

# Shavings

The Magazine of **The**  **Estates** April 2019  
A T C A R P E N T E R S

**Jesus Christ is the same yesterday, today and forever.  
Hebrews 13:8**

## From The Executive Director



I was speaking with a small group of residents in the Lobby a few weeks ago and during our conversation one of the residents asked the following question, "I love how everything turned about with the renovation and I know that you are planning something, so what's next?"

It was a great question and one that I can't answer ... yet. As I have shared at Town Hall meetings and in numerous Shavings articles, The Estates is on a path of change and growth. We are committed to positioning the community for long-term success, but believe in a measured approach that ensures our commitment to care and services and maintaining our fiscal strength.

As an organization we have watched from afar what can happen when organizations try to do too much too fast and lose sight of the very principles that have led to their past successes. Admittedly, sometimes the "slow and right" approach can delay decisions, but the cost of acting impulsively can be far greater.

When the question was asked my first thought was that the mystery surrounding me is gone. Residents know that things are always in the planning stages and have come to expect that there is something exciting on the horizon. I can assure you that we cannot wait to share the next round of improvements and to continue the process of repositioning our community.

As we enter an exciting next three years (there's a hint), I wanted to take a moment to say "Thank You" for your willingness to work together for positive change. Together we are stronger as a community and together we will work to move The Estates to the next level.

So, what's next ... stay tuned ... but I am confident that you will be as excited as we are!

- *Brian Robare, CEO & Executive Director*

I find the greatest thing in this world is not so much where we stand,  
as in what direction we are moving. To reach the port of heaven we  
must sail sometimes with the wind and sometimes against it, but we  
must set sail, not drift, nor lie in anchor.

- *Oliver Wendell Holmes*

## MEET YOUR NEW NEIGHBORS

**Lou McCraney, A-217, Phone: (863) 670-0037**

Lou is originally from Jasper but grew up in Lakeland. She has been married to her husband Don for 63 years. Together they have two children and five grandchildren. Lou is involved in the International Christian Embassy and serves on the board of Woodmenlife. Lou really enjoys traveling and cruises. Her favorite place traveled so far is Israel, she has been five times. She also enjoyed visiting Alaska and Hawaii.



**Arleen Allen, K-403, Phone: (863) 619-5910**



Arleen is originally from Baltimore but was raised on a farm in South Carolina. She worked for the government in the Department of Defense for 30 years in Washington, DC. She has one sister and loves to see her nieces and nephews. Arleen has traveled to 54 countries. Her favorite place traveled so far is Italy and Vietnam. She also enjoys reading and playing bridge.

### Kentucky Derby Party

145th Running of "The Race for the Roses"  
Saturday, May 4<sup>th</sup> at 3:00 p.m.



### Pre-Party Special Events – Earn Raffle Tickets

**Monday, April 29<sup>th</sup>**

Derby Documentary 1:00 p.m. - AUD

**Tuesday, April 30<sup>th</sup>**

Horse Tour Day Trip 9:30 a.m. - BUS

Movie "Secretariat" 6:30 p.m. - AUD

**Wednesday, May 1<sup>st</sup>**

Derby Cranium Crunch Contest - FC

**Thursday, May 2<sup>nd</sup>** 11:00 and 1:00 p.m. - AS

Decorate Derby Hats

**Friday, May 3<sup>rd</sup>**

Derby Horse and Jockey Details 3:00 p.m. - AUD

**Saturday May 4<sup>th</sup>**

Kentucky Derby Party 3:00 p.m. - AUD

Wear your hat, bring your raffle tickets and join us for this exciting event. Light refreshments served. Kentucky Bourbon Pecan Pie will be available at both dinner seatings.

**"Race for the Roses"**

Watch the Derby Race together 6:00 p.m. - AUD

Join us for your chance to win some great prizes including the Kentucky Derby Kentucky Fried Chicken party for your floor!

# Healthcare Decisions

April 16th is National Healthcare Decisions Day which exists to empower and educate public and health care providers about the importance of advanced health care planning. We spend our lives conversing with family or friends to make plans for births, weddings, going off to college, and retirement. Despite these conversations we have regarding major life events, we often find it difficult to discuss how we want to be cared for as we age. Advanced Directives are legal documents such as a Living Will or Healthcare Power of Attorney/Surrogate. These documents vary from state to state depending on the state's statutory requirements. Completing these Advanced Directive forms is crucial if you want your healthcare preferences honored in the event you are unable to speak for yourself. Having these important conversations "before a crisis" is much easier and less stressful for all. Once completed, it is important to review and update these forms when needed. Remember, Advanced Directives are not just for older adults. Unexpected end-of-life situations can happen at any age, so it is important for all adults to prepare these documents.

*Kelley Benfield, RN, DON Wellness Clinic*

Resources: <https://www.nhdd.org/#welcome> , <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>

## Resident Spotlight Lynn and Kathy Harrison

The Harrison's joined The Estates in October of 2016. They are thankful for the friendships and wonderful community they gained when doing so. Lynn and Kathy met at Buttons and Bows Square and Round Dance Club. Kathy loved to dance and Lynn's sister just happened to drag



him along one night and he is happy she did. One night of dancing turned into 43 years of marriage. They have two children and four grandchildren. The Harrison's would say family and friends are most important to them. They are a goal-oriented couple who love to partner with nonprofit organizations. They find it rewarding in working together to help the community. Currently they help with the Flea Market, participate in activities, attend Chapel and assist with the Gift Shop. Lynn was born and raised in Lakeland, Florida. He was one of nine children. He graduated from the University of Florida and shortly after, joined the Navy. Lynn retired as an electrician at Publix after 10 years. Kathy is from Long Island, NY and moved with her family to Sarasota, Florida after high

school. Kathy was a college cheerleader at Florida Southern. She received her degree in education and retired as a teacher in Polk County after 31 years. Together they enjoy reading and traveling. Their favorite place traveled so far is China. They spent one month in China and loved trying the unique dishes. They also love being Elders at their home church, Presbyterian Church in the Highlands.

*- Resident Lifestyles*

## Managing Stress

In recent years there has been a push for more research on mental health. Society is now beginning to understand the complexity of the mind and how the mind affects stress and wellbeing. Fortunately, there are things we can do to help manage healthy brain activity. Sometimes stress can turn into anxiety and this can take a toll on mental wellness and overall health. One of the best ways to deal with stress is to burn off a little steam with exercise. When we exercise, our body produces endorphins, and this can help you feel energized, alert, and de-stressed. Another way to combat stress is to do something a little more "laid-back". Playing games that involve problem solving or multitasking is known to help reduce stress. Another great way to decompress is to pick up an adult coloring book. Coloring has been shown to reduce stress levels in adults of all ages. You can also improve your mental wellness by changing up your regular routines. Starting a new hobby and bringing a new friend along is like having your cake and eating it too. This does wonders not just by allowing you to learn a new thing, but developing new relationships is also an important part of your overall wellness. Come to the Fitness Center and contact the Wellness Coordinator to find out how you can get plugged in and get started.

*- Marco Silveira, Wellness Coordinator*

<https://www.salmonhealth.com/7-tips-to-improve-senior-mental-health/>


# The Good Samaritan Fund

The balance of the GOOD SAMARITAN FUND is \$371,142.67 As of February 28, 2019, \$57,678.77 has been used to help residents. Monies are taken from the interest earned.

## Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of February 2019:

Mrs. & Mrs. Brian Robare, Mr. & Mrs. Matthew Thompson, Mr. & Mrs. John Thompson, and Sonny's BBQ.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:00 Group Exercise - AUD <b>01</b>            10:30 Walmart - BUS            10:30 CHERA Chorus - AUD            12:30 Local Shopping - BUS            1:00 Wii Bowling - GR            1:30 Mah Jongg - A/B 3rd FL            2:00 Nine Hole Wedgewood Golf            2:00 Group Bible Study - AUD            6:00 Scrabble - F/G 3rd FL            6:30 Bingo - AUD            6:45 FSC Concert Choir - BUS</p>	<p>9:00 Cranium Crunches - AUD <b>02</b>            10:00 Sit &amp; Get Fit - AUD            10:30 Catholic Service - Villa            11:00 The Word &amp; Music - AUD            1:00 Bean Bag Baseball - AUD            2:00 Estates Golf - 19th Hole            3:00 Documentery - AUD            The Bible's Buried Secrets            6:30 Drain The Ocean - AUD</p>	<p>8:30 Intercessory Prayer- ECR <b>03</b>            8:45 Group Exercise - AUD            11:00 Ping Pong - GR            11:00 Marketing Luncheon - AUD            1:00 Wii Bowling - GR            1:30 Walmart - BUS            3:00 Ladies Bible Study - AUD            4:00 ROMEO Harry's Seafood - BUS            6:00 Bridge - MDR            6:00 Mexican Train - F/G 3rd</p>	<p>9:00 Gentle Yoga - AUD <b>04</b>            9:30 Publix Shopping - BUS            10:00 Sit &amp; Get Fit - AUD            11:00 Card Making Class - AS            11:00 Body Balance - AUD            12:00 Wii Golf - GR            1:00 Scrabble - F/G 3rd            2:00 Banks - BUS            6:30 Chapel - AUD</p>	<p><b>05</b>            9:00 Community Connection - AUD            10:00 Lakeland Square Mall - BUS            10:00 JULIET The Barn - BUS            1:00 Wii Bowling - GR            1:00 Hand &amp; Foot - C/D 3rd            6:00 Pinochle - AUD            6:30 Manipulation Cards - AUD</p>	<p><b>06</b>            12:00 Wii Sports -GR            12:00 to 2:00 Buffet - MDR            3:00 Beyond the Tassel:            Secrets at The Museum - AUD            4:00 to 6:00 Buffet - MDR            6:00 Movie &amp; Popcorn - AUD            "Mamma Mia"</p>
<p>7:30 Estates Cruise Leaves <b>07</b>            9:00 Sunday School - CR            10:15 CHERA Worship - AUD            Dr. Edgar Lee            Assemblies of God            11:15 to 2:30 Buffet - MDR            1:30 Hand &amp; Foot - C/D 3rd FL            1:45 FSC Theatre Arts - BUS            2:00 Mah Jongg - A/B 3rd FL</p>	<p><b>08</b>            10:30 Walmart - BUS            10:30 CHERA Chorus - AUD            12:30 Local Shopping - BUS            1:00 Wii Bowling - GR            1:30 Mah Jongg - A/B 3rd FL            2:00 Group Bible Study - AUD            6:00 Scrabble - F/G 3rd FL            6:30 Bingo - AUD</p>	<p>9:00 Cranium Crunches - AS <b>09</b>            11:00 The Word &amp; Music - PDR            2:00 Estates Golf - 19th Hole            3:00 to 5:00 "The Big One"            Flea Market - AUD            3:00 to 5:00 Ladies Boutique - D304            4:00 Dining for Dogs Burger 21 - BUS            7:00 Denner Family Concert - MDR</p>	<p><b>8:30 to 1:30 "The Big One"10</b>            Flea Market - AUD  <b>8:30 to 1:30 Ladies Boutique - D304</b>            8:30 Intercessory Prayer- ECR            11:00 Ping Pong - GR            1:00 Wii Bowling - GR            1:30 Walmart - BUS            6:00 Bridge - MDR            6:00 Mexican Train - F/G 3rd</p>	<p>7:15 CHERA Advisory - PDR <b>11</b>            9:00 Gentle Yoga - AUD            9:00 Audiologist - Wellness Clinic            9:30 Publix Shopping - BUS            10:00 Sit &amp; Get Fit - AUD            11:00 Body Balance - AUD            12:00 Wii Golf - GR            1:00 Scrabble - F/G 3rd            2:00 Banks - BUS            2:00 CHERA Board Meeting - AUD            6:30 Chapel - AUD</p>	<p>9:00 Group Exercise - AUD <b>12</b>            10:00 Tai Chi - AUD            10:00 Lakeland Square Mall - BUS            10:00 Post Office - BUS            11:00 Indoor Volleyball - AUD            1:00 Wii Bowling - GR            1:00 Hand &amp; Foot - C/D 3rd            3:00 Cooking Show - CR            6:00 Pinochle - AUD            6:15 Italian Symphony - BUS            6:30 Manipulation Cards - AUD</p>	<p>12:00 Wii Sports - GR <b>13</b>            12:00 to 2:00 Buffet - MDR            2:00 Easter Ballet - BUS            3:00 Beyond the Tassel:            Secrets at The Museum - AUD            4:00 to 6:00 Buffet - MDR            6:00 Movie &amp; Popcorn - AUD            "My Big Fat Greek Wedding"</p>
<p>9:00 Sunday School - CR <b>14</b>            10:15 CHERA Worship - AUD            Norman Bradney            Assemblies of God            11:15 to 2:30 Buffet - MDR            1:30 Hand &amp; Foot - C/D 3rd FL            1:00 LCT: Noises Off - BUS            2:00 Mah Jongg - A/B 3rd FL            3:00 Tenebrae Practice - AUD</p>	<p><b>9:00 Drum Fit - AUD 15</b>            10:30 CHERA Chorus - AUD            10:30 Walmart - BUS            12:30 Local Shopping - BUS            1:00 Wii Bowling - GR            1:30 Mah Jongg - A/B 3rd FL            2:00 Nine Hole Wedgewood Golf            2:00 Group Bible Study - AUD            6:00 Scrabble - F/G 3rd FL            6:30 Bingo - AUD</p>	<p>8:30 Tarpon Springs - BUS <b>16</b>            9:00 Podiatrist - Wellness Clinic            9:00 Cranium Crunches - AUD            10:00 Sit &amp; Get Fit - AUD            10:30 Catholic Mass - PDR            11:00 The Word &amp; Music - AUD            12:00 to 2:00 Taste &amp; Tour - MDR            1:00 Bean Bag Baseball - AUD            2:00 Estates Golf - 19th Hole            3:00 Documentery - AUD            4:00 to 6:00 Taste &amp; Tour - MDR            7:00 New Neighbor Welcome Party - MDR</p>	<p>8:30 Intercessory Prayer - ECR <b>17</b>            9:00 Group Exercise - AUD            10:00 Sit &amp; Get Fit - AUD            11:00 Ping Pong - GR            11:00 Marketing Luncheon - AUD            1:00 Wii Bowling - GR            1:30 Walmart - BUS            3:00 Soliloquy of Apostle John - AUD            6:00 Bridge - AUD            6:00 Mexican Train - F/G 3rd            6:45 FSC Opera Gala - BUS</p>	<p>9:00 Gentle Yoga - AUD <b>18</b>            9:30 Publix Shopping - BUS            10:00 Sit &amp; Get Fit - AUD            11:00 Body Balance - AUD            12:00 Wii Golf - GR            1:00 Scrabble - F/G 3rd            2:00 Banks - BUS            2:00 Birthday Dinner - AUD            6:30 Tenebrae Service - AUD</p>	<p><i>Good Friday 19</i>            Chapel is open all day for prayer            and meditation - K109            10:00 Lakeland Square Mall - BUS            1:00 Wii Bowling - GR            1:00 Hand &amp; Foot - C/D 3rd            2:30 Gospel Music of Johnny Cash:            Story of Faith and Redemption - AUD            6:00 Pinochle - AUD            6:30 Manipulation Cards - AUD</p>	<p>12:00 Wii Sports - GR <b>20</b>            12:00 to 2:00 Buffet - MDR            3:00 Beyond the Tassel:            Secrets at The Museum - AUD            4:00 to 6:00 Buffet - MDR            6:00 Movie &amp; Popcorn - AUD            "The Passion of the Christ"</p>
<p><i>Happy Easter 21</i>            9:00 Sunday School - CR            10:15 CHERA Worship - AUD            Rev. J. C. Powell            United Methodist            11:30 to 2:00 - Easter Brunch - MDR            1:30 Hand &amp; Foot - C/D 3rd FL            2:00 Mah Jongg - A/B 3rd FL            6:00 Easter Movie: Risen - AUD</p>	<p>9:00 Group Exercise - AUD <b>22</b>            10:30 Walmart - BUS            10:30 CHERA Chorus - AUD            12:30 Local Shopping - BUS            1:00 Wii Bowling - GR            1:30 Mah Jongg - A/B 3rd FL            2:00 Group Bible Study - AUD            3:00 Apple Device Lesson - AS            6:00 Scrabble - F/G 3rd FL            6:30 Bingo - AUD</p>	<p>9:00 Golf Tournament - 19th Hole <b>23</b>            10:00 Sit &amp; Get Fit - AUD            10:00 Foshee Jewelers - CR            10:00 Bealls 15% off - BUS            11:00 The Word &amp; Music - AUD            1:00 Bean Bag Baseball - AUD            3:00 Health Talk - AUD            6:45 Imperial Symphony - BUS            6:45 Florida Philharmonic            Orchestra - BUS</p>	<p><b>8:00 BP Check - AUD 24</b>            8:30 Intercessory Prayer - ECR            9:00 Zumba Gold - AUD            11:00 Ping Pong - GR            11:00 Rays Baseball - BUS            1:00 Wii Bowling - GR            1:30 Walmart - BUS            3:00 Soliloquy of Apostle John - AUD            6:00 Bridge - AUD            6:00 Mexican Train - F/G 3rd</p>	<p>9:00 Gentle Yoga - AUD <b>25</b>            9:30 Glass Art and Lunch Tour - BUS            9:30 Publix Shopping - BUS            10:00 Sit &amp; Get Fit - AUD            11:00 Body Balance - AUD            12:00 Wii Golf - GR            1:00 Scrabble - F/G 3rd            2:00 Banks - BUS            6:30 Chapel - AUD</p>	<p>9:00 Group Exercise - AUD <b>26</b>            10:00 Northside Library - BUS            10:00 to 12:00 Flea Market - A421            10:00 Lakeside Village - BUS            12:00 Volunteers Lunch - MDR            1:00 Wii Bowling - GR            1:00 Hand &amp; Foot - C/D 3rd            6:00 Pinochle - AUD            6:30 Manipulation Cards - AUD</p>	<p><b>9:00 to 11:00 Flea Market - A421 27</b>            12:00 Wii Sports - GR            12:00 to 2:00 Buffet - MDR            3:00 Beyond the Tassel:            Secrets at The Museum - AUD            4:00 to 6:00 Buffet - MDR            6:00 Movie &amp; Popcorn - AUD            "Best Exotic Marigold Hotel"</p>
<p>9:00 Sunday School - CR <b>28</b>            10:15 CHERA Worship - AUD            Rev. William Allen            Swiss Brethren Mennonite            11:15 to 2:30 Buffet - MDR            3:00 Matinee Movie "Hachi" - AUD            5:00 Game Night - 19th Hole</p>	<p><b>9:00 Drum Fit - AUD 29</b>            10:30 Walmart - BUS            10:30 CHERA Chorus - AUD            12:30 Local Shopping - BUS            1:00 Derby Documentary - AUD            1:00 Wii Bowling - GR            1:30 Mah Jongg - A/B 3rd FL            2:00 Group Bible Study - AUD            6:00 Scrabble - F/G 3rd FL            6:30 Bingo - AUD</p>	<p><b>30</b>            9:00 Cranium Crunches - AUD            9:30 Horse Tour Day Trip - BUS            10:00 Sit &amp; Get Fit - AUD            10:00 Foshee Jewelers - CR            11:00 The Word &amp; Music - AUD            1:00 Bean Bag Baseball - AUD            2:00 Estates Golf - 19th Hole            6:30 Kentucky Derby Movie:            Secretariat - AUD</p>	<p><b>Abbreviations Key</b>            AUD - Auditorium            AS - Art Studio, D-406            C - Chapel, K-106            CR - Community Room            ECR - Estates Conference Room            FC - Fitness Center            GR - Game Room            MDR - Main Dining Room            PDR - Private Dining Room            TC - Technology Center, K-207</p>	<p><b>Gift Shop Hours</b>            M-F 8:30 - 10:00 a.m.            2:00 - 3:30 p.m.  <b>Matura Salon Open</b>  <i>Appointments dial, ext. 115</i>  <b>Water Workout, M-F 10:00am</b>  <i>All Invited-Pool</i>  <b>Coffee Connections - CR</b>  <i>Monday - Saturday 7:00 am</i></p>		

# EVENTS

Entertainment

New Class

Outing

Sports

## 02 | Drain the Ocean 6:30 p.m. - AUD

Groundbreaking technology and breathtaking photography digitally empties major bodies of water to expose sunken treasures, amazing natural wonders and solve mysteries. There will be two exciting episodes; "Nazi Secrets Found, Gulf of Mexico Exposed" and "Lost Worlds of the Mediterranean and Sunken" Treasures".

## 03 | ROMEO Harry's Seafood 4:00 p.m. - BUS

All men are invited to join us at Harry's Seafood for New Orleans style dishes and great fellowship. Sign up!

## 05 | Community Connection 9:00 a.m. - AUD

All residents are invited to this Visionary meeting to hear the newest updates on future events, and be part of a brainstorming session where you can share your suggestions for speakers, musicians, outings and events. Coffee and donuts will be served.

## 05 | JULIET Lunch at The Barn 10:00 a.m. - BUS

Enjoy the quaint gift shop, collectable antiques and casual lunch together. Sign up is required.

## 09 | Denner Family Music Concert 7:00 p.m. - MDR

This traveling gospel music group will share inspirational tunes with sensational piano pieces, vocals and participation by three daughters ages 2-7 years.

## 16 | New Neighbor Welcome Party 7:00 p.m. - MDR

Join us for this quarterly event to meet your neighbors who are new to our community. Guest musician David Smith will entertain with piano and guitar favorites, and there will be refreshments and raffles.

## 22 | Apple Device Lesson 3:00 p.m. - AS

Learn how to get on The Hub, sign up for events, and learn the basics on your Apple device. Bring your iPhone, Mac, or iPad.

## 23 | Florida Philharmonic Orchestra 6:45 p.m - BUS

Free concert "A Night at the Movies" held at College Heights Methodist Church includes: Mission Impossible, 007 Through the Years, Pirates of the Caribbean, Star Wars and more.

## 25 | Glass Art Factory/Gallery Tour 9:30 p.m - BUS

Trip to St. Petersburg for a private tour of Duncan McClellan's Glass Gallery with lunch following at the award-winning Del Mar Lounge, known for their fresh prepared meals and extensive menu.

## 26 | Volunteer Lunch 12:00 p.m. - MDR

Resident volunteers, please sign up on The Hub or come to C-118 to reserve your seat at our "Every Moment Makes a Difference" Luncheon. This is our way to say thank you for your contribution in our community.

## 28 | Game Night 5:00 to 7:00 p.m. - 19<sup>th</sup> Hole

Join us at the 19th Hole for Checkers, Putting, Dominos and Crazy 8's. Sign up required by Thursday, April 25th, as we provide light refreshments for those participating in the games and their guest. Inclement weather location is the Conference Room. Future Game nights: Sunday, May 19th, June 30th, July 28th, and August 25th. RSVP required Thursday prior to all game nights.

## 30 | Horse Tour Day Trip 9:30 a.m. - BUS

Private tour of Therapeutic Riding Stable includes interactive opportunities with horses, watching a live lesson and a tour of the facility. Lunch following at the famous Catfish Place, visited by celebrities.

## FYI | Soliloquy of Apostle John 3:00 p.m. - AUD

Everyone is invited to join the Ladies Bible Study for this special video performance "St. John in Exile", based on the life of Jesus. Wednesday, April 17<sup>th</sup> and April 24<sup>th</sup>.

## Resident Spotlight: James Clay

Mr. James Clay has been a resident in the Manor for eight months. Mr. Clay is a native West Virginian and he has enjoyed being in Lakeland, Florida. He enjoys the Florida weather and fishing in the local lakes. Mr. Clay has three children. He has one son and twin daughters of which he is very proud, but he is even more proud of his six granddaughters. Mr. Clay joked with me and told me that he may have six granddaughters, but one granddaughter Paislee represents the boy he did not get. Paislee likes to play T-ball and soccer and has her Papa's sense of humor. Mr. Clay is a young 62 years of age and some of the things he enjoys are; walking, listening to music, spending time with his family, going on trips with his friends, telling all his fish stories, loving on the animals that visit, and being a ray of sunshine for the residents older than him. Mr. Clay enjoys visiting with the older residents, and he brings a smile to their face. Mr. Clay enjoys meeting new faces so if you ever want a friend and a good person to talk to come visit Mr. James Clay in the Manor. You will be glad you did!



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- Jamie Backensto, Director of Recreation

## Villa & Manor April Recreation Schedule

### Musical Entertainment at 10:00 a.m.

04/05 Doug Mewhorter  
04/12 Dave and Penny  
04/19 Doug Mewhorter  
04/26 Dave Smith

### Sunday Services

04/07 Communion Service  
- Chaplain Randy Horn  
04/14 Palm Sunday Service  
- Rev. Harold Mintle  
04/14 Easter Service - Chaplain Randy  
04/28 Music and Sermon - Bob Hoagland

### Outings for April

04/04 Target 2:30 p.m.  
04/11 Red Lobster 11:30 a.m.  
04/18 Shopping at Bealls 2:30 p.m.  
04/25 Scenic Route 2:30 p.m.

## Colorectal Cancer

Colon cancer is the third leading cause of cancer related deaths in the United States. It is cancer of the large intestine which begins as benign cells that overtime, become colon cancers. Signs and symptoms include rectal bleeding, weakness, and abdominal cramps or weight loss. People may experience narrow stools or passing excessive amount of gas. It is recommended to see your doctor if you note any of these signs. As you get older, especially after the age of 50, your chance of developing colon cancer increases. Furthermore, having diabetes, smoking, alcohol, living a sedentary lifestyle, consuming a low fiber high fat diet is some of the factors that increase the risk of getting colon cancer. Regular screening tests allow doctors to detect and remove colorectal polyps before they become cancerous.

- Rana Khan, Director of Nursing, Health Center  
[www.cdc.gov/tips](http://www.cdc.gov/tips)



**ESTATES**

Vivian Pemberton. . . . .04  
 Lucille Pritchard. . . . .05  
 Betty Phillips. . . . .06  
 Robin Masden. . . . .07  
 Joseph Royer. . . . .07  
 Robert Ferguson. . . . .08  
 Phyllis Jackson. . . . .10  
 Jim Poynter. . . . .12  
 Thomas Dempsey. . . . .13  
 Bunny MacMunn. . . . .13  
 Frances Nagel. . . . .13  
 Joan Gosenski. . . . .14  
 Donald Williams. . . . .14  
 Kathryn Harrison. . . . .16  
 Ronald Vanzant. . . . .16  
 Gwendolen Allen. . . . .17  
 Robert Bradford. . . . .17  
 Sidney Miller. . . . .24  
 Emeline Bruce. . . . .25  
 Joan Freeman. . . . .26  
 Jan Peterson. . . . .26  
 Joan Warnimont. . . . .26  
 Richard Smith. . . . .27  
 Richard Suetterlin. . . . .28  
 Chantana Austin. . . . .29  
 Carol Jackson. . . . .29  
 Dean Sarbaugh. . . . .30

**HEALTH CENTER**

Marion Dubose. . . . .06  
 Ruth Adcock. . . . .10  
 Michael Phillips. . . . .10  
 Miriam Thompson. . . . .20  
 Shirley Marvin. . . . .23  
 Jeannine Boulanger. . . . .26  
 Margaret Murdock. . . . .26  
 John Dixon. . . . .27  
 Kenneth Whitman. . . . .27



Those born in April will celebrate their birthdays and enjoy a five course meal in the Auditorium on April 18th at 2:00 p.m. An invitation will be in your in-house mailbox. RSVP to Sonya Zubiller in room C-118.

**UPCOMING EVENTS:**



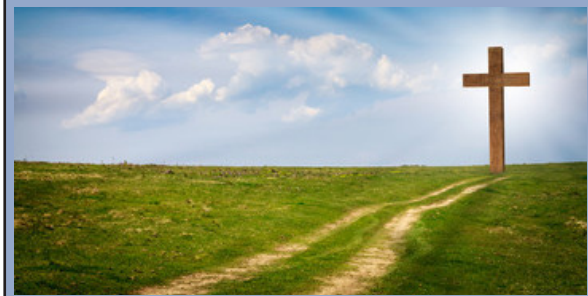
**Middle East Taste and Tour**  
**Tuesday, April 16<sup>th</sup>**  
**MDR 12:00-2:00 p.m. and 4:00-6:00 p.m.**  
 Enjoy a unique selection of foods prepared by our dining staff. Menu items include foods originating from Israel, Turkey, The Greek Isles and India.



**Nurses Tea**  
**Tuesday, May 7<sup>th</sup>**  
**CR 12:30 p.m. - 2:30 p.m.**  
 All former nurses are invited to the annual "High Tea" celebration with our current nursing staff. Enjoy sharing stories as you reminisce and inspire this next generation. Please bring a photo or two to share.



**Memorial Day Events**  
**Friday, May 24<sup>th</sup>**  
**Memorial Day Service 10:00 a.m. - AUD**  
 Join special guest Dr. Robert Hicks, a retired US Air Force Colonel, FBI Chaplain and author as he shares an inspirational presentation.  
**Cookout 11:00 a.m. -1:00 p.m. - 19th Hole**  
 All residents are invited to the annual community celebration with hot dogs, hamburgers and sides, served by the staff.



*I Choose To Believe*

How wonderful, how marvelous is the love of Jesus. He died, was buried and rose from the grave. He made a way for the world to be saved. He arose in victory, joy and freedom. Now we can say with the Apostle Paul, "O death, where is your sting? O grave, where is your victory?" This scripture is found in 1 Corinthians 15:55-59. This tremendous victory fills us with wonder and gives us such hope and peace. Surely his love will see us through whatever troubles may come our way from now until eternity. Thank you, Jesus that you bore our iniquities and carried our sorrows. Thank you Lord, for your gift of love.

- Chaplain Randy Horn

**Thursday Night Chapel Schedule**

- April 4th - Rev. Bill Allen
- April 11th - Rev. Harold Mintle
- April 18th - Rev. Cannon John and Joanne Birtch  
 A Special Tenebrae Service
- April 25th - Chaplain Jeffery Peppers

**Maundy Thursday, April 18th 6:30 p.m. – AUD**

The ancient Service of Tenebrae dates back to the early years of the Christian Church. The word Tenebrae comes from the Latin meaning "Shadows". Tenebrae depicts the Light of the World leaving our midst. This service gives us all an opportunity to rededicate our lives and to meditate on the great offering and sacrifice Jesus made for us all.



**Come and see ladies clothing and accessories at the Ladies Boutique - D304**


- April 9<sup>th</sup> 3:00 to 5:00 p.m.
- Wheel Chairs and Scooters Only
- April 10<sup>th</sup> 8:30 a.m. to 1:30 p.m.

**FLEA MARKET**

**"The Big One" In Auditorium**

Tuesday April 9<sup>th</sup> hours 3:00 to 5:00 p.m.  
 Wednesday April 10<sup>th</sup> hours 8:30 to 1:30 p.m.  
 You dont want to miss the annual two day Flea Market. Call Tacy Sarbaugh to be a volunteer in this fun community event.



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