

# Shavings

The Magazine  
of

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

August  
2021

# SUMMER

*“Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear.”  
Matthew 13:43*

# From The Executive Director



The heat of summer is here and, if the forecasts are accurate, we have another active hurricane season on the horizon. The Delta variant is now the predominant strain of the COVID-19 virus, the daily case counts and positivity rates are increasing at alarming rates – it should be an “interesting” next few months. But let’s look at things through a different set of lenses.

Summers in Florida are always hot. It is the trade off we make when we exchange our snow shovels for flip flops. Go find someone who used to live in the north (it is not hard to find one of us down here) and ask them whether they would rather shovel snow or stay inside in the air conditioning when it is hot outside. There is a reason Florida’s populations continues to grow each year.

The annual six-month hurricane season is filled with nonstop news coverage and cones of uncertainty. We are reminded of the power and destruction that can be caused by wind and flooding but know there is little we can do but prepare and wait. The Estates is prepared and if we find our community in the path of the storm, we will pull together and get through it. We have done it before, and we can do it again.

The Delta variant of the COVID-19 virus is surging across the United States. It is more contagious than previous versions of the virus and while there are breakthrough infections of fully vaccinated individuals, most new cases are in the unvaccinated. With over 90% of our residents and almost 70% of our staff vaccinated across all levels of care we have reduced the risk to each other.

Much of life is about managing risks since it is impossible to eliminate risks without living in a protective bubble. Most of us did exactly that at some point over the last 16+ months. It was not fun!

We are ready for a post-pandemic world, but we must remember that we are not there yet. We can live life if we do it safely and balance the risk of our actions to ourselves and others. We can take some small steps toward a pre-pandemic lifestyle but must understand that our willingness to follow the guidelines impacts everyone who lives and works at The Estates. We can shift our attention and efforts to the future but let’s not forget the lessons learned over the last 16+ months.

So put on that sunscreen, enjoy that air conditioning, assemble your hurricane kit, and wear that mask. The path forward may look a bit different than it used to, but we can walk it together.

*- Brian Robare, CEO & Executive Director*

# MEET YOUR NEW NEIGHBORS



## **Jane Speier, B-309, Phone: (863) 398-7130**

Jane is originally from Indiana. She lived there for twenty-five years. She met her husband through a college friend at a university in Indiana. Jane has had a variety of jobs such as a high school and college teacher, a business and guidance counselor and an instructor and trainer at IBM. She enjoys golf, tennis, bridge, reading, and bible study. We are very happy to introduce you to Jane and welcome her to the Estates!

## **Larry & Jayme Hamilton, A-117, Phone: 863-815-9059**

Larry and Jayme are both originally from Indiana. They both lived there for over twenty years. The Hamiltons met at church in Terre Haute, Indiana. In 2015, Larry and Jayme decided to leave their home in Fishers, Indiana and move down to Florida. Larry has worked as an IT executive for thirty years while Jayme worked as a homemaker. With having no immediate family members nearby and having the opportunity to take care of themselves, they decided to move here to the Estates. Larry has actually developed a successful painting YouTube channel that has over twenty-seven subscribers. Jayme has also had success with running her own women's clothing business for several years. Larry enjoys painting, hiking, bicycling and traveling while Jayme enjoys reading, traveling, hiking, decorative painting, and needlepoint.



# Ornamental Design Demonstration

With the Grand Opening of The Carpenter's Shop, we can introduce several new crafts. This month, we will be demonstrating Fretwork. Fretwork is defined as ornamental work in wood and is only limited by the imagination of the worker.

On August 24th, residents Phyllis Gabler and Chuck Nash will demonstrate how easy it is to get started and make interesting and attractive pieces. Both are relatively new to the craft but can show you the myriad of patterns and plans available in our shop.

Pictured here is Phyllis working on one of the scroll saws available in our shop. You will find the scroll saw is a safe tool to utilize as a beginning step into the many facets of woodworking.

Please plan to join us on Tuesday, August 24 at 10:30 AM in The Carpenter's Shop.



# I Forgot to Remember.. Facts on Forgetfulness

If you are anything like me, you worry about your memory sometimes. Everyone tells us that we have so much on our minds that it is easy to forget things. Is that really what is wrong? Sometimes we really get concerned about what is going on with our memory. Well, here are a few things to think about from Deborah Bier, PhD. who wrote this article in psychcentral.com. She says that there are signs which indicate that you are just fine. Of course, you should ALWAYS consult your physician if you are concerned.

If you can remember “later” that is a good sign. If you remember spontaneously or after thinking it over, that is “normal.” Not ever remembering something that should be familiar, may be a concern. If a reminder such as a word or phrase or a visual reminder helps bring back the memory, that points towards “normal”. If reminders do not help memory recall, that too can be a concern.

If you can use a note or a calendar, etc. to remind yourself of something and it works for you, that is good. Forgetting that you have those kinds of reminders or not accurately checking them is not “normal” forgetfulness.

After forgetting a piece of information, then remembering or being successfully reminded, it should be more easily retrievable again later and that may be more “normal”. Repeatedly forgetting the same thing or never being able to recall anything about a subject is more worrisome.

If you are trying to handle too many things at once with high stress and fatigue, it is easy to forget things. Diminished ability to do normal tasks or inability to figure out sequence used in normal daily tasks is not “normal”.

Being forgetful but still able to carry out normal daily tasks such as bathing, dressing, and eating is “normal” forgetfulness. Unchanged or soiled clothing, weight loss or gain due to forgetting to eat or eating more due to forgetting you already ate are indications of abnormal memory issues.

If you forget and feel frustrated but still exhibit your usual behavior, you are ok. If forgetting leads to uncharacteristic behavior, defensiveness, deteriorating judgement or reduced problem-solving ability, this may indicate that the memory problem is not “normal”.

Please consult your physician if you have any concerns about your memory.

So, if after reading this you feel better about your memory, I am glad. I know that I do. I guess my husband is ok because he forgot to stop at the store for dog food but remembered to place an order on Amazon for a car part. Hmmm.

- Cheri Shrader, Director of Nursing

## MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of June 2021: Brian Robare, John Thompson, and Matt Thompson.



# A Month of Celebration

As we enter August, there will be plenty to celebrate. It will be a time of coming together as a community and standing up for the safety in our community. It will be a time for accomplishments through teamwork and perseverance. It will also be a time of collaboration to help a greater good.

On Tuesday, August 3rd, we will be celebrating National Night Out. This national event is in its 38th year running. Together as a community and with the help of all our first responders, we celebrate in solidarity in the ongoing fight against crime and drugs. To celebrate, we are throwing a carnival! Play classic carnival games, earn raffles and enjoy some popcorn and hotdogs.

Admission to the Community Carnival requires at least one non-perishable food item. We will be teaming up with VISTE (Volunteers in Service to the Elderly) to help provide services for seniors in need throughout our community. VISTE, with the work of over 1,000 community volunteers, ensures that individuals continue to get the care they need and empowers older adults to live in their own homes with the services that are provided.

Congratulations to all our Wii Bowling League bowlers! With more than 40 active league members, we have come to an end of our 28th bowling season. As always, our season will be capped off with our Bowling Banquet and trophy ceremony. As we turn the page to a new season, we are always looking for new bowling talent. Whether you want to join one of our teams, play as a substitute with more flexibility or just want to learn more, this is a great way to be part of a fun group and to meet new people. Contact your Wellness Coordinator at Ext. 180 for more information.

Whether we are taking back the streets and celebrating our safe community, being part of somethings bigger than oneself and impacting others or wanting to step outside the box and start something new and exciting, August will prove to be an eventful time to celebrate.

- *Marco Silvera, Wellness Coordinator*

## WHAT IS CHERA?

CHERA, Inc is a non-profit corporation which qualifies as an exempt organization under section 501(c)(3) of the Internal Revenue Code. CHERA is the acronym for Carpenters Home Estates Residents Association.

CHERA represents all residents of the Estates at Carpenters (EAC) and interacts with the EAC Board of Directors and EAC Management on behalf of the residents. It promotes improvements to the community and strives to achieve a lifestyle, within financial limits, that the residents desire.

CHERA serves the residents in many areas such as:


1. Operating a scholarship fund to assist employees in furthering their education.
2. Arranging and conducting religious services
3. Supporting charitable projects
4. Assisting in any program that adds quality of life for the Residents and employees



CHERA's Board of Directors, consisting of the elected officers, the past President, East and West Wing Building Representatives and the Health Center Representative, conduct the affairs of the Corporation.

At the present time, CHERA meets on the 2nd Thursday of every month at 7:30pm in the Main Dining Room. All residents are encouraged to attend to stay informed on the latest activities of the Estates Community.

- *Arleen Allen, CHERA President*

Sunday	Monday	Tuesday	Wedn
<p>11:00 CHERA Worship: <b>01</b> David Lee - AUD 1:30 Hand, Knee &amp; Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><b>02</b> 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 11:00 Silent Singers - CR 1:00 Wii Bowling League - GR 1:00 Mah Jongg - CR 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p><b>03</b> 8:00 Coffee Social - CR 10:00 Water Aerobics - POOL <b>12:00-2:00 Community Carnival - AUD</b> </p>	<p><b>9:00 Strength Cir</b> 9:30 Walmart Run 10:00 Water Aerob 11:00 Marketing AUD 1:00 Wii Bowling <b>3:00 Concert Hou</b> 6:00 Bridge - AUD 6:15 Mexican Trai</p>
<p>11:00 CHERA Worship: <b>08</b> Robert Houlihan - AUD 1:30 Hand, Knee &amp; Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><b>09</b> 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 11:00 Silent Singers - CR 1:00 Wii Bowling League - GR 1:00 Mah Jongg - CR <b>2:00 Game Time - AUD</b> 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p><b>10</b> 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL <b>11:00 Travel Meeting - AUD</b> 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore- AUD</p>	<p>9:00 Group Exerci 9:30 Walmart Run 10:00 Tai Chi - AU 10:00 Water Aerob <b>10:00 Journey Th CR</b> 11:00 Bean Bag B 1:00 Wii Bowling <b>2:30 Lakeland Pu AUD</b> 6:00 Bridge - AUD 6:15 Mexican Trai</p>
<p>11:00 CHERA Worship: <b>15</b> Courtney Harding - AUD 1:30 Hand, Knee &amp; Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><b>16</b> 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 11:00 Silent Singers - CR 1:00 Mah Jongg - CR <b>2:30 Magic Hour - AUD</b> 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p><b>17</b> 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 10:00 Water Aerobics - POOL <b>10:00 Town Hall Meeting - VIRTUAL</b> 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore- AUD</p>	<p>9:00 Strength C 9:30 Walmart R 10:00 Water Aer 11:00 Marketing AUD <b>2:30 Care to Da</b> 6:00 Bridge - AU 6:15 Mexican Tr</p>
<p>11:00 CHERA Worship: <b>22</b> J.C. Powell - AUD 1:30 Hand, Knee &amp; Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><b>23</b> 9:00 Group Exercise - AUD <b>10:00 Catholic Service - MDR</b> 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 11:00 Silent Singers - CR 1:00 Mah Jongg - CR <b>2:00-4:00 Fitness Center Grand Opening M-BUILDING</b> 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p><b>24</b> 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL <b>10:30 Ornamental Design Demo - THE SHOP</b> 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore- AUD</p>	<p>9:00 Group Exerci <b>9:00 Clergy Fello</b> 9:30 Walmart Run 10:00 Tai Chi - AU 10:00 Water Aerob 11:00 Bean Bag B <b>2:00 Birthday Ba</b> 6:00 Bridge - AU 6:15 Mexican Trai</p>
<p><b>29</b> 11:00 CHERA Worship: Joe Davis - AUD 1:30 Hand, Knee &amp; Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p><b>30</b> 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 11:00 Silent Singers - CR 1:00 Mah Jongg - CR <b>2:00 Community Mural Unveiling - AUD</b> 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p><b>31</b> 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore- AUD</p>	<p><b>Gift Shop</b> M-F 8:30 2:00 <b>Salon C</b> For more details the posters by and Mel</p>

Wednesday	Thursday	Friday	Saturday
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**04**  
 Circuit - FC  
 - BUS  
 - POOL  
 Luncheon -  
 League - GR  
 - AUD  
 - CR

**05**  
 Ping Pong ALL DAY  
 9:00 Gentle Yoga - AUD  
 9:30 Publix Run - BUS  
 10:00 Water Aerobics - POOL  
 10:00 SilverFit - FC  
 10:00 Senior Scholars - AUD  
**10:00 Tampa Museum of Art - BUS**  
 11:00 CHERA Chorus - AUD  
 1:00 Scrabble - C/D 3rd Floor  
 1:00-3:00 Ladies' Boutique - D-304  
 6:30 Chapel: Mary Ann Vespa - AUD

**06**  
 8:00 Coffee Social - CR  
 9:00 Group Exercise - AUD  
 10:00 Tai Chi - AUD  
 10:00 Water Aerobics - POOL  
 10:30 Target Run - BUS  
 11:00 Cranium Crunches - AUD  
 1:00 Wii Bowling - GR  
 1:00 Mah Jongg - CR  
 1:00 Local Bank Run - BUS  
 1:00-3:00 Flea Market - A-421  
 1:00-3:00 Furniture Sale - C-217  
 1:30 Hand, Knee & Foot - C/D 3rd Floor  
 2:00 Tech Time - CR  
**2:30 Root Beer Float Social - AUD**  
 6:00 Pinochle - AUD  
 6:30 Manipulation Cards - AUD

**07**  
 Fitness Center Open 24/7  
 All Day Swimming  
 All Day Outdoor Activities  
 Game Room OPEN  
 Art Studio OPEN  
 6:00 Saturday Night Movie - AUD  
 "Girls! Girls! Girls!"

**11**  
 - AUD  
 - BUS  
 UD  
 - POOL  
 through Grief -  
 Baseball - AUD  
 League - GR  
 Public Library -  
 - CR

**12**  
 Ping Pong ALL DAY  
 9:00 Gentle Yoga - AUD  
 9:30 Publix Run - BUS  
 10:00 Water Aerobics - POOL  
 10:00 SilverFit - FC  
 10:00 Senior Scholars - AUD  
 11:00 CHERA Chorus - AUD  
 1:00 Scrabble - C/D 3rd Floor  
 1:00-3:00 Ladies' Boutique - D-304  
**1:00 Florida Aquarium - BUS**  
**2:30 National Vinyl Record Day - AUD**  
 6:30 Chapel: Rev. Jim Cafarchio - AUD  
**7:30 CHERA Meeting - MDR**

**13**  
 8:00 Coffee Social - CR  
 9:00 Group Exercise - AUD  
 10:00 Tai Chi - AUD  
 10:00 Water Aerobics - POOL  
 10:30 Target Run - BUS  
 11:00 Cranium Crunches - AUD  
 1:00 Wii Bowling - GR  
 1:00 Mah Jongg - CR  
 1:00 Local Bank Run - BUS  
 1:00-3:00 Flea Market - A-421  
 1:00-3:00 Furniture Sale - C-217  
 1:30 Hand, Knee & Foot - C/D 3rd Floor  
 2:00 Tech Time - AUD  
 6:00 Pinochle - AUD  
 6:30 Manipulation Cards - AUD

**14**  
 Fitness Center Open 24/7  
 All Day Swimming  
 All Day Outdoor Activities  
 Game Room OPEN  
 Art Studio OPEN  
 6:00 Saturday Night Movie - AUD  
 "Mamma Mia: Here We Go Again"

**18**  
 Circuit - FC  
 - BUS  
 - POOL  
 Luncheon -  
 - AUD  
 UD  
 - CR

**19**  
 Ping Pong ALL DAY  
 9:00 Gentle Yoga - AUD  
 9:30 Publix Run - BUS  
 10:00 Water Aerobics - POOL  
 10:00 SilverFit - FC  
 10:00 Senior Scholars - AUD  
 11:00 CHERA Chorus - AUD  
**11:30 J.U.L.I.E.T.S Lunch: Abuelos - BUS**  
 1:00 Scrabble - C/D 3rd Floor  
 1:00-3:00 Ladies' Boutique - D-304  
 6:30 Chapel: Rev. William Allen - AUD

**20**  
 8:00 Coffee Social - CR  
 9:00 Group Exercise - AUD  
 10:00 Tai Chi - AUD  
 10:00 Water Aerobics - POOL  
 10:30 Target Run - BUS  
 11:00 Cranium Crunches - AUD  
 1:00 Mah Jongg - CR  
 1:00 Local Bank Run - BUS  
 1:00-3:00 Flea Market - A-421  
 1:00-3:00 Furniture Sale - C-217  
 1:30 Hand, Knee & Foot - C/D 3rd Floor  
 2:00 Tech Time: Facebook 101 - AUD  
 6:00 Pinochle - AUD  
 6:30 Manipulation Cards - AUD

**21**  
 Fitness Center Open 24/7  
 All Day Swimming  
 All Day Outdoor Activities  
 Game Room OPEN  
 Art Studio OPEN  
 6:00 Saturday Night Movie - AUD  
 "Life of Pi"

**25**  
 - AUD  
 - CR  
 - BUS  
 UD  
 - POOL  
 Baseball - AUD  
 - AUD  
 - CR

**26**  
 Ping Pong ALL DAY  
 9:00 Gentle Yoga - AUD  
 9:30 Publix Run - BUS  
 10:00 Water Aerobics - POOL  
 10:00 SilverFit - FC  
 10:00 Senior Scholars - AUD  
 11:00 CHERA Chorus - AUD  
**12:00 R.O.M.E.O.S Lunch - Cheddars - BUS**  
 1:00 Scrabble - C/D 3rd Floor  
 1:00-3:00 Ladies' Boutique - D-304  
 6:30 Chapel: Attorney John Naser - AUD

**27**  
 8:00 Coffee Social - CR  
 9:00 Group Exercise - AUD  
 10:00 Tai Chi - AUD  
 10:00 Water Aerobics - POOL  
 10:30 Target Run - BUS  
 11:00 Cranium Crunches - AUD  
 1:00 Mah Jongg - CR  
 1:00 Local Bank Run - BUS  
 1:00-3:00 Flea Market - A-421  
 1:00-3:00 Furniture Sale - C-217  
 1:30 Hand, Knee & Foot - C/D 3rd Floor  
 2:00 Tech Time - AUD  
 6:00 Pinochle - AUD  
 6:30 Manipulation Cards - AUD

**28**  
 Fitness Center Open 24/7  
 All Day Swimming  
 All Day Outdoor Activities  
 Game Room OPEN  
 Art Studio OPEN  
 6:00 Saturday Night Movie - AUD  
 "Christopher Robin"

**Open Hours**  
 - 10:00 a.m.  
 - 3:30 p.m.  
**OPEN**  
 s, please check  
 the C/D, F/G,  
 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  
 THE SHOP - Woodshop  
 19TH HOLE - Outside C/D



# August Events

Entertainment

Information

Trip

## 03 | Community Carnival 12:00 - 2:00 p.m. - AUD

Come one, come all to the Community Carnival in the **AUDITORIUM**. Win prizes, enjoy delicious carnival food and refreshments, and meet some of our local community heroes. Admission is one parishable item to be donated to VISTE.

## 04 | Concert Hour 3:00 p.m. - AUD

Join Dave Smith for an hour of Elvis and Sinatra's greatest hits on the guitar and piano. Refreshments will be provided.

## 05 | Tampa Museum of Art 10:00 a.m. - BUS

You will be whisked away with a docent tour of the Tampa Museum of Art. The trip is limited to 15 people, so sign up at C-118 as soon as you can.

## 06 | Root Beer Float Social 2:30 p.m. - AUD

Enjoy delicious and refreshing root beer floats in the **AUDITORIUM** provided by Dining Services.

## 10 | Travel Meeting 11:00 a.m. - AUD

Interested in what trips we could take in the future? Join Holly Carter from Small World Tours in the **AUDITORIUM** as we discuss options for our future trips.

## 11 | Lakeland Public Library 2:30 p.m. - AUD

Join us in the **AUDITORIUM** with your library card and enjoy interacting with staff from the public library and learn all about what book resources are open to you.

## 12 | Florida Aquarium Trip 1:00 p.m. - BUS

Explore the wonders of the sea and it's creatures at the Florida Aquarium. The trip is limited to 15 people, so sign up at C-118.

## 12 | National Vinyl Record Day 2:30 p.m. - AUD

Bring down your favorite record to the **AUDITORIUM** as we reminiscence the greatest hits of all time!

## 16 | Magic Hour 2:30 p.m. - AUD

Enjoy a Magic Escapade presented by Wayne Miskelly in the **AUDITORIUM**. It will be novelty entertainment, smoothly and smartly presented in a great show for young and old.

## 18 | Care to Dance 2:30 p.m. - AUD

Care to Dance will be presenting a dance demonstration with its instructors and other dancers and will also be interacting with the resident and staff with participation dancing. You do not want to miss this fun and groovy event!

## 23 | Fitness Center Grand Opening 2:00-4:00 p.m. - M BUILDING

The long wait is OVER! Join Marco in the fitness center of the **M-BUILDING** for the grand opening of the new fitness center! Get to know the equipment and other resources Marco has set up.

## 24 | Ornamental Design Demo 10:30 a.m. - WOODSHOP

Join Phyllis Gabler and Chuck Nash in the **WOODSHOP** as the demonstrate how easy it is to get started and make interesting and attractive pieces.

## 30 | Community Mural Unveiling 2:00 p.m. - AUD

It is finally time to unveil our amazing masterpiece to the community in the **AUDITORIUM**. See all of your hard work paid off on this mural and enjoy some refreshments as well.



# Health Center Update

It is time for August! This month, the Manor is joining twenty other LeadingAge Florida member communities in a fully funded three-year grant program that is bringing Eldergrow's innovative Therapeutic Horticulture Program to our residents. Eldergrow will provide onsite garden maintenance and twice-monthly garden classes for our residents bringing new plants and activities at every visit, so that our residents can experience the sensory stimulation and therapeutic benefits of an indoor, fully accessible garden.

The garden is being built by Eldergrow's veteran craftsmen in Washington State. Eldergrow will engage our residents in an hour-long Garden Kickoff event, on Tuesday, August 10, 2021, at 10:00 a.m., where they will plant the first fourteen non-toxic herbs, flowers and tropical plants in their garden!

The Recreation staff is excited to have Eldergrow in our facility and we are looking forward to involving our Manor residents in this wonderful program! Recreation will continue to look forward to the time we can share activities with our volunteers. Everyone have a great AUGUST!!

- *Jamie Backensto, Director of Recreation, Health Center*

## Stay Hydrated

Summer is here which means we can spend more time in this warm weather soaking up the sun, relaxing by the pool, and enjoying our fun outdoor activities. No matter what activities you choose to enjoy in this hot, dry weather it is very essential to stay hydrated; especially the seniors who might already be dehydrated from medication and thus prone to the effects of heat.

Seniors are encouraged to eat lots of fruits and veggies like cucumbers, oranges, plums, and lettuces that have extra water content which will help keep optimal hydration levels. Drink as many liquids as you can like water, tomato juice, orange juice, milk, and coconut water. The easiest way to get enough fluids is to make sure they are within reach. Carry a water bottle with you during the day to sip on between meals.

Veggies are a good source of vitamins and increase water content in the body. Soups are also a good choice which can increase your strength. A good way to stay hydrated is to go outside during cooler times which will give you more energy and will prevent your skin from drying. Stay moisturized and be sure to use the right moisturizer daily. Have a happy and healthy summer!

- *Rana Khan, Director of Nursing, Health Center*

Source: [www.rootenergyadvisors.org](http://www.rootenergyadvisors.org)



## ESTATES

Josephine Ferguson.....	01	Phyllis Gabler. ....	26
Rochelle Iovino.....	01	Phyllis Watson. ....	28
Joanne Cotton.....	04	Irene Janicki.....	29
Charles Fitzwater.....	04	Marjorie Lehman. ....	30
Nathan Mitchell. ....	04	Bonnie Geohagan.....	31
Jennifer Spencer.....	04	Karen Hirsch. ....	31
Gary Mitchell. ....	07		
Clem Schrock. ....	07		
Archie Nagel.....	08		
John Thompson.....	08		
Kathryn Schulz. ....	09		
Charles Courtoy. ....	10		
Angela Grilli.....	10		
Mary Lomansey.....	10		
Dorene Brink. ....	11		
Betty Page.....	12		
June Rhone. ....	12		
Harlene Verkler.....	13		
Geraldine Fraker. ....	15		
Robert Markarian.....	15		
Helen Richard.....	17		
Bev Hanson. ....	18		
Louise Lee.....	18		
Jean Dowling. ....	20		
Jack Priebe. ....	24		
Cheryl Sutherland. ....	24		
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Sarah Chaney.....	26		

## HEALTH CENTER

Jackie Colson. ....	08
Julia Phillips. ....	09
Melva Martinez. ....	19
Bill Fisackerly. ....	19
Barbara Reinhart. ....	22
Rose Tomon.....	27



Those born in August are invited to celebrate their birthday with a celebration in the Auditorium on August 25<sup>th</sup> from 2:00-4:00 p.m. There will be live music, delicious desserts and punch provided by our Dining Service department. Everyone will be allowed to invite one guest of their choosing to attend. Find your invitation in your in-house mailbox. RSVP to Kira Morisako in C-118.



### August 7th – “Girls! Girls! Girls”

Starring Elvis Presley, Stella Stevens, and Laurel Goodwin. When he finds out his boss is retiring to Arizona, a sailor has to find a way to buy the Westwind, a boat that he and his father built. He is also caught between two women: insensitive club singer Robin and sweet Laurel.

PG (106 mins.)

### August 14th – “Mamma Mia: Here We Go Again”

Starring Lily James, Amanda Seyfried, and Cher. Discover Donna’s young life, experiencing the fun she had with the three possible dads of Sophie. As she reflects on her mom’s journey, Sophie finds herself to be more like her mother than she ever even realized.

PG-13 (114 mins.)

### August 21st – “Life of Pi”

Starring Suraj Sharma, Adil Hussain, and Tabu. A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger.

PG (127 mins.)

### August 28th – “Christopher Robin”

Starring Ewan McGregor, Hayley Atwell, and Bronte Carmichael. An adult Christopher Robin, who is now focused on his new life, work, and family, suddenly meets his old friend Winnie the Pooh, who returns to his unforgotten childhood past to help him return to the Hundred Acre Wood and help find Pooh’s lost friends.

PG (104 mins.)

# Summer Fun

There is no better place to spend the summer than in Florida. My fondest memories are the vacations on the Gulf Coast. My kids grew up with their feet in the white sand and a fishing rod in their hands. Our time at the beach would include family and friends, usually a large group, we would go fishing and swimming almost every day and then have a big fish fry at the end of the week. What a feast. There is nothing like fresh fish with all the trimmings. Makes me want to go right now. Even better is the beauty of God's creation. The sound of the waves crashing on shore. The tides rising and falling, just the way God planned. We would walk together as a family late in the evening, picking up shells right before sunset and watch the sun disappear seemingly swallowed up by the Gulf of Mexico. It is a beautiful sight. God's creation is amazing. Just to think, He created it all for us to enjoy. Isaiah 55:12, "You will live in joy and peace. The mountains and hills will burst into song before you, and the trees of the field will clap their hands." Psalm 69:34, "Let heaven and earth praise Him, and the seas and everything that moves in them." Having peace in your heart and to live in a beautiful place like Florida, is a dream come true. It does not get any better than that. Summer fun, take it all in, we are so blessed.

God Bless,

- *Chaplain Randy Horn*

## Sunday Service Speakers

August 1st	<b>David Lee</b> Assemblies of God
August 8th	<b>Robert Houlihan</b> Assemblies of God
August 15th	<b>Courtney Harding</b> Assemblies of God
August 22nd	<b>J.C. Powell</b> United Methodist
August 29th	<b>Joe Davis</b> Director of Anchor House

## Thursday Night Chapel Schedule

August 5th	<b>Mary Ann Vespa</b> Missionary Presentation
August 12th	<b>Rev. Jim Cafarchio</b> Crestview Baptist Church
August 19th	<b>Rev. William Allen</b> Carpenter's Home Estate
August 26th	<b>Attorney John Naser</b> First United Methodist Church



# The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$391,112.21. As of June 2021, \$67,151.21 has been used to help residents. Monies are taken from the interest earned.

# The Estates

A T C A R P E N T E R S



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