

Shavings

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

An Irish Prayer
May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each trial.
For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.

From The Executive Director



Spring is in the air and that means the beginning of Spring Training. Major League Baseball teams from across the nation are training for the upcoming season and evaluating the talent of the players with the hope of assembling a roster capable of success. For baseball fans it is the time of year with endless possibilities. Can my team win it all? Is this our year?

If professional baseball can teach us anything it is that there is no shortcut to immediate success. It takes hard work, commitment, talent, and teamwork. The teams that work the hardest, have a commitment to being the best, have the talent to achieve their objectives, and who work together and support each other are the teams that win championships.

We have spent the last several years assembling our team at The Estates and what a team it is! We work hard, we are committed to achieving success, we are talented professionals who are always striving to get better, and we function as a team. Our “All Star” team is comprised of seasoned professionals who know what it takes to be successful.

In an era in sports where the elite players are commanding annual salaries of \$30 million and it seems to be more of a business than a children’s game played by grown men and women, we can take comfort in knowing that there are still committed professionals that do what they love not for the accolades and awards, but because they are provided with a daily opportunity to make a difference in the lives of others. Professional athletes are idolized by many, but the real heroes are the moms and dads who work hard to support their families and who choose to do so in service to others. These individuals are ones who make The Estates a home.

Well, this is our year at The Estates. We have the talent on our roster and we are training for success. Can we win it all ... you bet ... but only if we work hard, are committed to each other, and work together to achieve our objective. Play ball!!!

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Tony and Carolyn Douches, C-416, Phone: (863) 533-6264

Tony is originally from New Jersey and Carolyn is from Indiana. They have been married for 53 years. Carolyn was a child health and delivery nurse for 40 years and Tony was a pastor for the Lutheran church for 40 years. Together they enjoy reading and traveling. Their favorite place traveled so far is Alaska.



Shirley Spirnock, G-404, Phone: (813) 597-4142

Shirley is originally from Plant City. She worked in real estate and was also a utility contractor. Shirley’s father owned Palms of Plant City where many of the Polk and Hillsborough county palm trees are from. Shirley inherited the business from her father. Shirley enjoys music, fellowship and traveling. Her favorite place traveled so far is the Rocky Mountains.



James and Gayle Moore, G-309, Phone: (863) 859-3667

James is originally from Missouri and Gayle is from California. They have been married for 53 years. Gayle was a middle school teacher for 23 years and James worked with life insurance for 27 years. Together they enjoy reading, walking and traveling. Their favorite places traveled so far is Australia, Germany and Greece.



David and Jeanie Brazelton, G-209, Phone: (863) 602-5562

David is originally from Wyoming and Jeanie is from Indiana. They have been married for 54 years. David was in ministry for 45 years as an elder and pastor. Jeanie was an elementary teacher for 20 years. Together they enjoy reading, plays and traveling. Their favorite place traveled so far is Alaska.



Cost Saving Health Tips

As a member of many supplemental and health care plans, you may be missing out on a benefit that could save you money. It is called the Over-the-Counter (OTC) Benefit. Many plans provide this, but fail to communicate the benefit when you sign up for their plan. As the name implies, OTC benefit coverage helps cover the cost of common items like bandages, incontinence products, cold and allergy medicines, pain relievers and vitamins. Many insurance plans offer a monthly or quarterly amount that is designated to pay for these OTC items. Often times this benefit is as much as \$40/month or \$100/quarterly! These are benefits that if not utilized are lost and will not be refunded to you, so it is in your best interest to utilize this if it is available. To find out if you have this benefit coverage simply call your insurance company and ask if it includes an Over-the-Counter Benefit. They will be able to provide information on what items are covered and how much benefit you have.

- Kelley Benfield, RN, DON Wellness Clinic



Resident Spotlight Joan Quinn

Joan began her connection at The Estates in 2011 when she moved into our community for support and friendships, after being happily married for 45 years. As an avid traveler, Joan has decorated her apartment with beautiful collections from her favorite places of travel throughout Europe, Asia and Hawaii. Born in Jersey City, Joan grew up with one sister who she visits in Connecticut twice a year. She is a doting aunt who cheers her nieces on at their lacrosse games creating wonderful memories with her family, and experiences travel adventures as often as she can. Joan loves to talk about her dream job working for the United States Military Academy, West Point. After graduating, she began her first of many positions working in the department of chemistry. She recalls one of her most memorable moments at West Point, when she had the opportunity in 1976 to welcome and assist the very first group of women into the Academy. She spent her final two years surrounded by the diverse culture and people who would come through the West Point Museum, and loved every moment. After 28 years, she retired from West Point, moved to Lakeland, and worked for Ernie White Construction helping with permits and showing model homes for four years. Joan's energetic and positive personality, are radiated in her love for life and others, and she is thankful for her friends and all of the people she continues to meet. She enjoys cooking in her beautiful kitchen, shares her gift of hospitality with many, is an avid flower gardener and enjoys attending the many musical theater productions in our area. Joan is active at The Estates and has been on the CHERA board for four years supporting four Presidents. Currently she works in the archives department, is a hall monitor, and because of her obvious love for animals, her neighbors will tell you that she is also the best pet sitter.

- Resident Lifestyles Department



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$371,012.73 As of January 31, 2019, \$57,664.54 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 January 2019: Ms. Kathleen Astroth CHERA, Ms. Jackie Fairchild, Mr. & Mrs. Dustin Piskura, Mr. & Mrs. Brian Robare, Mr. & Mrs. John Thompson, Mr. & Mrs. Matthew Thompson.

Catching Those Z's

March is National Sleep Awareness Month because sleep is imperative to overall wellness. There are a few factors that may be hindering you from getting enough sleep. Common symptoms of sleep disorders are having trouble falling asleep, waking up early in the morning, inability to tell night from day, and frequently waking up at night. Some of these symptoms may be side effects from prescriptions and some may be biological changes, like the theory that seniors produce and release less melatonin, which is known to help people sleep. Luckily, there are some suggestions to help you catch a few more Z's.

- **Add exercise into your lifestyle. It promotes the generation and release of melatonin in the body.**
- **Eliminate caffeine and do not eat a large meal right before bed.**
- **Set a regular bedtime and time to wake up in the morning.**
- **Refrain from electronic devices one to two hours before bed; the blue light in LED screens from phones, computers, and TVs has been shown to inhibit your body from producing melatonin.**

Whatever your sleep schedule or lifestyle may be, make March the time to make the conscious effort to take back bedtime to catch those ever-so-wonderful Z's.

-Marco Silveira, Wellness Coordinator

<https://www.everydayhealth.com/senior-health/how-much-sleep-do-seniors-need.aspx>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March</div>			<div> Abbreviations Key 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 </div>	<div> Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. 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 7:00 am</i> </div>	<div> 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 10:00 Tai Chi - AUD 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 3:00 Speaker: Bill Tinsley - AUD "Bonnet Springs Park" 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD </div>	<div> 9:00 to 5:00 The Polk Senior Games: Chess - AUD 9:00 to 11:00 Flea Market - A421 12:00 Wii Sports -GR 12:00 to 2:00 Buffet - MDR 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD New Release "First Man" </div>
<div> 8:30 Estates Cruise leaves 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Marilyn Cummings Presbyterian 11:15 to 2:30 Buffet-MDR 1:00 Annie Get your Gun - BUS 1:30 Hand & Foot - C/D 3rd FL 2:00 Mah Jongg - A/B 3rd FL 3:00 Matinee Movie - AUD "My Fair Lady" </div>	<div> 9:00 Group Exercise - AUD 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 </div>	<div> 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:30 Catholic Service - Villa 11:00 The Word & Music - AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 Ireland's Wild Coast - AUD 6:30 Mardi Gras Party Dixieland Band - AUD 6:45 Florida Orchestra - BUS </div>	<div> 8:30 Intercessory Prayer- ECR 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 Beef O'Brady's - BUS 6:00 Bridge - MDR 6:00 Mexican Train - F/G 3rd </div>	<div> 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 9:00 Strawberry Festival and Shortcake at Parkesdale - BUS 10:00 Sit & 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 </div>	<div> 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 3:00 Cooking Show - CR 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD </div>	<div> 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Mysteries at The Museum - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "The Queen" </div>
<div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. James Cummings Presbyterian 11:15 to 2:30 Buffet-MDR 1:30 Hand & Foot - C/D 3rd FL 1:00 Lakeland Concert Band - BUS 2:00 Mah Jongg - A/B 3rd FL </div>	<div> 9:00 Drum Fit - AUD 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 Group Bible Study - AUD 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD </div>	<div> 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:00 Foshee Jewelers - CR 10:00 Bealls 15% off - BUS 11:00 The Word & Music - AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 6:15 Italian Symphony - BUS 6:30 Art Lecture with Cynthia Peer - AUD </div>	<div> 8:30 Intercessory Prayer - ECR 9:00 Group Exercise - AUD 10:00 Card Making Class -AS 10:00 Sit & Get Fit - AUD 11:00 Ping Pong - GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd </div>	<div> 7:15 CHERA Advisory - PDR 9:00 Gentle Yoga - AUD 9:00 Audiologist - Wellness Clinic 9:30 Publix Shopping - BUS 10:00 Sit & 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 </div>	<div> 9:00 Group Exercise - AUD 10:00 to 12:00 Flea Market - A421 10:00 Lakeland Square Mall - BUS 10:00 Post Office - BUS 10:00 Tai Chi - AUD 11:00 Indoor Volleyball - AUD 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 3:00 Irish Bash - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD 6:45 Evening at the Symphony - BUS </div>	<div> 9:00 to 11:00 Flea Market - A421 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Mysteries at The Museum - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Far and Away" </div>
<div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Dr. Joseph 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 3:00 Matinee Movie "Rudy" - AUD 4:15 RPF:Sound of Music - BUS 5:00 Ernie Haase / Crossfire - BUS </div>	<div> 9:00 Group Exercise - AUD 10:30 Walmart - BUS 10:30 CHERA Chorus - AUD 11:30 Joker Marchant - BUS 12:30 Local Shopping - BUS 1:00 Wii Bowling - GR 1:30 Mah Jongg - A/B 3rd FL 2:00 Group Bible Study -AUD 2:00 Nine Hole Wedgewood Golf 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD </div>	<div> 9:00 Cranium Crunches - AUD 9:00 Podiatrist - Wellness Clinic 10:00 Sit & Get Fit - AUD 10:30 Catholic Mass - PDR 11:00 The Word & Music - AUD 12:00 to 2:00 Taste & Tour - MDR 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 Christopher Columbus - AUD 4:00 to 6:00 Taste & Tour - MDR 7:00 CHERA Quarterly Meeting - MDR </div>	<div> 8:30 Intercessory Prayer - ECR 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 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd </div>	<div> 9:00 Gentle Yoga - AUD 9:00 Religious Resource - ECR 9:30 Publix Shopping - BUS 10:00 Sit & 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 6:15 FSC: Florida Lecture - BUS 6:30 Chapel - AUD </div>	<div> 9:00 Group Exercise - AUD 10:00 Northside Library - BUS 10:00 Tai Chi - AUD 10:00 JULIET Brandon Mall - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD </div>	<div> 9:00 to 4:00 Ohio Ministers Gathering - AUD 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD "Greatest Game Ever Played" </div>
<div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. William Fraker United Methodist 11:15 to 2:30 Buffet-MDR 1:30 FSC:Then and Now - BUS </div>	<div> 9:00 Drum Fit - AUD 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 5:00 to 6:30 Ladies Boutique - D304 6:00 Scrabble - F/G 3rd FL 6:30 Bingo - AUD </div>	<div> 9:00 Cranium Crunches - AUD 10:00 Sit & Get Fit - AUD 10:00 to 12:00 Ladies Boutique - D304 10:00 Foshee Jewelers - CR 11:00 The Word & Music - AUD 1:00 Bean Bag Baseball - AUD 2:00 Estates Golf - 19th Hole 3:00 Health Talk - AUD 3:00 Rainforest Cafe - BUS </div>	<div> 8:00 BP Check - AUD 8:30 Intercessory Prayer - ECR 9:00 Zumba Gold - AUD 10:00 Sit & Get Fit - AUD 11:00 Ping Pong - GR 1:00 Wii Bowling - GR 1:30 Walmart - BUS 3:00 Ladies Bible Study - AUD 6:00 Bridge - AUD 6:00 Mexican Train - F/G 3rd </div>	<div> 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 - F/G 3rd 2:00 Banks - BUS 2:00 Book Club - CR 3:00 FLiCRA Guest Speaker: Tony Delgado - AUD 6:30 Chapel - AUD 6:45 Jazz Extraordinaire - BUS </div>	<div> 8:30 Busch Gardens - BUS 10:00 to 12:00 Flea Market - A421 10:00 Lakeside Village - BUS 1:00 Wii Bowling - GR 1:00 Hand & Foot - C/D 3rd 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD </div>	<div> 9:00 to 11:00 Flea Market - A421 12:00 Wii Sports - GR 12:00 to 2:00 Buffet - MDR 3:00 Beyond the Tassel: Mysteries at The Museum - AUD 4:00 to 6:00 Buffet - MDR 6:00 Movie & Popcorn - AUD New Release: "The Way We Were" </div>
<div> 9:00 Sunday School - CR 10:15 CHERA Worship - AUD Rev. Greg Robinson Assemblies of God 11:15 to 2:30 Buffet-MDR 1:00 Lakeland Concert Band - BUS </div>						

EVENTS

Entertainment

New Class

Outing

Sports

01 | Building Bonnet Springs Park 3:00 p.m. - AUD

Guest Speaker: Bill Tinsley, Lakeland's retired Park and Recreation Director is part of the planning for this exciting project to open in 2020. See and hear all of the exciting amenities planned and how you can stay up to date or get involved.

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

Enjoy a live Dixieland Band, trivia contest and a special 'Fat Tuesday' sweet treat.

05 | Florida Phillharmonic Orchestra 6:45 p.m. - BUS

This is a free concert held at College Heights Methodist Church and includes Beethoven's 'Egmont Overture and movements from Saint-Saen Symphony #1.

06 | ROMEO Dinner 4:00 p.m. - BUS

Men enjoy the 'Luck of the Irish' with a delicious choice of traditional Ireland favorites at Beef O' Brady's. Sign up is required.

07 | Strawberry Festival 9:00 a.m. - BUS

The Strawberry Festival comes around once a year. You don't want to miss it! Join us as we enjoy craft shows, a concert by Kingston Trio Band, and a trip to Parkesdale for their world famous shortcake! Sign up with Resident Lifestyle's or on the Hub.

FYI | Lakeland Concert Band 1:00 p.m. - BUS

There are two free concerts this month, sign up for both. Sunday March 10th and Sunday March 31st.

12 | Cynthia Peer - Art Lecture 6:30 p.m. - AUD

Art Historian and Lecturer will share the exciting collection and stories about the great Spanish Painter 'Diego Velasquez'. Early bird bonus Visual Art Show at 6:15pm.

13 | Card Making Class 10:00 a.m. - AS

Join Cecile as she teaches you to make beautiful cards. All supplies provided at no cost. Sign up is required as space is limited.

15 | Irish Bash 3:00 p.m. - AUD

Join in the fun with an Irish themed Jeopardy Game while enjoying rootbeer floats. Will you be on the winning team?

18 | Spring Baseball 11:30 a.m. - BUS

Watch the Detroit Tigers take on the Baltimore Orioles at Joker Marchant's newly remodeled stadium. Seats are \$31.00 and are in the shade. See Marco to sign up and for ticket information.

19 | Taste & Tour of North/Western Europe 12:00 to 2:00 and 4:00 to 6:00 p.m. - MDR

Enjoy special dinner features from Ireland, UK, Spain, Belgium and Portugal, served at 12-2pm and 4-6pm in the main dining room. Call extension 113 if you have memorabilia to display.

21 | Florida Lecture - FREE 6:15 p.m. - BUS

Florida Soul: Recalling the roots of soul music from Ray Charles to K.C. and the Sunshine Band.

22 | Juliet: Westfield Brandon Mall and Lunch 10:00 a.m. - BUS

Shop at over 100 stores including Lifeway Christian Bookstore, Peltz Shoes and a variety of great restaurants. Bus will reload at 2:45pm. Sign up with Resident Lifestyles or on The Hub.

26 | Rainforest Cafe 3:00 p.m. - AUD

Join us for an all-inclusive dining experience in Disney Springs. Your adventure includes the interactive jungle animal shows, choice of entree, appetizer, salad, unlimited beverages, their famous volcano cake and transportation.

29 | Bush Gardens 8:30 a.m. - BUS

Join us for our final trip to Busch Gardens. Enjoy animal encounters, ice show, music shows, delicious lunch and train ride viewing African animals.

Fun with Recreation

There are many different definitions of recreation but Wikipedia describes recreation as "An activity of leisure, leisure being discretionary time." The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun". As we age, our definition of recreation may change but we still have a need for recreation and doing what we love to do now or used to love to do then. There are many different ideas of recreation that we can do as we age. Here are a few independent recreational activities.

Reading, watching television or movies, spending time socializing with friends and family, going outside for a walk, sewing/crocheting, and listening to music. A few group recreational activities can include, exercising with others, going to entertainment or music services, going to church, playing games (especially bingo), and spending time with friends or family. When coming to visit our wonderful residents at the Manor and Villa, remember they still enjoy some recreation even if it is just your visit and remember no matter our age we can all participate in something.

- Jamie Backensto, Director of Recreation

Villa & Manor March Recreation Schedule

Outings for March

03/07 - Walmart - 2:30 p.m.

03/14 - Lunch at Cracker Barrel - 11:30 a.m.

03/21 - Museum - 2:30 p.m.

03/28 - Movies - Time to be announced

Musical Entertainment

03/08 Dave and Penny shares 10:00 a.m.

03/15 Doug Mewhorter shares 10:00 a.m.

03/22 Dave Deluca shares 10:00 a.m.

03/29 Dave Smith shares 10:00 a.m.

Events for March

03/01 Karaoke fun at 10:30 a.m.

03/05 Mardi Gras Celebration

03/07 Resident Council for the Manor 10:30 a.m.

03/08 Villa Round Table at 11:30 a.m. PDR

03/10 Daylight Savings Time Begins

03/11 Good Shepard Chaplain - Manor at 10:30 a.m.

03/17 St. Patrick's Day celebration 2:30 p.m. and 3:30 p.m.

03/19 Grand Cards by Comfort Keepers at 10:00 a.m.

03/20 Happy Spring

03/26 Arts and Crafts with Mr. & Mrs. Smith - Villa 9:45 a.m.

Sunday Services

03/03 Rev. Glenn Copple

03/10 Rev Bill Allen

03/17 John Nasser

03/24 Chaplain Randy Horn

03/31 Rev Bill Fraker

Coping with Cancer Diagnosis

Cancer is the second most common cause of death after heart disease. Imagine how one would react in that paralyzing moment when receiving the diagnosis. Coping with cancer is a process that goes on over a period of months or even years. Denial is a positive coping strategy as it allows the patient to gently face the reality of their situation. Preserving hope and expressing emotions with the right people will also benefit as it gives them an outlet to share feelings and receive others support. Reaching out to support groups will provide encouragement and discussions of medical information and coping mechanisms. Prayer can also have healing effects due to patients gaining a greater sense of peace and the ability to connect to the core of their faith. By maintaining positive coping mechanisms and communication with support groups, those with cancer will be better equipped to manage this journey.

- Rana Khan, Director of Nursing, Health Center

<https://health.usnews.com>



ESTATES

HEALTH CENTER

Robert Masden.	01	Shirley Armisto	05
Suzanne Tschudy	01	Rita Payne	11
Betty Vocelle.	02	John Zellhofer	19
Betty Ball	04	James Clay	20
Jane Kramer.	04	Shirley MacCanon	21
Rose Schmidt.	06	Deborah Carr	23
Annabelle Fisackerley . .	07	Joe Ann Dickson	30
Theresa Hollywood. . . .	07		
Robert Smith	09		
Frances Martin	10		
Virginia Collier.	11		
Patti Davis	11		
Rosalin Coleman	12		
Edna Thompson.	12		
Marry Ann Vespa. . . .	13		
Ginger Glass.	15		
Ann Pryor.	15		
Gary Tidwell.	15		
Rita Guido	16		
Mildred Palermo.	17		
Tacy Sarbaugh.	18		
Ann Morse.	19		
Ann Selph.	20		
Peggy Lewis	20		
Janice Plevy.	21		
Dorothy Holmstrom . .	24		
Bertilou Hatton	26		
Kay Kennedy.	30		



Those born in March will celebrate their birthdays and enjoy a five course meal in the Auditorium on March 21st at 2:00 p.m. An invitation will be in your in-house mailbox. RSVP to Sonya Zubiller in room C-118.

Upcoming Events

Community Connection

April 2nd - AUD
Get the newest updates on future events, and be part of a brainstorming session sharing your suggestions of engaging speakers, musicians, outings and events you would like to have. Enjoy coffee and donuts.



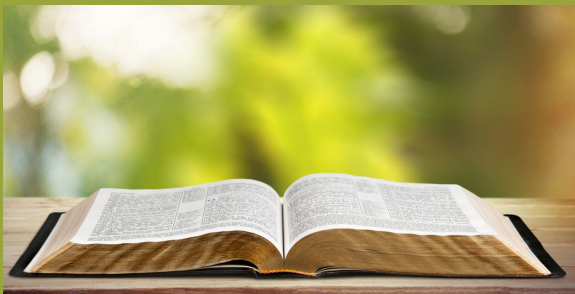
Comedy Show
April 2nd - AUD
Your favorite funny duo is back with ‘Bits and Pieces’ in a Vaudeville style show! Tom and Mark have some new material and old favorites you have requested.



John and Kate Music
April 9th - AUD



Golf Tournament
Tuesday, April 23rd
This annual all day event is open to all residents. Sign up with Marco to participate.



CHAPLAIN’S CORNER

According to WebMD, water keeps us slimmer, boosts energy, prevents dehydration, builds muscle tone, reduces the risk for kidney stones and prevents cramps. As water truly satisfies physically, belief in Jesus satisfies forever. In John 7:37, Jesus announced “If anyone thirsts, let him come to me and drink.” I am reminded of the rivers we have enjoyed during our visits to North Carolina. The sight and sound of a flowing river is beautiful beyond words. What we have received from God should flow out of us like living water rather than staying still and becoming stagnant. In John 7:38, Jesus said “He who believes in me, out of his belly shall flow rivers of living water.” Drink from His well of living water and be refreshed.

- Chaplain Randy Horn

Thursday Night Chapel Schedule

- March 7th - Pastor Craig Butler - Associate Pastor at Victory Church
- March 14th - Rev. Royce Shelton - Great communicator, many years Pastoring
- March 21th - Dr. Edgar Lee - Surviving Cancer With Christ
- March 28th - Esther Haas - Visitation Pastor at Victory Church



"The Big One" Auditorium

Tuesday April 9th - 3:00 to 5:00 p.m.
Wednesday April 10th - 8:30 to 1:30 p.m.
Mark your calendars now for CHERA's annual two day Flea Market which includes all items that have been donated. Bargain prices on furniture, household items, jewelry and more. Call Tacy Sarbaugh to be a volunteer in this fun community event.



Volunteer Lunch April 12th - MDR
12:00 p.m. to 2:00 p.m.

Resident volunteers, please sign up on The Hub or in the Lifestyles Department, C118 to reserve your seat at our “Every Moment Makes a Difference” Luncheon. This is our way to say thank you for your selfless and giving contributions to our community. Regular meal service will be from 3:00 p.m. to 6:00 p.m.

K9s for Cops is proud to announce at the end of January we purchased our fifteenth, sixteenth, seventeenth and eighteenth dogs for the Polk County Sheriff's Office. We have been so blessed over the last seven years to receive the support from the Polk County community that has allowed us to provide for the Sheriff's Office in such an abundant way. Each time I see Sheriff Judd he is so thankful for all that K9s for Cops does. Each time one of the deputies receives a new dog from us and I am able to meet them, they just cannot say enough about how thankful they are for their new partner. So I am extending their thanks to you in a very BIG way! Thank you for coming out to support our Spirit Nights and our Evening with the Stars event and for any donations that you make throughout the year. You make a difference in the Polk County community EVERY SINGLE DAY!

- Michelle Robare

Save The Date

An
Evening
with the
Stars



September 28, 2019

Like us on Facebook at K9s For Cops Polk County for the latest information
www.k9sforcopspolkcounty.com

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