Interpersonal relationships: a person’s self-awareness
2. Environment: the physical space and objects around a person
3. Time parameters: personal schedules and time limits

When therapy incorporates the three global elements of real-life tasks into therapy activities, cognitive rehabilitation sessions become more effective, resulting in improving a patient’s function not only during rehabilitation sessions, but also within their real-life at home. If you feel we can benefit you here at your own rehabilitation center at The Estates at Carpenters, please call the Therapy Department at 865-3847 ext. 129.

*- Jennifer Rutledge, MS, CCC-SLP*

### SUPERVISOR OF ELECTIONS VISIT

A representative from the Supervisor of Elections Office will be available in the Villa lobby on Tuesday, February 11, 2014 from 1:00 p.m. to 3:00 p.m. The purpose of this visit is to assist our residents with their voting needs.

A few of the voter services this representative will be able to facilitate include:

- Voter application
- Voter ID cards
- Address change
- Party affiliation change
- Absentee ballot request & extension





# Saturday Night At The Movies

## February 1 - "The Proposal"

On the verge of being deported from the U.S. and losing the high powered job she lives for, the controlling Margaret (Sandra Bullock) announces she's engaged to her unsuspecting, long-suffering assistant Andrew (Ryan Reynolds). After proposing a few demands of his own, the mismatched couple heads to Alaska, where they have four short days to convince his quirky family and a very skeptical immigration agent that their 'love' is real. This movie features Betty White in one of her classic (and hilarious) supporting roles.

## February 8 - "Julie & Julia"

The film "Julie & Julia" is the true story of how culinary legend, Julia Child's (Meryl Streep) life and cookbook inspired fledgling writer Julie Powell (Amy Adams) to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking. This is a delicious comedy about joy, obsession, and butter. "Bon appetit!"

## February 15 - "In Love and War"

Based on the book "Hemingway in Love and War" this film follows the story of a beautiful nurse and a heroic young soldier caught in the crossfire of World War I. Directed by Richard Attenborough, this film chronicles Hemingway's experiences as a young soldier in Italy, his wounding, and the time he spent in a military hospital. This is the relationship Hemingway later wrote several stories about including "A Farewell To Arms."

## February 22 - TV Comedy Extravaganza

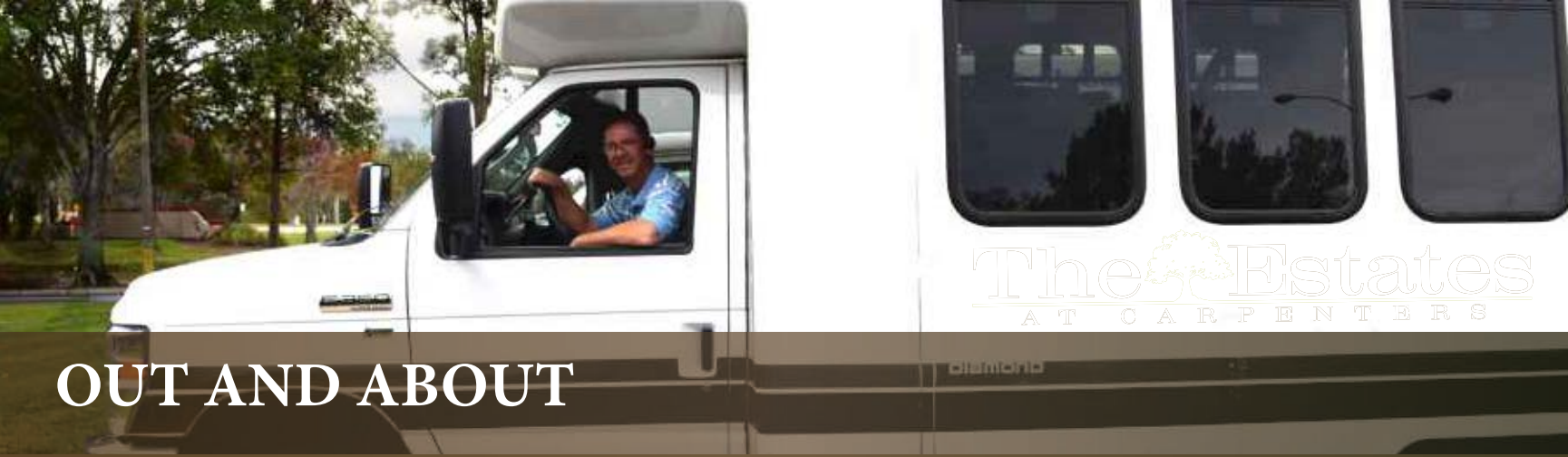
This event will be hosted by the Marketing Department and will include several classic television comedy shows as well as a trivia contest. The shows to be featured are:

- The Colgate Comedy Hour - with Dean Martin & Jerry Lewis. For the first part of their careers, these two major stars were a comedy duo in radio television and films. Wild and wacky, this broad comedy is bound to make you smile!
- The George Burns and Gracie Allen Show - This wonderful couple worked together as a comedy team in vaudeville, films, radio and television. As a result, these shows are an example of comic timing at its best!
- The first scripted television show to be shot on 35 mm film in front of a studio audience, "I Love Lucy" won five Emmy Awards and is considered one of the best tv shows of all time. Since its original airing on CBS, "I Love Lucy" has never stopped airing on television. Join us for a classic episode with Lucy, Ricky, Ethel, and Fred!

### ARE YOU RECYCLING?

PLEASE REMEMBER: Cans, glass bottles, plastic containers and plates, styrofoam containers, and small boxes need to be cleaned before placing them in the recycling receptacles. Cardboard boxes (flattened if possible) should be placed in the hallway by the Trash Chute Room. Notify the front desk and these boxes will be picked up Monday through Friday in the afternoon.





## OUT AND ABOUT



In January, the ROMEO Club went back to an old favorite, Harry's Seafood Restaurant Bar and Grille in downtown Lakeland. (pictured left)

Attendance is not mandatory but it's a great way to meet new friends or hang out with old ones! For their February trip, the Retired Older Men Eating Out group is going to the Peking House. This old-style Chinese restaurant has been making Lakeland diners happy since the mid-1980s.

Sign up for this trip and come enjoy and evening out with your neighbors.

Our residents recently enjoyed their guided tour of the Mulberry Phosphate Museum (especially the fossil section pictured here). The museum was a terrific place to learn more about the history of Florida and featured many interesting displays. After touring the museum, the group enjoyed a delicious lunch at Earhart's Runway Grill located in the Lakeland Linder Municipal Airport.

If you would like to participate in one of the trips listed in the February calendar, please sign up as soon as possible on the Activities Bulletin Board located in the main hallway next to the library. Call Resident Services Director Patti Knight at 858-3847 extension 113 if you have any questions regarding these trips.





# The Estates

A T C A R P E N T E R S

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[www.EstatesAtCarpenters.com](http://www.EstatesAtCarpenters.com)