

Shavings

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

*Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
2 Corinthians 3:17*

From The Executive Director



The quarterly Town Hall meeting is scheduled for Tuesday, May 21st at 10:00 am in the Main Dining Room. I can assure you that you do not want to miss this one! On many occasions I have used the Shavings as my opportunity to speak of the continued need for change at The Estates. Our community has been on a path of change for several years and I know that you agree that the future is exciting. We share your frustration that there are sometimes so many steps that have to be taken before something can be announced and it seems that it takes far too long to get anything done. This can cause frustration and create a belief that the projects will “never get done.” We don’t need to think back very far to remember the “renovation fatigue” that occurred during the Lobby renovation project. But, sometimes it is worth the wait. Well ... there is a lot more in store and we will be announcing the plans at this meeting and then ... we wait again because it will take time to get everything done. There has been a lot of speculation of what is planned. Not surprisingly some misinformation is circulating, but we are less than a month from hearing the plan. Once again, “Thank you” for your willingness to work together for positive change. The strength of our community comes from our collaboration. Last month, I ended my article by writing, “So, what’s next ... stay tuned ... but I am confident that you will be as excited as we are!” We are about to enter an exciting three years!

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Guy and Carla Rindge, M-407, Phone: (321) 663-7922

Guy is originally from Massachusetts and Carla is from Daytona Beach. They have been married for 40 years. They have a son and daughter. Guy is a Vietnam War Veteran and before retiring he worked with fire alarm security. Carla worked for a medical software development company in Clearwater. Together they enjoy reading, walking and making stained glass.



Geoffrey and Ingrid Purvis, G-203, Phone: (863) 370-0001

Ingrid is originally from New York but was raised in Massachusetts where Geoffrey was born and raised. They have been married for 48 years. Before retiring Geoffrey was a piping designer for the Pratt and Whitney Aerospace Company for 30 years and Ingrid did administration for multiple companies. Together they love to travel in their motor home. Their favorite place traveled so far is Alaska and Santa Fe, New Mexico.

Lauretta Newman, H-405, Phone: (863) 859-5096

Lauretta is originally from Connecticut. She was married for 56 years to "the neighborhood boy". Before retiring Lauretta was a Director of Budget for 27 years in Orlando and Lakeland Regional Health. She enjoys reading and listening to music.



Harley and Doris Crosby, H-509, Phone: (813) 833-3487

Harley is originally from Tampa and Doris is from Germany. They have been married for 34 years. They have three children, three grandchildren, and three great-grandchildren. Harley served four years in the Navy and 16 years in the Army. Before retiring he worked with the Department of Detention with the Sheriff's office for 11 years. Doris was an operational personal manager for almost 29 years. Together they enjoy reading, music and traveling. They enjoyed visiting Germany and Puerto Rico.

Lloyd and Judy Godwin, M-103, Phone: (863) 640-2488

Lloyd and Judy are originally from North Carolina. They have been married for 55 years. They have one son and two granddaughters. Lloyd was an Administrator at the Florida Baptist Children's Home for 27 years. Judy was a social worker for 30 years. Together they enjoy cruises, traveling and train trips. Their favorite train trip was across Canada.



Resident Spotlight: Shirley Aust



Shirley moved into The Estates last year on May 26th, the day of her birthday. Shirley was born in Rhode Island and is one of three children. She was the middle child and had a 14 year age gap between her little brother. She was a Lock Wood High School cheerleader and loved to participate in the drama club. There she met her high school sweetheart, Dr. Russel Aust. They were married for almost 65 years. Shirley has one daughter, two grandsons and two great grandchildren. Her two year old granddaughter “Ade” has been a spark of joy in her life. She moved to Florida to be close to her grandchildren and sees Ade at least once a week. Shirley and her husband spent most of their marriage working with youth and non-profit organizations. They worked with youth ranches and children homes. One of Shirley’s sweetest memories with her husband was in her small home town church Six Principle Baptist. The church body consists of eight women, Shirley and her husband. The church had no running water and had to hook up to one of the member’s houses nearby during the services. Their marriage was the first in the church in 25 years. They started a youth group in the church and it quickly exploded with 30 youth members. She has endless memories of all of the games, and outings they had. They started a junior and senior basketball team and a cheerleading team in the church. Shirley along with the eight women in the church would hand make the uniforms to play in. The youth helped keep the church alive and eventually built a new one as they grew. Shirley is a positive and thoughtful individual. She is always making new friends and thinking of others. She enjoys participating in bean bag baseball and recently started a “Game Night” held once a month at the 19th hole. You definitely want to meet our sweet new resident Shirley Aust.

- Sonya Zubiller Resident Lifestyle's Assistant

The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$371,158.43. As of March 31, 2019, \$ 57,694.53 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 March 2019:
Gillum Waddell Plumbing, Oakley Transport, Polk County Sheriff Charities, Mr. & Mrs. Brian Robare, Mr. & Mrs. John Thompson, and Mr. & Mrs. Matthew Thompson.

Save A Life

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

National Stroke Awareness Month is an annual event held within the United States and celebrated in May. The aim of National Stroke Awareness Month is to make Americans aware that they may be able to "Save A Life" of a person experiencing a stroke. Statistics show that 80% of strokes can be prevented and are treatable if people act FAST. We should all learn the acronym FAST which identifies symptoms of a stroke.

- Kelley Benfield, RN, DON Wellness Clinic
<https://www.cdc.gov/stroke/index.htm>

Finding Your Balance

Each year, more than 30% of individuals age 65 or older fall. Falls and fall-related injuries, such as a hip fracture, can have a serious impact on someone's life. Balance exercises, along with certain strength exercises, can help prevent falls by improving your ability to control and maintain your body's position, whether you are moving or stationary. Balancing exercises can be performed almost anywhere. You need limited space and may do so in your own home. Always remember to work within your limitations and only do as much as you safely can. Come to the Fitness Center to have your balance assessed and learn exercises that you can do to focus on those areas needing improvement. Here are three exercises that are aimed at improving balance, lower body strength and core stability:

Tightrope Walk

- Position the heel of one foot just in front of the toes of the other foot. Heel and toes should touch or almost touch.
- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Take a step. Put your heel just in front of the toe of your other foot.
- Repeat for 20 steps.

Ceiling Touches

- Sitting in a chair, move to the very front of the seat.
- With both hands together by your chest, sit up in the chair as if you were reaching for the ceiling with both hands.
- Return to the starting position slowly.
- When your back touches the top of the chair, repeat the movement.
- Repeat 10 to 15 times. (3x)

Back-Side Leg Raise

- Lift one leg back and then out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Lower leg slowly.
- Repeat 10 to 15 times each side. (3x)

- Marco Silveira, Wellness Coordinitor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May		<div>Abbreviations Key</div> <div>AUD - Auditorium</div> <div>AS - Art Studio, D-406</div> <div>C - Chapel, K-106</div> <div>CR - Community Room</div> <div>ECR - Estates Conference Room</div> <div>FC - Fitness Center</div> <div>GR - Game Room</div> <div>MDR - Main Dining Room</div> <div>PDR - Private Dining Room</div> <div>TC - Technology Center, K-207</div>	01 <div>8:30 Intercessory Prayer - ECR</div> <div>8:45 Group Exercise - AUD</div> <div>11:00 Billiards - GR</div> <div>11:00 Marketing Luncheon - AUD</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>4:00 Derby Contest Ends - FC</div> <div>4:00 ROMEO Outback Steakhouse - BUS</div> <div>6:00 Bridge - MDR</div> <div>6:00 Mexican Train - F/G 3rd</div>	02 <div>8:00 to 8:30 National Day of Prayer - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>11:00 Decorate Derby Hats - AS</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Decorate Derby Hats - AS</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	03 <div>10:00 Tai Chi - AUD</div> <div>10:00 Lakeland Square Mall - BUS</div> <div>11:00 Indoor Volleyball - AUD</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>3:00 Derby Details - AUD</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div> <div>7:15 ISO: Italian Symphony - BUS</div>	04 <div>12:00 Wii Sports -GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Kentucky Derby Party - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Race for the Roses Derby Party Finale - AUD</div>
05 <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Harold Mintle</div> <div>Assemblies of God</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div>	06 <div>9:00 Drum Fit - AUD</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study - AUD</div> <div>2:00 Nine Hole Wedgewood Golf</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	07 <div>9:00 Cranium Crunches - D406</div> <div>10:00 Bealls 15% off - BUS</div> <div>10:30 Catholic Service - Villa</div> <div>11:00 The Word & Music - PDR</div> <div>12:30 to 2:30 Nurses Tea - CR</div> <div>2:00 Estates Golf - 19th Hole</div> <div>3:45 Dinner Night: Nobel Crest - BUS</div>	08 <div>8:30 Intercessory Prayer- ECR</div> <div>10:30 Rays Baseball - BUS</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - MDR</div> <div>6:00 Mexican Train - F/G 3rd</div>	09 <div>7:15 CHERA Advisory - PDR</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:00 Audiologist - Wellness Clinic</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Banks - BUS</div> <div>2:00 CHERA Board Meeting - AUD</div> <div>6:30 Chapel - AUD</div>	10 <div>9:00 Mothers Day Photo Display</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>10:00 Lakeland Square Mall - BUS</div> <div>10:00 Post Office - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	11 <div>9:00 to 11:00 Flea Market - A421</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Ancient Roman City - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"Australia"</div>
Happy Mother's Day12 <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Ms. Sue Kain</div> <div>Disciples of Christ</div> <div>11:15 to 2:30 Mothers Day Buffet - MDR</div> <div>Ladies receive a chocolate rose</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>6:00 Victoria Doyle Concert - AUD</div>	13 <div>9:00 Group Exercise - AUD</div> <div>10:30 CHERA Chorus - AUD</div> <div>10:30 Walmart - BUS</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study - AUD</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	14 <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Sit & Get Fit - AUD</div> <div>10:00 Foshee Jewelers - CR</div> <div>11:00 The Word & Music - AUD</div> <div>12:00 to 2:00 Taste & Tour - MDR</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>3:00 Documentary - AUD</div> <div>4:00 to 6:00 Taste & Tour - MDR</div>	15 <div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Group Exercise - AUD</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Billiards - GR</div> <div>11:00 Marketing Luncheon - AUD</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	16 <div>9:00 Gentle Yoga - AUD</div> <div>9:00 Religious Resources - ECR</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Banks - BUS</div> <div>2:00 Birthday Dinner - AUD</div> <div>6:30 Chapel - AUD</div>	17 <div>10:00 Tai Chi - AUD</div> <div>10:00 Lakeland Square Mall - BUS</div> <div>11:00 Indoor Volleyball - AUD</div> <div>11:30 JULIET Terrace Grille - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>3:00 Cooking Show - CR</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	18 <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Ancient Roman City - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"The Thorn Birds Part 1"</div>
19 <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Robert Thorn</div> <div>United Methodist</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>5:00 Game Night - CR</div>	20 <div>9:00 Drum Fit - AUD</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Nine Hole Wedgewood Golf</div> <div>2:00 Group Bible Study - AUD</div> <div>5:00 Ladies Boutique - D304</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	21 <div>9:00 Podiatrist - Wellness Clinic</div> <div>9:00 Cranium Crunches - AS</div> <div>10:00 Town Hall -MDR</div> <div>10:30 Catholic Mass - PDR</div> <div>11:00 The Word & Music - AUD</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>3:00 Health Talk - AUD</div> <div>6:30 Piano Concert: Spess Neblett "Strolling into Summer" - Lobby</div>	22 <div>8:00 BP Check - AUD</div> <div>8:30 Intercessory Prayer - ECR</div> <div>11:00 Billiards - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	23 <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	24 <div>10:00 Lakeland Square Mall - BUS</div> <div>10:00 Memorial Day Service - AUD</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>11:00 to 1:00 Cookout - 19th Hole</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	25 <div>9:00 to 11:00 Flea Market - A421</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>3:00 Beyond the Tassel: Ancient Roman City - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"Memphis Belle"</div>
26 <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Greg Robinson</div> <div>Assemblies of God</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>3:00 Movie & Popcorn - AUD</div> <div>"The Thorn Birds Part 2"</div>	27 <div>Happy Memorial Day</div> <div>10:30 CHERA Chorus - AUD</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Group Bible Study -AUD</div> <div>5:00 to 6:30 Ladies Boutique - D304</div> <div>6:00 Scrabble - F/G 3rd FL</div> <div>6:30 Bingo - AUD</div>	28 <div>9:00 Cranium Crunches - AUD</div> <div>10:00 to 12:00 Ladies Boutique - D304</div> <div>10:00 Foshee Jewelers - CR</div> <div>11:00 The Word & Music - AUD</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>3:00 Documentary - AUD</div> <div>6:30 Drain the Ocean - AUD</div>	29 <div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Zumba Gold - AUD</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	30 <div>9:00 Strength training - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Fitness Video - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - F/G 3rd</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel - AUD</div>	31 <div>9:00 Group Exercise - AUD</div> <div>10:00 Polk Museum of Art - BUS</div> <div>10:00 Lakeside Village - BUS</div> <div>10:00 Northside Library - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>Gift Shop Hours</div> <div>M-F 8:30 - 10:00 a.m.</div> <div>2:00 - 3:30 p.m.</div> <div>Matura Salon Open</div> <div>Appointments dial, ext. 115</div> <div>Water Workout, M-F 10:00am</div> <div>All Invited-Pool</div> <div>Coffee Connections - CR</div> <div>Monday - Saturday 7:00 am</div>

EVENTS

Entertainment

New Class

Outing

Sports

01 | ROMEO Outback Steakhouse 4:00 p.m. - BUS

All men are invited to sign up and connect with your friends over a great steak dinner in this Australian style restaurant.

01 | Derby Cranium Crunch Contest 8:00 a.m. to 4:00 p.m. - FC

Pick up a Trivia Sheet in the Fitness Center – Turn in Friday by 4:00 p.m. The winner will be announced at the Derby Party and presented with a prize! Participants will receive two raffle tickets!

02 | Decorate Derby Hats 11:00 a.m. or 1:00 p.m. - AS

Bring your hat to decorate. Flowers, ribbon and glue guns are provided. Hats are for sale in the Ladies Boutique. Participants will receive two raffle tickets!

03 | Derby Details 3:00 p.m. - AUD

Get a list of the horse contenders in the 145th Kentucky Derby. Learn about Jockey's, Trainers, Pedigree and how to use your raffle tickets on Saturday. Attendees will receive two raffle tickets!

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

Bring all the raffle tickets you have collected. Wear your Derby hat for the raffle and earn extra tickets. Mock-Juleps and light snacks served! Enjoy Kentucky "Bourbon Pecan Pie" available at both MDR seating's. "Race for the Roses" is at 6:00 p.m. Join us in the Auditorium to watch the race together and be awarded some great prizes if your horse wins! You must be present to win.

07 | Nurses Tea 12:30 to 2:30 p.m. - CR

All former nurses are invited to our annual "High Tea" celebration with our current nursing staff. Enjoy sharing stories as you reminisce and inspire this next generation. Please bring a photo to share.

07 | Dinner Out: Nobel Crest 3:30 p.m. - BUS

This popular deep south Italian restaurant in St. Petersburg is known for its original family recipes and southern hospitality. Unique menu items include glazed fried green tomatoes, parmesan truffle fries and crispy brussel sprouts. Sign up is required.

12 | Mothers Day 6:00 p.m - AUD

Evening Concert with Victoria Doyle – everyone is invited. Raffle prizes for all ladies in attendance.

17 | JULIET Lunch: Terrace Grille 11:30 p.m - BUS

Ladies enjoy a delicious dining experience inside Lakeland's fully restored 1920's historical hotel.

FYI | The Thorn Birds Part 1 and 2

Part 1 May 18th 6:00 p.m. - AUD

The first half of this Emmy Award winning series filmed in Australia.

Part 2 May 26th 3:00 p.m. - AUD

Conclusion of the Emmy Award winning series.

24 | Memorial Day Events

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. to 1:00 p.m. – 19th Hole

All residents are invited to our annual community celebration with hot dogs, hamburgers and sides, served by the staff.

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

Groundbreaking technology and breathtaking photography digitally empties major bodies of water to expose many of the Nazi Secrets.

Happy Birthday

ESTATES

Irma Schwam.01
Jeanne Beaver.02
Jean Towner.02
Janet Armstrong.....	.03
Mary Ann Kleintop03
Phil Brown.04
John Burgess04
Kathy Karstedt.04
Sarah Brunson.05
Althea Nye.07
Clinton Bronson.08
Michelle Leonard08
Lillie Browder09
Laverne Paulk.10
Bob Gault.11
Odell Miley.15
Charles Paulk.15
Robert Hoagland.17
Faye Drew.18
Nancy Travis.18
Donald Matter20
Lou McCraney20
Carla Rindge.21
Snow Williams.21
Mary Fenley.22
Rod Merkert.22
Dean Phillips.22
Penny Schaw25
Marlene Yost.25
Shirley Aust26
Pat Edwards.27
Judith Weaver27
Nancy Wilkinson.30
Frances Vaughn.31

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HEALTH CENTER

Lottie Armstrong03
Robert Gust.19
Mary Olson20
Doris Bryant.20

Those born in May will celebrate their birthdays and enjoy a five course meal in the Auditorium on May 16th at 2:00 p.m. An invitation will be in your in-house mailbox. RSVP to Sonya Zubiller in room C-118.



UPCOMING EVENTS:



Breakfast on the Beach and Plantation Tour: Friday, June 7th - BUS 8:30-2:30 p.m.

After a relaxing meal and optional walk in the water, we will drive to the 1925 Gamble Plantation for a docent tour of the fully restored mansion. \$15 includes transportation and tour. Breakfast will be on your own.



Classical Piano/Cello Concert: Tuesday, June 11th - AUD 6:30 p.m.

The dazzling virtuoso pianists Catherine and Tao return with renown cellist Claudio Jaffe to perform a sensational classical concert. Claudio has been hailed by the New York Times as an elegant and accomplished artist of taste, technique and musicianship; and Catherine and Tao are award winning international recording artists. Join us for this exciting event!



Fishing Tournament: Friday, June 14th – Front Pond 9:00 a.m.

Sign up for our exciting competition where anyone can win! Prizes are awarded for the largest, smallest and most caught fish. All poles, tackle and bait are supplied. Free for all participants. Coffee and donuts will be served.

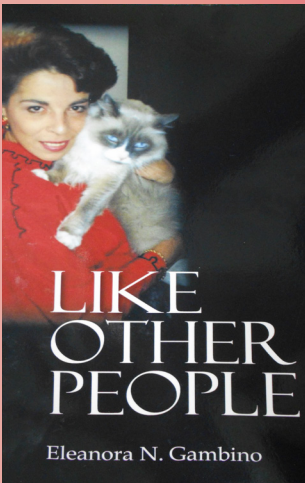


Resident Spotlight: Eleanora Gambino

Ms. Eleanora Gambino, also known as Nora, has been at The Manor for a little over 4 months. Ms. Gambino is such a great addition to the family at Carpenters! She loves people and she has never let her Cerebral Palsy keep her from doing things she loves. While being at our community, she has helped with arts and crafts, visited with other residents to give them encouragement and she is a great painter. Ms. Gambino has a master’s degree in special education from Southern Connecticut State University. While taking a course on cerebral palsy, Nora decided to write a book, “Like Other People”. Come

visit Ms. Nora Gambino in room 145A in the Manor and she will be glad to share what she wrote about and let you know where you can pick up one of her books!

- *Jamie Backensto, Director of Recreation*



Freedom

This month we observe Memorial Day. This day is a very special day because it is set aside to remember the sacrifice of the men and women who have fallen to purchase and provide the freedom we all enjoy in our country today. God has kept his hand on our land. We will always pray for those who are still fighting for our security and our peace. John 15:13 says “Greater love hath no man than this that a man lay down his life for his friends.” Jesus gave us the ultimate example of His love on the cross. We remember and honor those who paid the ultimate sacrifice for our freedom.

- *Chaplain Randy Horn*

Villa & Manor April Recreation Schedule

Musical Entertainment	Sunday Services	Outings for May
05/03 Karaoke Fun	05/05 Chaplain Randy Horn	05/02 Mall 2:30 p.m.
05/10 Dave and Penny	05/12 Francis Nagel	05/09 Olive Garden 11:30 a.m.
05/17 Doug Mewhorter	05/19 Bob Whittaker	05/23 Walmart 2:30 p.m.
05/31 Dave Smith	05/26 Sue Kain	05/30 Scenic Route 2:30 p.m.

May 12th -18th National Nursing Home week!

Tips to Manage Seizures

Seizures happen when there is sudden disorganized electrical activity in the brain. Stroke survivors are more susceptible to seizures due to brain damage. Seizure signs and symptoms range from mild to severe. Signs and symptoms may include confusion, staring spell, uncontrollable jerking movement, loss of consciousness, and anxiety. It is very critical for the health and safety of someone having a seizure to be properly helped. Never hold a person down when seizing. It will only make them more confused and agitated. Also, never put anything in the person’s mouth as it can potentially cause damage because they are unable to control their jaw. In order to prevent possible choking, roll them on their side. Stay with them in order to make sure that they do not hurt themselves. Call 911 immediately if the seizure lasts longer than five minutes, someone experiences multiple seizures, or if they are choking or are having trouble breathing.

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

Thursday Night Chapel Schedule

- May 2nd - Glenn Copple, Special Music Ministry
- May 9th - Stephanie Julien, Testimony
- May 16th - Rev. Karl Strader
- May 23rd - Dr. Robert Hicks, Memorial Message
- May 30th - Teen Challenge Girls, Lakeland Chapter

**Celebrate Mother’s Day
The Estates at Carpenters Salon May 7th - 10th**

Featuring the new Pedicure Chair! Mom will experience deep relaxation in the new massage pedicure chair. This pedicure chair is designed to promote relief and stress while moisturizing the feet.



- Classic Pedicure \$35.00
- Spa Pedicure \$45.00
- Hand and foot treatment \$22.00

Enter for a chance to win one of 3 complimentary services!
To enter visit the Salon!
Winner announced on May 10th

National Day of Prayer

Residents and staff are welcome to join in the Estates Auditorium on Thursday May 2, 2019 at 8:00 a.m. for a short program of prayer for God’s blessing, guidance and protection upon our nation and all local and national leaders.

Remember those who served before.

Remember those who are no more.

Remember those who serve today.

Remember them as we eat and pray.

*Remember our protectors-
who are not home today.*

Remember them all, on Memorial Day.

- Emily Toma



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