

Shavings

The Magazine
of

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

January
2021

LET'S CELEBRATE!

2021

HAPPY NEW YEAR

*"Therefore, if anyone is in Christ, the new creation has come.
The old has gone, the new is here!"*

2 Corinthians 5:17

From The Executive Director



The “ringing in” of a New Year could not happen fast enough. I know that we all share this sentiment as we bid good riddance to the year that changed everything. How we work, how we interact with others, even how we wash our hands ... just name it, the pandemic changed it.

None of us will go out this year the same way we came in. When the ball drops, when the bells ring, we need to remember and celebrate how we got here: humility, kindness, resilience, and by working together.

This simple act of starting a New Year has raised our hopes and expectations for 2021. New Year’s has always had a special feeling and serves as a sort of call to action. We make resolutions to get healthier, spend more time with family and friends, or to simply read more often. The simple act of flipping a page on a calendar brings a renewed hope for a better future.

When I was growing up in New Hampshire, we would gather around our TV to watch Dick Clark’s New Year’s Eve show. We marveled at the thousands of people who gathered in New York’s Times Square to watch the ball drop and made our resolutions for the New Year. A New Year offered hope and a chance for a new beginning. We spent the better part of 2020 living in a world that was frighteningly surreal. We watched the case counts rise and mourned friends and loved ones who lost their lives to the virus. After a hiatus, college and professional sports returned and served as the distraction that many needed. The greatest event this year - the real race, has been the development of a safe and effective vaccine vs. the virus. For most of the year it appeared that the virus was going to win, but there is hope in 2021 because of two companies – Pfizer and Moderna – that most of us did not know existed when the pandemic began.

But even with 2020 and all its challenges, we must remember what really matters – faith, friends, and family. We must learn from the past year and remember to honor others and embrace that change begins with each of us. We must celebrate everyone who made the world a better place in 2020 through acts of kindness, large and small. 2020 has reminded us that together we can overcome any obstacle.

Thank you for being a part of the Estates family and I pray that God blesses you, your loved ones, and our community in 2021.

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS



John & Susan Williams, B-105, Phone:(410)610-9097

John and Susan Williams join us from Haines City. John has lived in a variety of places such as Nebraska (for thirteen years), South Dakota (for three years), Canada (for five years), and Maryland, while Susan lived in Maryland for eighteen years. They were both introduced by a family member and met at church. John worked as a minister for forty-two years and Susan worked as a teacher's aid and also did some secretarial work. John enjoys woodworking, stain glass, jewelry making and reading. Susan enjoys puzzles, sudoku, crocheting, arts & crafts, and playing piano. We are thrilled to have these two join our Estates family.

Herbert & Roni Loreti, M-304, Phone: (239)994-0245

Herbert & Roni Loreti join us from Palm Beach County. Herbert is originally from Long Island, New York and Roni is originally from Israel. They met in an acting class at Century Village in West Palm Beach. They were both in a play together where Herbert played a nutty psychiatrist and Roni played his secretary. Herbert worked in insurance and annuities while Roni worked as a university lecturer in music history for over thirty-five years. Roni is renowned at the Kravis Center in West Palm Beach, which is similar to the Lincoln Center in New York. She continues to give lectures; she will speak on Maria Callas this coming March. Herbert is an exalted ruler at his Elks Lodge. He enjoys traveling, reading, fishing, and helping at his Elks Lodge. Roni enjoys music, traveling and nature. We are happy to have them both here at the Estates.



MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of November 2020:

Arleen Allen, Shirley Amack, Mr.&Mrs. Beckner, Jill Burgess, Mr.&Mrs. Byrd, Charles Cannon, Roz Coleman, Virginia Collier, Jane Fawcett, Judy Fuller, Bonnie Geohagan, Mr.&Mrs. Hanson, Mr.&Mrs. Lynn Harrison, Annette Hutcherson, Rochelle Iovino, Doris Jackson, Donna Johnston, Mr.&Mrs. Jorgensen, Henry Karr, Alita Keller, Michelle Leonard, Nancy Lynette, Barbara Martin, Frances Martin, Sharon McLane, Rodney Merkert, Janet Mingee, Mildred More, Mr.&Mrs. Mylis, Nancy Nickeson, Althea Nye, Millie Palermo, Mr.&Mrs. Perez, Mr.&Mrs. Pesta, Arleen Pierce, Tam Polson, Mr.&Mrs. Brian Robare, Charlotte Ryan, Lucy Shirah, Cheri Shrader, Sandra Stinespring, Natalie Thiele, Mr.&Mrs. John Thompson, Mr.&Mrs. Matthew Thompson, MaryAnn Vespa, Phyllis Watson, Watson Clinic, and MaryAnn Williams



Out with the Old, On with the New

Who is ready for 2020 to be over with? I am more than certain that I am ready! Why do I say that, though? I have had all the Blessings continue in my life like my health, the health of my family, food to eat, a job, a home, friends and so much more! Who would wish that away? It is not that I am wishing all of that to be gone, I just want 2020 behind us. As I watch all of you today gathering for the Christmas Gala it makes my heart smile. All of you beautiful people in my life, smiling, chatting and laughing gives me hope. The excitement I see on your faces reminds me that no matter what we are going through, there is always something to look forward to and there is always something good in every day! There is always something to be grateful for and another year together is one of those things. Let us hope and pray together that 2021 itself brings a lot more hope and positivity and a lot less fear and sorrow. I believe that we need to stay positive. Keep the attitude you all have today throughout the year! I challenge each of you to ring in 2021 with a smile on your face and love in your heart. Let us quit focusing on all the bad from 2020 and focus on all the good that 2021 can bring us! I am going to think POSITIVE and believe that very soon I will be able to give you that hug that I have warned you about for the past ten months!

Happy New Year from Cheri and Shelly! We love you!

- *Cheri Shrader, Director of Nursing*

New Beginnings

After making it through one of the most unpredictable years of our lives, you may be left thinking, "What's next?" This year has taught us how little control we have and how life happens when you are making plans, but it has also taught us how we can adapt, persevere, and reinvent ourselves each day.

I believe the great Swedish American poet, Carl Sandburg sums up the mentality we should have going forward best, "Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending." It is this approach, that I believe we can be our best selves and get this year off to a great start.

Kicking off the year, we will begin the Senior Wellness Champions Program. When you join the wellness challenge, you can earn points for prizes and challenge your peers in the community to become your best selves. This program will focus on the physical, intellectual, emotional, and social dimensions of wellness. Have fun while you engage with friends and gain a helpful perspective for healthy living.

We are also offering a more personalized comprehensive Wellness Evaluation. When you schedule your Wellness Evaluation, you will gain insight on your current Wellness Score. This personalized Wellness Score will reveal where you stand compared to the national averages. This evaluation focuses on strength, balance and social engagement. This snapshot, combined with your personal interests and needs, will help you get off to the best possible start.

Contact your Wellness Coordinator for more details and to learn how you can be the best you.

- *Marco Silvera, Wellness Coordinator*

Happy New Year!

New Year's Eve Thursday, December 31st

7:00 p.m. - New Year's Eve Party

Enjoy live music by DJ Mini-C, which will include all your favorite dance tunes. Also, enjoy an assortment of hors d'oeuvres and some sparkling juice as we say goodbye to 2020!

New Year's Eve Football Bowl Schedule

12:00 p.m. - Lockheed Martin Armed Forces Bowl

Tulsa vs. Mississippi State

2:00 p.m. - Arizona Bowl

Ball State vs. San Jose State

4:00 p.m. - AutoZone Liberty Bowl

West Virginia vs. Army

8:00 p.m. - Texas Bowl

Arkansas vs. TCU

New Year's Day Friday, January 1st

New Year's Day Meal

Enjoy a delicious special menu provided by our amazing Dining Room staff in the dining room or delivered to your apartment. The menu will include delicious items such as: Fried Chicken, Roast Pork, Fish, Collard Greens, Black Eyed Peas, and much more.

New Year's Day Football Bowl Schedule

12:00 p.m. - Chick-Fil-A Peach Bowl

Georgia vs. Cincinnati

1:00 p.m. - Vrbo Citrus Bowl

Auburn vs. Northwestern

4:00 p.m. - Rose Bowl

Notre Dame vs. Alabama

8:00 p.m. - Allstate Sugar Bowl

Ohio State vs. Clemson

*"For last year's words belong to last year's language.
And next year's words await another voice."*

- T.S. Eliot

Sunday

Monday

Tuesday

Wedn

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.

Abbreviations Key

AUD - Auditorium
 Art Studio D-406
 19TH HOLE - Outside C/D
 PHONE - Phone Call
 MDR - Main Dining Room



03

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

04

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 Afternoon Tea - 19TH HOLE
 2:00 Wii Bowling League - AUD

05

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 J.U.L.I.E.T. Gathering - 19TH HOLE
 1:00 Bible Study with Jim Moore - AUD
 2:00 Cranium Crunches - 19TH HOLE
 3:00 Bible Study with Jim Moore - AUD

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 Toss - 19TH HOLE
 2:00 Movies - AUD

10

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

11

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 Afternoon Tea - 19TH HOLE
 2:00 Wii Bowling League - AUD

12

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 J.U.L.I.E.T. Gathering - 19TH HOLE
 1:00 Bible Study with Jim Moore - AUD
 2:00 Cranium Crunches - 19TH HOLE
 3:00 Bible Study with Jim Moore - AUD

Fitness Center Open 24/7
 8:00 Sit & Get Fit - 19TH HOLE
 8:15 Daily Devotions - PHONE
 9:00 Discovery Time - 19TH HOLE
 9:30 Sit & Get Fit - 19TH HOLE
 9:30 Publix Shopping - BUS
 10:00 Water Aerobics - POOL
 10:00 Journey Through Conference - 19TH HOLE
 10:00 Discovery Time - 19TH HOLE
 10:30 Bean Bag Toss - 19TH HOLE
 2:00 Movies - AUD

17

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

18

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 Afternoon Tea - 19TH HOLE
 2:00 Wii Bowling League - AUD



National Popcorn Day 19

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 J.U.L.I.E.T. Gathering - 19TH HOLE
 1:00 Bible Study with Jim Moore - AUD
 2:00 Cranium Crunches - 19TH HOLE
 3:00 Bible Study with Jim Moore - AUD

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 Toss - 19TH HOLE
 2:00 Movies - AUD

24

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

25

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 Afternoon Tea - 19TH HOLE
 2:00 Wii Bowling League - AUD

26

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 J.U.L.I.E.T. Gathering - 19TH HOLE
 1:00 Bible Study with Jim Moore - AUD
 2:00 Cranium Crunches - 19TH HOLE
 3:00 Bible Study with Jim Moore - AUD

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 Toss - 19TH HOLE
 2:00 Movies - AUD

31

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

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 Afternoon Tea - 19TH HOLE
 2:00 Wii Bowling League - AUD

Wednesday	Thursday	Friday	Saturday
		<p>7:00-6:00 Fitness Center 01 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><i>New Years Day</i> </p>	<p>02 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>Open 24/7 06 t - AUD ions - PHONE t - E ping - BUS Time - E bics - POOL Baseball - AUD UD</p>	<p>Fitness Center Open 24/7 07 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 10:00 Art Education - 19TH HOLE 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD</p>	<p>Fitness Center Open 24/7 08 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise -19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Tech Time - 19TH HOLE</p>	<p>09 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>n 24/7 13 - AUD ons - PHONE me - AUD - 19TH HOLE ing - BUS ics - POOL ough Grief - Room Time - aseball - AUD D</p>	<p>Fitness Center Open 24/7 14 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Art Education - 19TH HOLE 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD</p>	<p> <i>National Bagel Day</i> 15 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise -19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Tech Time - 19TH HOLE</p>	<p>16 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>Open 24/7 20 it - AUD ions - PHONE it - E ping - BUS y Time - E bics - POOL Baseball - AUD UD</p>	<p>Fitness Center Open 24/7 21 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Art Education - 19TH HOLE 10:00 Water Aerobics - POOL 1:00 Under the Oaks - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD</p>	<p><i>Celebration of Life Day</i>  22 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise -19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Tech Time - 19TH HOLE</p>	<p>23 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>Open 24/7 27 it - AUD ions - PHONE it - E ping - BUS y Time - E bics - POOL Baseball - AUD UD</p>	<p>Fitness Center Open 24/7 28 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Art Education - 19TH HOLE 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD</p>	<p>Fitness Center Open 24/7 29 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise -19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Tech Time - 19TH HOLE</p>	<p>30 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>



Thank You for Joining Us at the Annual Christmas GALA



Thank You!

This year's Cops for Kids partnership with Lakeland Police Department was such an amazing success!! I just cannot say a big enough "thank you" to each of you that contributed to this program. We received \$970 in cash donations plus quite a few toy donations as well! We really enjoy being a part of LPD's annual Cops for Kids program as it aims to give a great Christmas to Lakeland children that might not have any Christmas at all, while at the same time building bridges between local law enforcement and children in financially disadvantaged homes. I had the pleasure of attending the toy give away event a few years ago and the children's excitement was overwhelming! Quite honestly, so was the excitement of the LPD officers and staff. It was absolutely the best night of organized chaos that I have ever experienced! The children were practically dancing around as they waited in line and the LPD officers were running around gathering the bags of toys that were put together for each child. When I stopped by, they were so excited to show me everything that they were doing for the children and all the items that had been donated. They are so incredibly grateful each year for our involvement and the incredible generous donations from our residents and staff! Thank you for making Christmas wonderful for these children in 2020!

- Michelle Robare

Health Center Update

Happy New Year!

It is January! This is a time to reflect and look back at what has happened over the past year. 2020 has been very challenging with Covid-19. We have all had to pull our strength together to get through this year. Many of us relied on prayers, encouraging words from loved ones, and our positive thoughts to get through these trying times. When visiting with the residents, we encouraged them with resolutions for 2021 on how we all could continue to be positive throughout the New Year. Some of the resolutions were to continue to put Christ and prayer first and to be thankful for the vaccine that is coming out. To continue to try and stay safe through using the proper hygiene, washing hands and trying not to be around others that have not been feeling well. To call, visit, and be around loved ones more in 2021, along with lose a few holiday pounds. The residents continue to need much encouragement for the New Year, but with family, staff, and friends, our residents are going to have a better 2021. Please continue to send love and prayers our way as we heal and continue to move forward from Covid-19 and 2020. Welcome 2021!!

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

New Year Resolutions

If for no other reason, seniors create resolutions to give them goals and a sense of purpose in life. As a result, they will be more likely to have greater health literacy and will be less likely to develop depression, isolation, loneliness, or Alzheimer's as compared to others without New Year's resolutions. Working on your health should be priority more than ever before.

Here are some things to consider when making resolutions:

- To prevent any potential concerns, and to explore treatment options, make sure that you have your annual health assessment and physical examination.
- Try out the hobbies you have always wanted to try, but there was just never enough time for. This may also give you an opportunity to meet new people and maintain friendships.
- Consider learning more about advanced directives, wills and selecting your power of attorney.
- Try exploring new volunteering opportunities. It will serve as a great way to boost your health and self-confidence which will give you a sense of accomplishment.

Making resolutions is not the challenging part but sticking to and achieving them is. To achieve your resolutions, try focusing on the benefits and finding ways to motivate yourself.

- *Rana Khan, Director of Nursing, Health Center* Source: www.medicalalertadvice.com



ESTATES

Judith Pendarvis. 01
 Donna Johnston. 02
 Harley Crosby. 06
 Dennis Drury. 06
 Guy Rindge. 07
 Barbara Wynn. 07
 Carolyn Bauer. 10
 Jacqueline Fairchild. . . 11
 Evelyn Hoagland. 11
 Robert Whittaker. 11
 Lloyd Godwin. 12
 Sharen Poynter. 12
 William Brisbin. 13
 Ed Dowling. 13
 Dennis Dalton. 16
 Elaine LeBlanc. 17
 Gisele Romanace. 18
 Russell Fullerton. 20
 Arleen Pierce. 21
 Lee Martinez. 22
 Joe Perez. 23
 Shirley Michael. 27
 Nikki Oakley. 27
 Ina Powell. 28
 Michael Brink. 30
 Ronald Hogrefe. 30
 Charles Cannon. 31
 Alita Keller. 31
 James Moore. 31

HEALTH CENTER

Hazel Gust. 03
 Stella Eismann. 08
 Evelyn Stock. 09
 Eleanor Gambino. . . 10
 Marian Randall. 18



January 6 – *Big*
 Starring Tom Hanks, Elizabeth Perkins, and Robert Loggia. A young boy who makes a wish to be big and is then aged to adulthood overnight.
 (PG - 104 minutes)

January 13 – *Sister Act*
 Starring Whoopie Goldberg, Maggie Smith, and Kathy Najimy. A lounge singer named Deloris Van Cartier witnesses her mobster boyfriend killing an employee. She is then hidden in a convent under a witness protection program. She is ordered to coach the church choir. The choir proves to be a big success with the surrounding neighborhood, but will Deloris' boyfriend track her down?
 (PG - 100 minutes)

January 20 – *Cheaper By the Dozen*
 Starring Steve Martin and Bonnie Hunt. The Bakers, a family of 14, move from small-town Illinois to the big city after Tom Baker gets his dream job to coach his alma mater's football team. Meanwhile, his wife also gets her dream of getting her book published. While she is away promoting the book, Tom has a hard time keeping the house in order while at the same time coaching his football team, as the once happy family starts falling apart.
 (PG - 98 minutes)

January 27 - *Sweet Home Alabama*
 Starring Reese Witherspoon, Josh Lucas, and Mary Kay Place. A young woman who has reinvented herself as a New York City socialite must return home to Alabama to obtain a divorce from her husband, after her socialite JFK-like boyfriend proposes to her.
 (PG-13 - 108 minutes)

Still Blessed in 2021

We say goodbye to a challenging year. A year that no one will soon forget. God has been faithful by keeping us safe, with the wisdom and guidance of our CEO Brian Robare and his staff. I believe God has directed every decision by prayer and the leading of the Holy Spirit. It is a great blessing to know that God still hears and answers our prayers. We anticipate exciting changes in 2021. A vaccine is now available, which is a miracle that happened so soon. Our healthcare workers are still on the front lines working so hard to make sure we are well cared for. Through the long months of the virus, we can still be thankful for the blessings we have received. That is the way God works. He carries us when we are weak and in need. He fights our battles for us. God will continue to be with us in 2021. It is going to be a better year. Isaiah 58:11 says: "The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail." Hold on to God's promises because help is on the way. Anticipate a great year ahead.

God Bless You!

- Chaplain Randy Horn

SENIOR WELLNESS CHAMPIONS

Earn points for prizes and challenge your peers in the community to become your best selves. This program will focus on physical, intellectual, emotional and social dimensions of wellness. Have fun while you engage with friends and learn helpful insight for healthy living.

**Contact
Ext. 180 to
learn how to
get started
today!**

**2021
LET'S STEP
INTO THE NEW
YOU!**

WELLNESS EVALUATION

Gain insight on your current Wellness Score.

Focus on strength, balance and social engagement.

This snapshot combined with your personal interests and needs will help you get off to the best possible start.

New Year Prayer

*Thank you Lord for giving me
The brand new year ahead
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend
Give me the strength and courage
So a shoulder I might lend.
The year ahead is empty
Help me fill it with good things
Each new day filled with joy
And the happiness it brings.*



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$ 385,198.76. As of November 30, 2020, \$ 62,517.52 has been used to help residents. Monies are taken from the interest earned.

The Estates

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



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