

Shavings

The Magazine
of

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

February
2021

Happy
Valentine's
Day

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.”

1 Corinthians 13:4-5



From The Executive Director



Even though the first month of 2021 looked eerily like the last ten months of 2020, we now have something we have been waiting for – a path to emerge from the pandemic. Two companies – Pfizer and Moderna – developed vaccines that were determined to be safe and 95% effective. I am in awe of what they accomplished and think I can speak for most of us when I say that Pfizer and Moderna are now two of our favorite companies.

All residents and employees of our community have had the opportunity to receive at least one dose of the Pfizer vaccine while seniors in Polk County are spending hours on the phone or online trying to make appointments to simply get in the queue. We are thankful that we had a spot near the front of the line.

My 22-year-old daughter has had to listen to my pleas on a near daily basis. Wear your mask, act as though everyone you have contact with has the virus, practice social distancing, and wash your hands. She is a social butterfly by nature (she gets that from her mother) and has, like most of us, spent the past 10+ months living in a protective bubble. She does so to keep herself safe, but also because she understands that she could transmit the virus to me and that I could bring it to each of you.

She understands that her actions impact others. She follows the guidelines because it protects her and those she cares about. She wants to get vaccinated, but as a healthy 22-year-old she is at the end of the line. Until that time comes, she will wait ... impatiently (she does get that from me).

On February 11th, the second vaccine clinic will be held and almost 300 independent living residents will receive their second dose. If you missed the first clinic, this is your last opportunity to receive the first dose. I am hopeful that every resident will register for this clinic to get vaccinated.

We all know that getting the vaccination does not magically make the virus disappear from the world. What it does do is begin to build herd immunity and reduce community spread. It is the path to emerge from the pandemic. Herd immunity in Florida and the US will take months or years to achieve, but we have been offered a gift ... a path to the next normal. Please do not pass up your opportunity to get vaccinated and decide to wait in line with the over 30,000 seniors already registered in Polk County.

- *Brian Robare, CEO & Executive Director*


MEET YOUR NEW NEIGHBORS



Ken & Sonya Mizell, B-407, Phone: (863)815-1717

Ken and Sonya Mizell are Florida natives. They are both originally from Plant City, Florida and moved to the Estates from an area here in Lakeland. Ken worked in law enforcement for twenty years and in insurance fraud investigations for twenty-seven years, while Sonya was a homemaker. Ken enjoys photography and editing photos, computer graphics, bible studies, church work and even plays pedal steel guitar. Sonya enjoys bible studies and computer games. We are happy to welcome them to our Estates family.

MEMORIALS, HONORARIUMS, AND DONATIONS



The Estates would like to thank the following individuals for their generosity during the month of December 2020: CHERA, Ashley Cockrell, Roz Coleman, Sharon McLane, Mr. & Mrs. Brian Robare, Mr. & Mrs. John Thompson, and Mr. & Mrs. Matthew Thompson.



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$387,285.77. As of December 31, 2020, \$ 64,069.58 has been used to help residents. Monies are taken from the interest earned.

Healthy Heart, Happy Heart

Well, this is it. February 1, 2021. Not only is it St. Valentines Day this month, it is National Heart Month! Do you know how to keep that big heart of yours healthy? We hear about it all the time. Now that we are somewhat inactive, it is even more important to pay attention to how we treat our bodies. Here are a few tips on some heart healthy foods and also some things you should steer clear of when eating.

- Try to limit sodium and added sugars. Food may not be quite as tasty, but the benefits outweigh the risks.
- Stay away from saturated fats. The “BAD” fats like butter, lard, cheese and fatty meats. Eat more lean meats and fish. Yes, you need to remove the skin from the chicken. I know it tastes good but it is bad for you.
- You should also eat more vegetables and fruits. Try something new; you might like it!
- Keep in mind that eggs, whole grains and low-fat dairy should also be on your grocery list.

Now, when it comes to the “other” heart related subject this month, Valentine’s day, I want to say a few things. I thought about the love I have in my heart and the special Valentines that I have in my life. I am so Blessed to have all of you in my life. I have such a huge family here at the Estates between all of you, all of you that have “adopted” me, and all the staff. I also have my husband and my kids and my entire family in W.N.Y. I am even lucky enough to still have my 101 year old Madrina (for all of those who speak Italian). Who are YOU lucky enough to have in your heart? Here is an exercise for you to try. It is not hard at all and it is a way to remember your own special Valentines. Sit back and close your eyes. Picture a big colorful heart in front of you. “Watch” as it grows bigger and bigger as you fill it with everything positive and with everyone you love until it is so big that it just POPS! Picture all the thoughts that you just put in there coming out in a huge BURST of color and surrounding you with hugs of love! That is one of the best Valentine’s gift you can give yourself. In these crazy times, remember to stay positive and be kind to one another. Say hello, smile under your mask and say I love you more often. Make your heart and someone else’s heart happy.

- *Cheri Shrader, Director of Nursing*

Treat Yourself

With each new rising sun, and the dust of 2020 settling behind us, we find ourselves in a season of new beginnings and opportunity. January always brings droves of people across all ages to gyms and fitness centers all over the country. I obviously think it is tremendous, but I know the unfortunate reality; most people tend to fall off their personal health journey come February once they are overwhelmed with the hustle and bustle of daily life. Change is never easy, but it is my hope that moving through this year, we always remember to treat ourselves with the love and care that keeps us whole.

This past year has taught us what is profoundly important and has helped many to reflect on their personal lives. I encourage everyone to not lose sight of what has been gained during this time. Whether it is a daily walk, journaling before bed, or scheduling a personal spa day for relaxation and tranquility, continue to practice the mindfulness needed to care for yourselves. When we tend to our personal needs, we can become our best selves and even use that to impact others.

While we embark on our new year goals, remember to leave room for some little victories along the way. Yes, a big life changing goal is fantastic to focus on throughout the year, but by creating smaller goals along the way that lead to the fulfillment of your big goal, it can help lead you to a road of success. By overcoming these smaller victories, it helps give you the confidence to keep going. Start small and realistic, search for the “why” in your goal, and continue to treat yourself along the way to be the best you. As I once heard a wise resident say, “It’s the journey, not the product.”

- *Marco Silvera, Wellness Coordinator*

Resident Love Stories



Mike & Jo Ellen League

Mike and Jo Ellen League have been married for four years. When Jo Ellen moved into the Estates, she befriended Mike and his wife. They would always go places together and share lots of laughs and fond memories. After Mike's wife passed away, it was not very long until he asked Jo Ellen out. Since then, they have become very happy people and have a wonderful marriage. They especially love going to church, doing a lot of things together, and most importantly, their families have treated each of them very well.

Dennis & Mary Drury

Dennis and Mary Drury have been married for fifty-one years. Dennis took an interest in learning how to square dance and needed someone to take lessons with him. As he was searching for the perfect square-dancing partner, his friends suggested a woman who was recently divorced and loved to go square dancing. "Everything grew from there," according to Dennis, still living happily together with no fighting. What is their secret for a long-lasting marriage you may ask? "Never go to bed angry," says Dennis.



Rita & Ron Doolittle

Ron and Rita have been married for sixty years. They first met during Rita's sophomore year in college. Rita says, "It was love at first sight." As poor college students, their very first date off campus was attending their pastor's birthday party. Eighteen months later, Ron asked Rita to marry him in Shelby Park. Right after Rita said yes, a policeman knocked on the car window and asked if they wanted to be arrested for parking in a no parking zone. "Remembering that night always brings a smile and laughter," Rita says. Their advice for having a long and happy marriage would be, "Always stay close to God, because he will give you guidance and wisdom."

Tacy & Dean Sarbaugh

Tacy and Dean Sarbaugh will be celebrating fifty-five years of marriage this June. According to Tacy, Dean was her boyfriend in second grade. But of course, Dean does not remember that. He was not interested in girls at that age...he only liked Sports! It was their Junior year in high school that they started "going steady" on the 17th of April. Naturally, when they planned their June wedding, it had to be on the 17th! The secret to their marriage is their common interests. They both like so many of the same things and have the same priorities. At the top of their list is faith, family, friends, and fun! Doing things together like educational work (teaching and administration), home remodeling (twenty-one houses and eight rentals), traveling to and camping in all fifty states, watching movies and volunteering, is their way of accomplishing their common interest priorities!



Paul & Marjorie Kozak

Paul and Marjorie Kozak have been married for forty years. Paul was studying to be a principal and was an administrative intern. He was assigned to a town that was right next to Marjorie's. One day he was looking for an Episcopal church and actually ended up attending the same church as Marjorie. A woman at the same church who also happened to be a parent of a student at the school Paul worked at said to him, "I know someone that wants to go out with you." He was then given a phone number to call. Paul wasted no time and called the number and said, "This is Paul Kozak, do you know who I am? This lady gave me your name." Once Marjorie figured out who he was, Paul then invited her to see a movie with him and said that he would be there to pick her up in ten minutes. She then asked him to give her thirty minutes instead as she was thinking, 'Don't go out with a stranger.' However, her thoughts did not stop her from going to the movies and to dinner afterwards with Paul. Paul says, "The secret to their lifelong marriage is being a nice person, a good influence and treating Marjorie like the princess that she is!"

Sunday	Monday	Tuesday	Wedn
	<p>Fitness Center Open 24/7 01 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Wii Bowling League - AUD</p>	<p>Fitness Center Open 24/7 02 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 Arts & Crafts - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Discovery Time - 19TH HOLE 10:30 Bean Bag Bowling - MDR 2:00 Movies - AUD</p>
<p>Fitness Center Open 24/7 07 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p> 	<p>Fitness Center Open 24/7 08 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Wii Bowling League - AUD</p>	<p>Fitness Center Open 24/7 09 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 Travel Series - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Journey Through Time Conference 10:00 Discovery Time - 19TH HOLE 10:30 Bean Bag Bowling - MDR 2:00 Movies - AUD</p>
<p>Fitness Center Open 24/7 14 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p> <p>Happy Valentine's Day</p>	<p>Fitness Center Open 24/7 15 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Wii Bowling League - AUD</p>	<p>Fitness Center Open 24/7 16 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 Virtual Town Hall 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD 6:30-8:30 Masquerade Mardi Gras Ball - MDR</p> 	<p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Discovery Time - 19TH HOLE 10:00 Water Aerobics - POOL 10:30 Bean Bag Bowling - MDR 2:00 Movies - AUD</p>
<p>21 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>22 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:00 Cooking Show - 19TH HOLE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Wii Bowling League - AUD</p>	<p>23 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 Health & Wellness - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD</p>	<p>Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Discovery Time - 19TH HOLE 10:00 Water Aerobics - POOL 10:30 Bean Bag Bowling - MDR 2:00 Movies - AUD</p>
<p>28 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>29 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Wii Bowling League - AUD</p>	<p>Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. Salon OPEN Activity Sign-up To sign up for our Lifestyles' programs, please call ext. 114 to reserve your spot. For more details, please check the posters by the C/D, F/G, and M elevators.</p>	<p>Abbreviat AUD - Au Art Studi 19TH HOLE - PHONE - P MDR - Main I</p>

Wednesday	Thursday	Friday	Saturday
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Locations Key
 Auditorium
 D-406
 Outside C/D
 Phone Call
 Dining Room



February Events

February 12th, 2021

Valentines Day Party

1:00-3:00 p.m.
&
4:00-6:00 p.m.

Join us in the **Main Dining Room** in your Sunday best to celebrate a day of love. Enjoy a special menu and dessert prepared by our Dining Services department with performances by Victoria Doyle. Due to limited capacity, please call ext. 114 to make your reservations for this event.

February 16th, 2021

Masquerade Mardi Gras Ball

6:30-8:30 p.m.

Come celebrate with us in the **Main Dining Room** in your formal wear to enjoy some classic New Orleans style desserts and some jazzy tunes by local band, The House Cats. Due to limited capacity, please call ext. 114 to make your reservations for this event.

February 25th, 2021

National Chili Day

1:00-3:00 p.m.

Come on out to the **19th Hole** for some delicious chili with all the toppings, made by our Dining Services department. No reservations needed! This special treat kicks off at 1:00 p.m. and will be available until 3:00 p.m.

HEALTH CENTER UPDATE

Our residents in the Health Center always look forward to February, “The Love Month,” as a lot of them lovingly refer to it. The Recreation staff asked the residents for stories on a special Valentine’s Day!

- Ms. Doris Bryant told a story of her husband taking her on a picnic on Valentine’s Day one year while she had the flu but did not realize it until they had gotten to the picnic. She then said her husband got her back home, wrapped her up in blankets and gave her medicine. Ms. Bryant told us, “Even though it wasn’t your normal Valentines, I will always remember how much he loved me because of that day!”
- Mr. Clifford Heffron said, “With such busy lives, I always made sure Valentines was a day we spent together and had time to reflect on our wonderful lives together.” They would also go dancing, since that is how they met. Mr. Clifford also brought Ms. Heffron flowers on a weekly basis.
- Kathryn Weber’s favorite memory was in elementary school when she would hand pick a valentine for everyone in her class. Everyone would always get something. She would also get her favorite teacher a special gift, which she did until her teacher was 92 years old! Ms. Kathryn remembered this teacher as having a big impact on her life and for that she will always remember her.
- Ms. Fran Stewart said her husband worked on the railroad, and that they always moved around. She said her husband was always busy but that he made sure to take her out on Valentine’s Day to anywhere she wanted to go, and it made her feel so special. He always showed his appreciation for her and reminded her how much he loved her!

Always let others know how much you love and appreciate them, not only in February but every day! Remember to continue to pray for each other and call and check on your friends and family in the Health Center. The Recreation Staff, here in the Manor and Villa, would like to wish everyone a very Happy Valentine’s Day!

- *Jamie Backensto, Director of Recreation, Health Center*

Spread Love

We all want to bring a smile to someone’s face, right? Especially in these times of the pandemic, when it is needed the most. So, let us try to make today special for the people we truly care about by creating positivity around us. Every morning we can wake up bearing different emotions including defeat, aggressiveness, enthusiasm, and hostility. But our attitude can actually cheer us up and beautify our day. A positive attitude can turn sad emotions to happy ones and can give us a boost of confidence as we start our day. Giving honest compliments is one of the best ways to bring vibrant, wide smiles. When you see something complimentary, offer it. It may change someone’s life for the better. Be the change by posting positive messages on your social media. Thank a caregiver or essential worker to lift their spirits up. If you do something nice for someone, it will likely prompt them to do something nice too. Simple gestures of kindness can go a long way.

- *Rana Khan, Director of Nursing, Health Center*

Happy Birthday

ESTATES

HEALTH CENTER

Wyanda Mitchell.	02
John Hoadley.	03
Terrell Pendarvis.	04
Janet Pesta.	04
Janet Mingee.	05
Mary Douce.	06
Joyce Schlegel.	06
Robert Jorgensen.	07
David Bowen.	09
Jeanie Brazelton.	09
George Hanson.	09
Lynn Harrison.	12
Shirley Amack.	13
Frank Elmore.	15
William Gabler.	15
Norma Schartner.	15
Richard Weyers.	15
Henry Karr.	16
Grace Matthews.	16
Gayle Moore.	17
David Brazelton.	18
Mildred More.	18
Ralph Sterling.	19
Edith Bradman.	21
Mary Drury.	21
Tom Austin.	28

Beatrice Cirri.	05
Arleen Oakland.	11
Rita Arens.	12
Nancy Matter.	17
Annabelle Weekley.	21
Helen Irelan.	23



Every Wednesday

Valentine's
Day
Movies

February 3rd – “Bride Wars”

Starring Kate Hudson, Anne Hathaway, and Candice Bergen. Two best friends become rivals when they schedule their respective weddings on the same day.

(PG - 89 minutes)

February 10th - “Breakfast at Tiffany’s”

Starring Audrey Hepburn, George Peppard, and Buddy Ebsen. A struggling writer moves into a New York apartment building and becomes intrigued by his pretty, quirky neighbor. Her lifestyle confuses and fascinates him; in public she flits through parties with a sophisticated air, but when they’re alone she changes into a sweetly vulnerable bundle of neuroses.

(PG - 114 minutes)

February 17th – “Runaway Bride”

Starring Julia Roberts, Richard Gere, and Joan Cusack. A reporter is assigned to write a story about a woman who has left a string of fiancés at the altar.

(PG - 116 minutes)

February 24th - “Ever After”

Starring Drew Barrymore, Anjelica Huston, and Dougray Scott. Our heroine Cinderella has a wicked stepmother and stepsisters, but in no way is she in need of rescuing. Contrary to other adaptations of Cinderella, Danielle rescues herself from her horrible family and the prince from gypsies. With help from her fairy godmother Leonardo da Vinci, Danielle overcomes hardship, marries prince charming, and lives happily ever after.

(PG-13 - 121 minutes)

The Greatest Gift is Love

Love is such a wonderful part of our character. It is a powerful attribute that can change so many things. The Bible speaks of the importance of Love. Maybe it is a good time to examine ourselves and let God help us on this journey. Corinthians 13:4 explains what love really is. “ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves. (V-4) Love never fails.”

As I read this scripture, I see so many areas I can improve on. I hope it speaks to you in the same way. Jesus Christ will always be our example of love. John 13:34, “ As I have loved you, so you must love one another.” This love should define who we are. We are called to love as Jesus loved. Why? “By this everyone will know that you are my disciples, if you love one another.” I realize that this is not easy but I believe it will help bring our country together, our families together, and our community together as we do what we always do the best, bear one another’s burdens, bathed in prayer and in love. Look for ways to show that kind of love and God will bless you abundantly.

God Bless You!

- Chaplain Randy Horn

Beautification Update

As many of you might have seen, we are in the process of beautifying the front entrance of our campus. An overwhelming thank you to Michelle Robare who designed and has done most of the labor with the help of Larry and Sam in our Maintenance department. Future plans for this project include: planting perennial flowers and plants, adding plants in the fountain-like brick structure, freshening up the mulch, and planting additional flowers behind the guard shack. The irrigation has also been repaired and rebuilt. We are very excited to complete this project and show off our beautiful facility with everyone!



The Estates

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



Visit us on the web at : www.EstatesatCarpenters.com