

Shavings

The Magazi

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

ary 2020

**And now these three remain: faith, hope and love.
But the greatest of these is love.**
1 Corinthians 13:13

From The Executive Director



A few days ago, I commented to a couple of residents that we were almost done with the 2019 projects. After a couple of chuckles and looks of understanding, I provided an update on the status of some of the current projects that will begin over the next several months. Needless to say ... we have some ambitious plans for 2020. A new year

provides opportunity and new possibilities. The elevator modernization project, addition of service elevators and Wi-Fi, and the culmination of the master planning process (which we can't wait to share) are just a few of the significant projects we are working on. Did I mention that we are still negotiating the cable contract and working on a plan to improve the landscaping at the front entrance? Our community is continuing to change for the better and this transformation goes beyond repairs and renovations. If we work together to accomplish our goals, are willing to accept that the "old" way of doing something isn't necessarily the best way of doing something, and accept that we are still on our journey of transforming the Estates, the next chapter in the history of this community will be amazing and there is no limit to what we can accomplish! With prayer, teamwork, and dedication, we will be able to look back at the year with amazement at all that was accomplished. Are you ready?

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Lou & Jan Pesta, M-406, Phone: (863) 683-3991

Lou and Jan are originally from Michigan. They have been married for thirty-three years and have three children. Lou was a regional sales manager for thirty-five years and Jan worked at the University of Michigan Medical School for twenty-seven years. Together, they enjoy golfing and being active.



Bob & Mary Bucklin, I-119, Phone: (863) 337-6401

Bob and Mary are originally from the Upper Peninsula of Michigan. They have been married for sixty-two years and have four children. Bob was a private practice clinical psychologist and Director of a hospital-based mental health unit for twenty-five years. Mary was the Director of Counseling in a public school system for twenty-five years. Mary has also written several books. Together, they enjoy writing, walking, art and research.

Charles and JoAnn Beckner, D-103, Phone: (863) 937-6254

Charles and JoAnn are originally from West Virginia. Charles was a business agent for thirty-two years for the Operating Engineers Local Union and still loves to work with his hands. JoAnn worked in an office in West Virginia. They have three children and have been in Lakeland since 1990.



Duane & Ethel Brown, C-418, Phone: (863) 221-5660

Duane is originally from Ohio and Ethel is originally from Fort Myers. They have been married for sixty-two years. Duane was an Assemblies of God minister for twenty-nine years and also taught at Southeastern University. Ethel enjoyed being a homemaker and raising her three children. She also plays the piano and organ. They also were missionary's in Colombia for fourteen years.

WELCOME TO YOUR NEW HOME

Resident Spotlight: Frances Vaughn



2020 marks the 20th year of Frances living here, which she says has been packed with some of her greatest memories and best friendships. Many of you have enjoyed her piano playing, her competitive edge in games, and have laughed in awe as she sang Opera in a black cat costume during the talent show. Her laughter and original sense of humor is refreshing! So how did a 4th grade elementary and music teacher, who graduated from Ohio State University, end up in Lakeland? Well, her recollection is, of course, humorous as she described meeting her husband at a square dance that she went solo to.

"I saw this handsome man and decided to stand behind him so I would have a partner to dance with. Apparently, I stood in front of the date he brought, and after he and I danced most of the night, he took his date home and came back to dance the rest of the night with me. We married one year later and enjoyed 44 years together. We moved to Iowa where Harold attended Seminary and became a Methodist minister. After 11 years of ministry, we got tired of the snow and assumed a new pastorate in St. Petersburg. We often visited close friends who were living at The Estates, and I knew this was where I would choose to live someday." Frances says she has discovered a few of her favorite life lessons while living here, "It is always healthy to have a sense of humor - to laugh at myself and at all of my foibles, I discovered clothes shrink here, and friendships abound if you will be a friend to someone else." As a regular traveler on our many trips, Frances also keeps active supporting the Scholarship Committee, being President Chair of the Religious Resources, leading the CHERA Choir and is passionate in her new role as President of the Vision Group. Frances observes that, "No talent goes to waste here at The Estates," and she is right, as there are many clubs and areas where you can find a renewed purpose. So if you bake, decorate, sing, teach, organize, create artwork or want to simply brighten the life of another by visiting them - just do it!! Share yourself and you will find yourself connected with new friendships and memories to treasure as well.

- Sharon Larson, Director of Resident Lifestyles

Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of December 2019: Barbara Banner, Ken Davis, Jackie Fairchild, Jane Fawcett, William Gabler, Donna Johnston, Alita Keller, Jeanne McQuistan, Douglas Riley, Debbie Morisako, Brian Robare, Richard Suetterlin, Natalie Thiele, John Thompson, Matt Thompson.



The Good Samaritan Fund

The balance of the Good Samaritan fund

is \$376,932.00 As of December 31, 2019, \$59,456.89 has been used to help residents. Monies are taken from the interest earned.

Water for Life

Aqua, H2O, fluids, liquid, Zephyrhills or Dasani. No matter what you call it, it's still WATER. In its natural form, water is flavorless and a bit boring and sometimes not our favorite beverage. We know that we need it, but let's be honest. Do most people get enough? Probably not. Water is a vital part of our bodily functions and without it or without enough, there is the potential for serious illness. Do you know that water composes 75% of your brain? It also makes up 83% of your blood and 75% of your muscles! Imagine what would happen without enough water in our bodies! They say you should drink eight glasses of water a day. That may or may not be true. Come and join us this month for our Wellness Chat on January 29th in the CR at 8:00am to find out some more interesting facts about why hydrating your body is so important. You will answer a few questions to see just how much you really know about water and how important it is to your body! See you there! - **Cheri Shrader, Director of Nursing**

Love Your Body

February is the month of love! We give each other flowers, tell people how much we care about them, and spend quality time with significant others. Often; however, people forget to give their bodies the attention that it deserves. We are with our bodies each and every day and we are only given one. Coming out of a season where we all share gifts and quality time with each other, let us not forget to care for our bodies and give it the care that it needs. Take time out of your busy schedule each and every day to work on improving yourself. Show your body some love with brain training in the Cranium Crunch program, relax in the Gentle Yoga class, make a splash in the Water Workout group class or turn things up a notch with the Group Exercise class. Stop by the Fitness Center to create a personalized workout program or to have a comprehensive balance assessment. Together, we can take moments out of our busy lives to show love towards our bodies by making healthy lifestyle decisions. - **Marco Silveira, Wellness Coordinator**



Valentines Day Balloon Bouquet Sale

The Health Center's Recreation Department is holding their annual Valentines Day Balloon Bouquet sale (See details in Health Center article). The Lifestyles Department is extending the bouquet delivery service to Estates residents' apartment or dining table on Valentines Day. Please place your order by February 11th.

Sunday	Monday	Tuesday	Wednesday
February			
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Dr. Joe Davis Assemblies of God 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL 5:00 Super Bowl Party - AUD Sign up for pizza	9:00 Drum Fit - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah Series - AUD 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:30 Catholic Service - Villa 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 3:00 Nova Wonders - AUD 6:30 Misty Posey Vocal Concert - AUD	8:45 Group Exercise 8:30 Intercessory Prayer 9:00 Journeying Through 11:00 Billiards - GR 11:00 Marketing Luncheon 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study 4:00 ROMEO: Gri 6:00 Bridge - AUD 6:00 Mexican Train
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Robert Houlihan Assemblies of God 11:15 to 2:30 Buffet - MDR 1:15 Lakeland Concert Band - BUS 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah Series - AUD 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD 6:15 FSC: Jazz - BUS	Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Town Hall - MDR 10:00 Foshee Jewelers - CR 10:00 Sit & Get Fit - AUD 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 4:00 Dinner/ Movie Night Out - BUS Reservation required - C-118	8:30 Intercessory Prayer 9:00 Group Exercise 10:00 Sit & Get Fit 11:00 Billiards - C 1:00 RPF: Shen 1:00 Wii Bowling 1:30 Walmart - E 3:00 Ladies Bible 6:00 Bridge - AU 6:00 Mexican Tr
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Dr. David Brazelton United Methodist Church 11:15 to 2:30 Buffet - MDR 1:30 Hand & Foot - C/D 3rd FL 1:30 FSC: Cabaret - BUS 2:00 Mah Jongg - A/B 3rd FL	President's Day Pray for our President 9:00 Drum Fit - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Dr. David Jeremiah Series - AUD 2:00 Nine Hole Golf - BUS 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD	Podiatrist-Appt. Only - WC Ping Pong All Day - GR 9:00 Cranium Crunches - AS 10:00 Beall's - BUS 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - PDR 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 3:00 Health Talk: Matt Thompson - AUD	8:30 Intercessory Prayer 8:45 Group Exercise 11:00 Marketing Luncheon 11:00 Billiards - GR 11:30 JULIET: Pel 1:00 Wii Bowling 1:30 Walmart - BU 3:00 Ladies Bible 6:00 Bridge - AUD 6:00 Mexican Train 6:30 RPF: Jersey
Billiards All Day - GR 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Mrs. Sue Kain Disciples of Christ 11:15 to 2:30 Buffet - MDR 1:15 TWH: Kinky Boots - BUS 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL	9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:00 Billiards - GR 11:30 The Silent Singers - AUD 12:30 Local Shopping - BUS 1:30 Mah Jongg - A/B 3rd FL 1:00 Wii Bowling - GR 2:00 Dr. David Jeremiah Series - AUD 5:00 Ladies Botique - D304 6:00 Scrabble - C/D 3rd FL 6:30 Bingo - AUD 6:30 FSC: Vienna to Vegas - BUS	Ping Pong All Day - GR 9:00 Cranium Crunches - AUD 10:00 Foshee Jewelers - CR 10:00 Sit & Get Fit - AUD 10:00 Ladies Boutique - D304 12:00 Baseball Spring Training - BUS 1:00 Bean Bag Baseball - AUD 2:00 Putting Tournament - 19th Hole 6:30 Mardi Gras Party - AUD	8:00 Wellness C 8:30 Intercessory 9:00 Group Exercise 10:00 Sit & Get Fit 11:00 Billiards - 1:00 Wii Bowling 1:30 Walmart - 3:00 Ladies Bible 6:00 Bridge - A 6:00 Mexican T 6:30 FSC: Ball

Wednesday	Thursday	Friday	Saturday
	Gift Shop Hours <i>M-F 8:30 - 10:00 a.m.</i> <i>2:00 - 3:30 p.m.</i> Matura Salon Open <i>Appointments dial, ext. 115</i> Water Workout, M-F 10:00am <i>All Invited - Pool</i> Coffee Connections - CR <i>Monday - Saturday 6:30 am</i>	Abbreviations Key Auditorium - AUD Art Studio, D-406 - AS Chapel, K-106 - C Community Room - CR Estates Conference Room - ECR Fitness Center - FC Game Room - GR Main Dining Room - MDR Private Dining Room - PDR Wellness Clinic, C-121 - WC Puzzle Table - D406	01 9:00 to 11:00 Flea Market - A421 Furniture Sale - C217 8:45 Restorative Yoga - AUD 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie & Popcorn - AUD "The Blind Side"
e - AUD Prayer - ECR through Grief - ECR cheon - AUD GR S Study - AUD illsmith - BUS - F/G 3rd	05 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 Chapel: Rev. David Brazelton 6:30 RPF: Texas Tenors - Bus	06 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Hand & Foot - C/D 3rd 1:00 Wii Bowling - GR 3:00 Cooking Show - CR 6:00 Lakeside Magic Game - BUS 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	07 8:45 Restorative Yoga - 3rd floor M 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 4:00 to 6:00 Buffet - MDR 6:30 Movie & Popcorn - AUD New Release "Harriet"
y Prayer - ECR ceise - AUD it - AUD GR Yun - Bus g - GR BUS e Study - AUD UD ain - F/G 3rd	12 Audiologist - Appt. Only - WC 7:15 CHERA Advisory - PDR 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL 2:00 CHERA Meeting - AUD 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 Chapel: Kathleen Cooper	13 Happy Valentines Day 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 Furniture Sale - C217 10:00 Tai Chi - AUD 11:30 to 1:00 Kissing Booth - lobby 12:00 to 2:00 Valentines Dining - MDR 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 3:30 to 4:40 Kissing Booth - lobby 4:00 to 6:00 Valentines Dining - MDR 6:00 Pinochle/6:30 Manipulation Cards - AUD 7:00 ISO: Salut d' Amor - BUS	14 8:45 Restorative Yoga - AUD 9:00 to 11:00 Flea Market - A421 Furniture Sale - C217 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 3:00 Beyond the Tassel: The World was Never the Same - AUD 4:00 to 6:00 Buffet - MDR 6:30 Movie & Popcorn - AUD New Release "Beautiful Day in the Neighborhood"
Prayer - ECR se - AUD ncheon - AUD k king House - BUS - GR US Study - AUD o n - F/G 3rd Boys - BUS	19 9:00 Religious Resources - Chapel 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL 2:00 Birthday Dinner - AUD 2:00 Ping Pong - GR 2:00 Banks - BUS 6:15 FSC: Lecture - BUS 6:30 Chapel: Pastor Jeff Davis	20 9:00 Group Exercise - AUD 10:00 Post Office - BUS 10:00 Tai Chi - AUD 11:00 Bonny Park - BUS 11:00 Billiards - GR 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	21 8:45 Restorative Yoga - 3rd floor M 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 4:00 to 6:00 Buffet - MDR 6:30 Movie & Popcorn - AUD "The Butler"
Chat - CR y Prayer - ECR ceise - AUD Fit - AUD GR ng - GR BUS le Study - AUD UD rain - F/G 3rd et - BUS	26 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Sit & Get Fit - AUD 11:00 Body Balance - AUD 12:00 Wii Golf - GR 1:00 Scrabble - C/D 3rd FL 2:00 Ping Pong - GR 2:00 Banks - BUS 6:30 Chapel: Pastor Tim Blackburn 6:30 RPF: Celtic Woman - BUS	27 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 Furniture Sale - C217 10:00 Northside Library - BUS 10:00 Tai Chi - AUD 11:00 Billiards - GR 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 5:00 Pasta Dinner Out - BUS 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	28 Polk County Chess Tournament - All Day 8:45 Restorative Yoga - 3rd floor M 9:00 to 11:00 Flea Market - A421 Furniture Sale - C217 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 2:00 Billiards - GR 4:00 to 6:00 Buffet - MDR 6:30 Movie & Popcorn - AUD "Saving Mr. Banks"
			29

EVENTS

Entertainment

Outing

Meal Outing

Sports

02 | 54th Super Bowl Party 5:00 p.m. - AUD



Sign up for a fun Pizza Party while watching this exciting NFL game on the Big Screen. Regardless of which teams compete, join us for our own fun game competitions and half-time raffle.

05 | ROMEO: Grillsmith 4:00 p.m. - BUS



Men you are invited for a night out to enjoy a great meal and time together. Since 2004, they feature an extensive grill menu and special vintage fare!

04 | Misty Posey Vocal Concert 6:30 p.m. - AUD

This talented singer has performed Disney theme songs through classical Opera. Join us as she performs a special selection from her newly released CD.

07 | Lakeland Magic Game 6:00 p.m. - BUS



SEU is sponsoring their annual Faith and Family night. Join us for the action at the RP Funding Center at the group rate. Sign up in Fitness Center or C-118.

07 | Cooking Show 3:00 p.m. - CR



Cauliflower is a safe food of choice when it comes to just about any diet. Find out how this lesser known cousin of broccoli is rich in nutrient and antioxidants.

11 | Dinner/Movie Night Out 4:00 p.m. - BUS



Plan a customized night out at Lakeland Square Mall. The Lifestyles Department will customize your choice of restaurant and Cinemark movie to attend. Reservations close Friday, February 7th at 4:00 p.m.

14 | Valentines Day Dining 12:00-2:00pm & 4:00-6:00 p.m.

Dining services will have a delectable display of desserts at both seatings. Enjoy strolling accordionist, Barbara St. Denis playing your favorite songs while you dine.

14 | Kissing Booth Fundraiser 11:30-1:00 & 3:30-4:30 - Lobby

Donate any amount to the CHERA Scholarship Fund and choose from your favorite Hershey's Kisses flavors. Special appearance and kisses also provided by select canines.

19 | JULIET: Peking House 11:30 a.m. - BUS



Ladies, you are invited to join us for a delicious Chinese lunch. This Lakeland favorite has been serving authentic Asian dishes for over 30 years with a multitude of menu choices and dining room seating.

21 | Lake Bonny Park 11:00 a.m. - BUS



Join us as we visit this little known gem near downtown Lakeland. Walk some excellent paved trails, breath the fresh air and enjoy a delicious picnic lunch from our Dining team.

25 | Baseball Spring Training 12:00pm - BUS



Nothing says spring is near like the cracking of a bat. Join us as the New York Mets take on the Detroit Tigers at Joker Merchant Stadium. Join with the many sports fans for a fun day together. Special group pricing and transportation provided. Sign up in the Fitness Center with Marco.

25 | Mardi Gras Party 6:30 p.m. - AUD

Where your most outrageous colors and join in the fun at our annual party. Enjoy a New Orleans Jazz Club atmosphere with exciting music by Chuck Weirich on trumpet. Get your fill of delectable desserts in celebration of Fat Tuesday.

FYI | Puzzle Table D-406

As a temporary location for the much requested puzzle table, we will be utilizing one side of the Art Studio in D-406. Puzzles are located in the cupboard at the C/D 3rd elevator.

FYI | Polk Senior Games February 29th - March 16th

Compete in many activities such as billiards, chess, golf, scrabble, walking, swimming and more. Pick up details and a registration form from Marco in the Fitness Center. Some transportation provided.

FYI | Future Movie Show Times

Saturday movies will now begin at 6:30 p.m. in the Auditorium, to accommodate multiple requests. We appreciate your movie suggestions and thank those who have lent us movies to show. See Resident Lifestyles in C-118 with any new ideas.

Health Center

The Health Center's Valentines Day Balloon Sale

The Health Center's Recreation Department is selling Valentine bouquets! Each bouquet includes a mylar balloon, a personalized gift tag and a treat box with your choice of Hershey's Kisses, sugar free chocolates, or a stuffed animal, all for \$5.00. If you would like to place an order, please complete the order form located at the Front Desk or at one of the Health Center's Nurse's stations and return it by February 11th to the Front Desk or to Jamie Backensto in the Villa. If you have any questions, please call Jamie Backensto in the Recreation Department at 863-858-3847 Ext. 128 - *Jamie Backensto, Director of Recreation*

Events for February

- 02/03 Visits from the Estates Friendly Four Paws
- 02/07 Villa Round Table 11:30 a.m. PDR
- 02/10 Visits from the Estates Friendly Four Paws
- 02/13 Resident Council for Manor 10:30 a.m. MR
- 02/14 Valentines Day Party!
- 02/17 Visits from the Estates Friendly Four Paws
- 02/18 Wood Brook Singers 10:00 a.m.
Dining Room/Fabulous 50's Theme
- 02/25 Home Instead Game Day 2:30 p.m. VDR
- 02/25 Fat Tuesday/Mardi Gras Celebration!
- 02/25 SPCA Visits 11:00 a.m.

Health Center February Recreation Schedule

Sunday Services

- 02/02 Rev. William Allen
- 02/09 Chaplain Randy Horn
- 02/16 Kathleen Cooper
- 02/23 Keli Horn

Musical Entertainment 10:00 a.m.

- 02/07 Ms. Deborah Mims
- 02/14 Mr. Elder Bostic
- 02/21 Doug Mewhorter
- 02/28 Ms. Cynthia Cox

Glaucoma

Glaucoma is a disease that damages the optic nerve, causing the drainage canals in the eye to become blocked, leading to a building of fluid and pressure within the eye. This pressure can lead to vision loss. Glaucoma can begin to develop without any noticeable symptoms; therefore, the best way to protect your sight is to schedule regular comprehensive, dilated eye examinations. Although glaucoma can develop in anyone at any age, certain factors can increase the risk of developing the disease. Those at higher risk include: a family history of glaucoma, being over the age of 60, an increase in eye pressure, and certain medical conditions such as high blood pressure, diabetes, and heart disease. Blindness and other visual deficiencies from glaucoma can be prevented with early detection and treatment. For individuals over 60, an eye exam is recommended annually.

- *Rana Khan, Director of Nursing, Health Center*
<https://www.salusuhealth.com>

Happy Birthday



ESTATES

Wyanda Mitchell.02
John Hoadley.03
Terrell Pendarvis.04
Jan Pesta.04
Mary Douce.06
Gail Hadley.06
Robert Jorgensen.07
David Bowen.09
Jeanie Brazelton.09
George Hanson.09
Arleen Oakland.11
Lynn Harrison.12
Judy Rund.12
Shirley Amack.13
Frank Elmore.15
Bill Gabler.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
Annabelle Weekley.21
Tom Austin.28

HEALTH CENTER

Elizabeth Stowe.02
Bea Cirri.05
Mauldie Selge.05
Nancy Matter17
Helen Irelan.23

Those born in February are invited to celebrate their Birthday with a five course meal in the Auditorium on February 20th at 2:00 p.m. Find your invitation in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



UPCOMING EVENTS:



Contemporary Classical Concert March 3rd 6:30 p.m. - Auditorium

This duo features award winning guitarist, Hugo Nogueira from Brazil, and renowned pianist, Dr. Ekaterina Bessmeltseva, who has performed at Carnegie Hall. They will debut with a unique combined performance.



Thursday, March 5th 9:30 a.m. - BUS

Share a delightful day together while enjoying fresh strawberry shortcake, live music, delicious food, creative crafts and discounted pricing for this highly anticipated annual event in Plant City.



TECO Manatee Viewing

March 10 8:30 a.m. - BUS

Enjoy spectacular viewings, an educational center, lunch at Apollo Beach Bistro and delicious strawberry shortcake.



Irish Bash, March 17th 2:00 p.m. - CR

Enjoy a root beer float and see if you have the "Luck of the Irish" to win at some games.

Taste and Tour of Ireland - MDR

Special Irish menu at both seatings.

Success - God's Way

Success is tackling and accomplishing the work that God gives us day by day. Most view success as having wealth, position, power or respect. There is certainly no problem with anyone striving to reach goals that would enrich their lives, but God views success as finishing the work He has assigned to us. Colossians 4:17 says: "Take heed to the ministry which you have received in the Lord, that you may fulfill it." We are to persevere in obedience until we see the fruit of our labor. I am reminded of Noah when he was commanded to build the Ark on dry ground. He faced insurmountable odds, but he was determined to obey the voice of God. He accomplished the task set before him. God will probably not require us to build an Ark, but He will require us to be the light of the world. Don't worry about failure, just be faithful in your Christian walk and you will experience success in the eyes of God.

- Chaplain Randy Horn

New Year's Eve Party Highlights

Photography by Marge Kozak



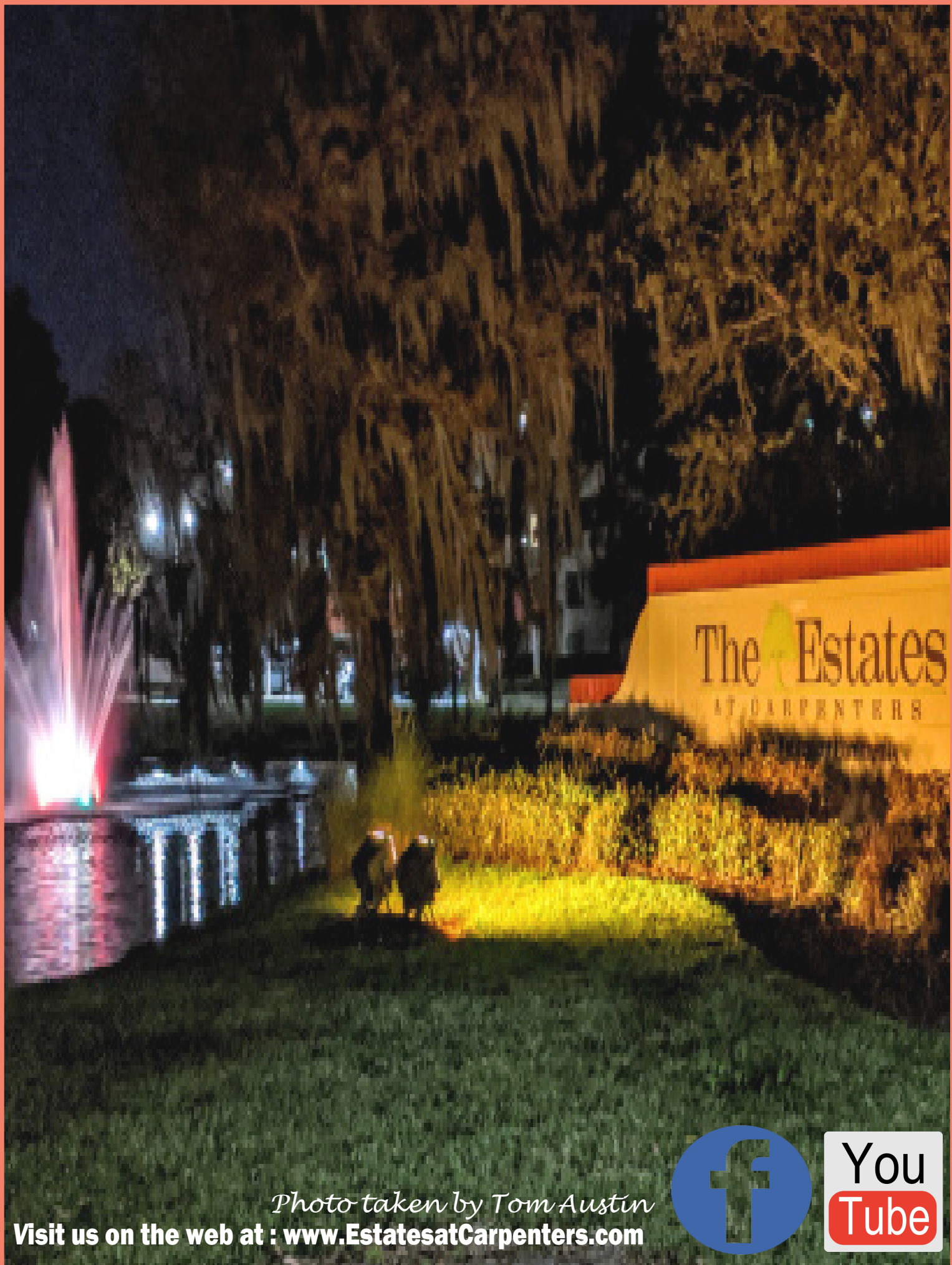


Photo taken by Tom Austin
Visit us on the web at : www.EstatesatCarpenters.com

