of



May 2021



"As one whom his mother comforts, so I will comfort you." - Isaíah 66:13

From The Executive Director

LUK WENKONGOKOKO



In a meeting with a staff member earlier this week we spent time discussing strategies to recognize our nurses during National Nurses Week. It was refreshing to talk about something other than the pandemic.

I will admit that it is hard to have a conversation these days without thinking about social distancing and face masks. After 12+ months of struggling to keep up with rapidly changing and contradictory guidance, we are shifting our focus to the future.

It will be a challenge for most of us to make this shift in mindset. Some of us developed new habits (some of them bad) and adjusted to the restrictions put in place for safety. We became accustomed to eating dinner in front of the television, instead of eating in the Dining Room with friends. We found safety in our homes and hesitated to venture out because of the fear of infection.

While no one would agree that our world is back to "normal," it is time to begin living again – we just need to do it safely and respect the reality that the virus is still circulating in the county and elsewhere.

By now, most of us have read the horrifying stories of the crisis in India - over 350,000 new cases a day, countless deaths, oxygen shortages, and an overwhelmed health care system. It is a stark reminder of what can happen again in our country.

Earlier this week, I was speaking with two residents about how life would change if everyone were vaccinated. Imagine a Chapel service in the Auditorium without face masks or simply seeing the "other half" of someone's face. The vaccine is proven to be effective at preventing us from getting COVID-19 and yet there are still people who are refusing to get it. I will never understand their thinking.

As we shift our focus to the future, I want to take a moment to thank our staff and residents. The last 12+ months have tested our commitment to each other and demonstrated that we were up to the challenge.

While the pandemic is not over, the faint light at the end of the tunnel is shining a little brighter. Just imagine how bright this light would shine if everyone were vaccinated.



GLENDA MARTINEZ, F-318, PHONE: (863)669-6964

Glenda Martinez comes to us from Missouri. She is originally from New Mexico and is the daughter of our very own Lee Martinez. She is still employed and spends some of her days working. When she is not working Glenda enjoys going to Bible study, antiques, cut glass, and knick knacks. We are pleased to welcome Glenda to our Estates family.

MEMORIAL DAY EVENTS

Memorial Day Service MAY 28TH - 10:00 a.m.

*Memorial Day Cookout*MAY 28TH - 11:00-1:00 p.m.

Join us in the **Main Dining Room** as we honor the lives of our fellow military personel. Enjoy a message from our honorary speaker former Chaplain of the Lakeland Police Department and retired veteran (serving 31 years) Greg Robinson and the singing talents of his wife, Peggy.

You will not want to miss our annual Memorial Day Cookout at the **FRONT PARKING LOT**. Enjoy burgers, hot dogs, and other delicious sides outside with your fellow residents. There will be limited seating and takeout options.

The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$387,588.68 As of March 31, 2021, \$65,598.58 has been used to help residents. Monies are taken from the interest earned.

Standing Straight and Tall

We can all look back to when we were younger and remember our parents constantly reminding us not to slouch; they would remind us to sit up tall and straight. Some of you might have sat up a little straighter just by reading that statement. At the time, I never understood the obsession, but I have learned that posture can be one of the key factors that will either help us or become a hindrance as we age.

When it comes to being physically fit, we tend to just look at physical exercise and nutrition as key foundations. Though this is true, it may be difficult to progress in physical wellness goals if we are plagued by our posture. When we have good posture, our bodies will function like a well oiled machine, keeping our bones and muscles in proper alignment. I heard a saying, "motion is lotion and rest is rust," that applies perfectly to this idea. As we move our bodies, we help rejuvenate the synovial fluid in our joints. Though we know the benefits of exercise, a bad posture can hinder this, causing stiffening. With summer right around the corner, many people will increase their daily activity levels, so it is fitting that May is National Correct Posture Month. As people become more active, poor posture can be a burden.

Poor posture can be caused by many things like overcompensation after a fall or an injury. Then, after healing, you might be more cautious and lead a sedentary lifestyle, which makes a bad situation worse. Fortunately, posture can be improved through simple exercises or therapy, in more serious cases. Join one of our Body Balance or Gentle Yoga classes, or stop by the Fitness Center to learn how you can improve your posture with some simple exercises. By improving our posture, we allow our bodies to have the best chance at developing a strong and secure foundation.

- Marco Silvera, Wellness Coordinator

Source: https://wellness.nifs.org https://jointflex.com

Nettional Nurses'

Location
Auditorium

Time 8:30-10:30 a.m.



Calling all nurses! Please join us and enjoy a delicious breakfast provided by our Dining Services as we honor you and the work you have done.

Thursday, May 6th, 2021



Our Everyday Heroes

Mothers have been considered everyday heroes since the beginning of time, and on May 9th, we celebrate these amazing women who helped make us the people we are today. Celebrations can be traced all the way back to the ancient Greeks and Romans. However, the major celebration that pretty much started it all was an early Christian festival known as, "Mothering Sunday." The celebration always fell on the fourth Sunday of Lent, because people believed that this would be the time for all who were faithful would return to their "mother church" (meaning the main church in the vicinity of your home) for a special service. In the United States, Mother's Day celebrations started in the 1900s when a woman named Anna Jarvis wanted to honor her mother Ann Reeves Jarvis (who helped start 'Mothers' Day Work Clubs' which taught mothers how to properly care for their children) and all the other

hard-working mothers in the world who sacrifice everything for their children. In 1912, people in the United States started celebrating Mother's Day as an annual holiday. However, Jarvis did not want to stop there. She established the Mother's Day International Association, and because of her efforts with this group in 1914, President Woodrow Wilson officially established the second Sunday in May as Mother's Day. I personally have been blessed with the most amazing mother a girl could ever ask for. My mom is not only my best friend, but also my hero. I don't know what I would do without her! She is always there when I need her, and I hope to be half the mother she was for me in the future. Please join me as we celebrate these incredible women in the world.

They deserve nothing but the best!

- Kira Morisako, Resident Lifestyle's Assistant





Sunday	Monday	Tuesday	Wed
			M
9:30 CHERA Worship - MDR 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN	8:15 Daily Devotions - PHONE 03 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor	8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays (Art) AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore AUD	Cinco D 8:15 Daily Do 9:00 Group E 9:30 Walmart 10:00 Tai Chi 11:00 Bean B 1:00 Wii Bow 6:00 Bridge - 6:15 Mexican
9:30 CHERA Worship - MDR 12:00-4:00 Mother's Day Brunch - MDR 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN	8:15 Daily Devotions - PHONE 10 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor	8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays (Travel) AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore AUD	8:15 Daily I 9:00 Group 9:30 Walma 10:00 Tai Cl 11:00 Bean 1:00 Wii Bo 6:00 Bridge 6:15 Mexica
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9:30 CHERA Worship - MDR 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 9:30 CHERA Worship - MDR 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN Art Studio OPEN	8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 10:30 Target Run - BUS 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Local Bank Run - BUS 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN Memorial Day	8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 9:30 Publix Shopping - BUS 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays (Discovery) - AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore	8:15 Daily I 9:00 Group 9:30 Walma 10:00 Tai C 11:00 Bean 6:00 Bridge 6:15 Mexica

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esday	Thursday	Friday	Saturday
jer's	Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m. Salon OPEN For more details, please check the posters by the C/D, F/G, and M elevators.	Abbreviations Key AUD - Auditorium CR - Community Room MDR - Main Dining Room PDR - Private Dining Room GR - Game Room AS - Art Studio, D-406 FC - Fitness Center C - Chapel, K-106 19TH HOLE - Outside C/D PHONE - Phone Call	Fitness Center Open 24/7 8:15 Daily Devotions - PHONI Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN
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26 ions - PHONE ise - AUD n - BUS UD Baseball - AUD D in - CR	Ping Pong ALL DAY 8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 9:30 Publix Run - BUS 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 1:00 Scrabble - C/D 3rd Floor 2:00 Reflections - 19TH HOLE 2:00 Under the Oaks - AUD	8:00 Coffee Hour - CR 8:15 Daily Devotions - PHONE 10:00 Memorial Day Service - MDR 10:30 Target Run - BUS 11:00-1:00 Memorial Day Cookout - FRONT PARKING LOT 1:00 Mah Jongg - CR 1:00 Local Bank Run - BUS 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD	Fitness Center Open 24/7 8:15 Daily Devotions - PHONI Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN

May Events

MAY 6TH, 2021

National Day of Prayer 10:00-11:00 a.m.

Join us in the **MAIN DINING ROOM** as we honor and pray for the Estates and the people in our community.

MAI 9TH, 2021

Mother's Day Luncheon 12:00-4:00 p.m. Help us celebrate our amazing mothers with a special meal provided in the **MAIN DINING ROOM**. This will be counted as one of your regular meals. Mother's Day Luncheon will be served from 12:00-6:00 p.m.

MAT 13TH, 2021

Ice Cream PAW-ty! 2:00-3:00 p.m.

Come on out for a fun get together at the **DOG PARK!**Bring your loyal companion and enjoy some sweet treats for you and your friend. **Registration Required.**Sign-up will be posted at the **FRONT DESK** from **Monday, May 3rd through Friday, May 7th**.

MAY 17TH, 2021

Bingo 7:30-8:30 p.m. That's right! We are bringing it back! For one night only in the **MAIN DINING ROOM**, you will have the opportunity to play Bingo once again. Put your game faces on and join us!

Health Center Update

It is May 2021 and the Recreation Department in the Health Center is excited to get started with group recreation again. We have already started playing games of bingo, church services, exercise, adding visitations, and inviting residents to visit with their loved ones off property. Those are just some of the exciting things happening in May.

May 9th-15th is National Skilled Nursing Care Week for the Manor. The theme this year is, "Together Through the Seasons." The Recreation Staff will provide entertainment, food, activities, music, and games throughout the week to honor our residents for allowing us to serve them through this unprecedented time and the staff for working so hard to make sure our residents are loved and well taken care of.

This month is also a time to celebrate our mothers, more beautiful weather to enjoy outdoors, and Memorial Day to honor the fallen heroes. Remember to thank the families that have sacrificed so much already and have lost a loved one. The Recreation Staff looks forward to many more beginnings and a continuation of all the fun and exciting things happening in the Manor and Villa! We want to wish everyone a very happy May!

- Jamie Backensto, Director of Recreation, Health Center

Mother's Day

An occasion which is celebrated in various parts of the world to express respect, honor, and love to mothers. This day is an event to honor the celebration of Mothers and acknowledge the efforts of maternal bonds. What would our world be without our mothers? Talk about the ability to multitask and wear multiple hats. Mothers carry a load that is nothing short of true love, like pregnancy, labor, breast feeding, bathing, cleaning, grocery shopping, and meal preparations.

Mothers are the first link of any emotional bonding to the child's earliest days. Nearly one in four mothers are raising their children on their own and are the ones contributing more time to the work force than ever in the past. Always remember there is no one in the world who loves you more like your mom. She is probably the one person you love most in the world so make her feel like the luckiest woman ever this Mother's Day. Happy Mother's Day to all the wonderful moms out there!

- Rana Khan, Director of Nursing, Health Center

Source: www.almanac.com



ESTATES

Kenneth Mizell

	\mathbf{v}
Irma Schwam	01
Irma Schwam Janet Armstrong	03
MaryAnn Kleintop	03
Kathy Kardstedt	04
Sarah Brunson	05
Judith McKelvey	07
Sharon McLane	07
Althea Nye	
Clinton Bronson	08
Michelle Leonard	08
Lillie Browder	09
Duane Brown	09
Laverne Paulk	10
Bob Gault	11
Bob Gault	15
Christine Govier	16
Jennings Byrd	. 18
Faye Drew	18
Nancy Travis	18
Donald Matter	20
Lou McCranev	20
Carla Rindge	21
Shirley Williams	21
Mary Fenley	22
Rodney Merkert	22
Louis Pesta	22
Dean Phillips	22
Dean Phillips	25
Marlene Yost	25
Patricia Edwards	27
Judith Weaver	27
Patricia Edwards Judith Weaver	30
Frances Vaughn	31

HEALTH CENTER

Robert Hoagland	17
Doris Bryant	20
Mary Olson	20
Terry Parresol	21
Loredith Weiss	28





May 6th - "Eddie the Eagle"

Starring Taron Egerton, Hugh Jackman, and Keith Allen. The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics.

(PG-13 - 106 minutes)

May 13th – "The Resurrection of Gavin Stone"

Starring Brett Dalton, Anjelah Johnson, and D.B. Sweeney. A washed-up former child star, forced to do community service at a local megachurch, pretends to be a Christian to land the part of Jesus in their annual Passion Play, only to discover that the most important role of his life is far from Hollywood. (PG - 91 minutes)

May 20th – "The Parent Trap"

Starring Lindsay Lohan, Dennis Quaid, and Natasha Richardson. Identical twins, separated at birth and each raised by one of their biological parents, later discover each other for the first time at summer camp and make a plan to bring their wayward parents back together.

(PG - 128 minutes)

May 27th – NO MOVIE



A Godly Mother

Mothers are so very important not only to the family, but to our society as well. A godly mother plays an essential role in the development of children. Even in scripture, we find all kinds of mothers and many of them show valuable characteristics of godliness. Timothy had a godly mother and grandmother that greatly influenced him as he followed in their footsteps of faith. When the apostle Paul wrote to encourage Timothy as he led the church in Ephesus, he described Timothy's faith heritage this way: "For I am mindful of the sincere faith within you, which first dwelt in your grandmother Louis and your mother Eunice and I am sure that it is in you as well" (2 Tim. 1:5).

There are many characteristics of a godly mother. I want to name a few.

- (1) She has learned to trust God for every need, whether physical, material, or emotional, she always speaks of God's sufficiency.
- (2) A godly mother loves unconditionally. It is not based on the behavior of her children or her husband, but it is given without reservation.
- (3) She is obedient to God. She can trust and obey God and leave the consequences to him.

Only eternity will properly reveal the marvelous contribution godly mothers have made in our lives. We are forever grateful for all of our mothers and the influence they continually make to this generation.

God Bless.

- Chaplain Randy Horn

Sunday

We are grateful to have our Sunday worship services back. Our volunteers work tirelessly setting up and organizing the service weekly. A special thanks to our Estates ministers for their messages and filling the pulpit faithfully. What a great blessing it has been to worship together again. The Villa and Manor services are in progress and going well. Here are some pictures taken from our Easter service 2021.

CHERA Sunday Worship Speakers

May 2nd Rev. William Allen

May 9th Sue Kain

May 16th Rev. JC Powell

May 23rd Rev. Ron Doolittle

May 30th Rev. David Brazelton



MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of March 2021:

Jenning E. Byrd (in honor of Dee Byrd), Ashley Cockrell, the Mylis Family, Brian Robare, John Thompson, and Matt Thompson.



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