



Assisted Living Facility #9059

3918 S Kings Ave • Brandon, FL 33511 • (813) 662-1535

Feb/Mar/Apr 2016

Employee Spotlight

Our Team

Margaret Martin
Executive Director

Alicia Klefer
Administrative Assistant

Margaret Martin
Resident Care Director

Janny Cortoreal
Communications Director

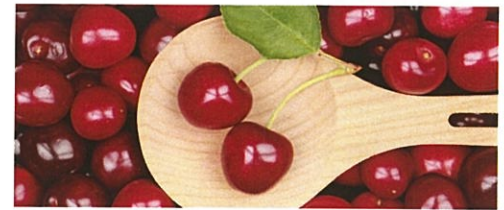
Savannah Rice-Ferguson
Activities Director

Melissa Xavier
Activities Coordinator

Chuck Springs
Maintenance Director

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. It's easy to join the fun: Simply tally the numbers and kinds of birds you see for at least 15 minutes on one or more days of the count (Feb. 12-15) and submit your findings at GBBC.BirdCount.org.



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Love and Chocolate

"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz

Welcome to Alafia Village!

- Lois Miller
- Bernice Mannshreck
- Edward Mannshreck
- Kay Patterson
- Frances Dale
- Avice Smothers
- Joy Johnson
- James Pacheco

Leap to It

2016 brings a bonus in the form of an extra day—it's a leap year. The day is added on Feb. 29 in order to synchronize the calendar with the Earth's orbit around the sun, which takes about 365.25 days. The extra .25 requires the need for a leap day every four years.

Resident Council Meeting

Come be the first to find out about all the upcoming events and updates at Alafia Village.

When: Every Second Tuesday of the Month

Time: 10 a.m.

Location: Activities Hall



Birthdays

Staff Birthdays

February

- Wislande Desulme 02/15
- Leo Stewart 02/19
- Chyna Long 02/25
- Margaret Martin 02/25

March

- Chuck Springs 03/2
- Duane Rosenberry 03/7
- Debbie Beckley 03/8
- Haylay Adkins 03/23

April

- Shannon Jones 04/1

Resident Birthdays

February

- Matthew Chambers 02/1
- Elizabeth Hufstetler 02/10
- Martin Willis 02/27

April

- Dorothy Luminari 04/3
- Joyce Johnson 04/4
- Julia Dawson 04/8
- Frances Dale 04/11
- Rose Goins 04/15

Monthly Birthday Party

Please join us for our Monthly Birthday Celebration:
For February: February 27
For March: March 26
For April: April 30
at 11:30 a.m.

located in the Central Dining Room. We will be celebrating our residents' and employees' birthdays for the current month!

Families are welcome and encouraged to attend!

Switch Hands for a Brain Boost

Exercising your brain can be as easy as switching hands. Doctors advise engaging in a familiar activity using your non-dominant hand. Try brushing your teeth, using eating utensils, writing or drawing with your "wrong" hand. Forcing your other hand to perform an unfamiliar task requires your brain to create new neural pathways and can stimulate the brain's cognitive and creative functions.

Employee Acknowledgement

This quarter, we would like to acknowledge Pamela Ball, who has been with Alafia Village since January 1st, 2015.

Pam started the Hope Garden, which has really flourished with the help of the residents. Although Pamela spends most of her time in Memory Care, her love and compassion radiates. Thank you for all that you do, Pamela!

Motivational Tip: Go Green

Need a boost in energy or inspiration? Find some green. The color, that is. Two studies found that the color green can increase motivation and spark creativity. One researcher hypothesized that seeing green makes people think of growth and opportunity.

Resident Services

Fitness Room Hours:

Monday-Friday

8:30 a.m.-4:00 p.m.

*Supervision by PT or OT is required.

Beauty Shop Hours:

Tuesday: 9 a.m. to 3 p.m.

Wednesday: 9 a.m. to 3 p.m.

Thursday: 9 a.m. to 3 p.m.

Full-Service Salon including cuts (for men and women), color, shampoo, set, perms and manicures.

Bistro Hours:

Open daily from 10 a.m. to 3 p.m. Come enjoy refreshments and snacks.

Transportation:

Please see Alicia at the front desk for transportation services.

Wild World: Green Sea Turtle

The green sea turtle is named for the color of its skin, rather than the hue of its heart-shaped shell, which is brown or olive-toned. After hatching, baby green sea turtles are only 2 inches long, but they can grow up to 5 feet and weigh more than 700 pounds! Young turtles feed on crabs, jellyfish and other sea creatures, but the adults live up to their name by maintaining a vegetarian diet of sea grasses and algae. This endangered turtle is found in all warm tropical and subtropical waters around the world, and it is the only sea turtle species known to regularly come ashore to bask in the sun. Like all sea turtles, green sea turtles cannot retract their head or limbs into their shell.



New Welcoming Committee!

Our residents here at Alafia Village have come together to create a Welcoming Committee for our new residents moving into our facility. The idea behind this committee is to familiarize our new residents with our facility, as well as have the opportunity to get to know our residents and socialize.

The Welcoming Committee will host an Orientation and Brunch for new residents and committee members, beginning February 5th, at 10:30 a.m., located in the Activities Hall.

Dietary News

Recently, we have updated our menus and decided to bring a little culture to the table. We now provide our residents and family members with dishes including: Spanish, Mexican, Latin, and Irish. In addition, we now offer multiple options for each meal, providing residents with a wider variety on a day-to-day basis. We welcome family members and friends to join us anytime!

Wild World: Hedgehog

These tiny, spiny mammals are popular pets in some parts of North America, but they're actually native to Europe, Africa and Asia. Hedgehogs get their name from their habit of foraging through hedges and making grunting noises like a pig. Each hedgehog has about 5,000 to 7,000 hollow, stiff quills, which are used for defense. The animals curl into a ball when threatened or sleeping to deter predators. These adorable critters—which are unrelated to porcupines—are often welcomed by gardeners because they eat pests such as snails, worms, mice, frogs and snakes. A baby hedgehog is called a hoglet.



D.I.Y. Board

"Good night, good night! Parting is such sweet sorrow, that I shall say good night to it be morrow."
—William Shakespeare

"It is the sweet, simple things of life which are the real ones after all."
—Laura Ingalls Wilde

"Sweet is the memory of distant friends! Like the mellow rays of the departing sun, it falls tenderly, yet sadly, on the heart."
—Washington Irving

"Love planted a rose and the world turned sweet."
—Katharine Lee Bates

"A poet is a nightingale, who sits in darkness and sings to cheer its own solitude with sweet sounds."
—Percy Bysshe Shelley

"That it will never come again is what makes life sweet."
—Emily Dickinson

Resident Care Corner

We will be hosting our first annual Valentine's Ball for our residents on Friday, February 12th, from 5 PM to 7 PM. Residents are encouraged to wear formal attire.

A Valentine's King and Queen will be elected and crowned the night of the ball. We would like to invite our families to come join us to socialize and enjoy cocktails and appetizers. We will send out more information throughout the month.

We look forward to seeing all of you there!

Resident Care Department



Upcoming Events

- Feb 12 Valentine's Day Party
- Feb 14 Valentine's Day
- Feb 27 Monthly Birthday Bash
- March 3 Wildlife Day
- March 17 St. Patrick's Day
- March 19 Family Day
- March 20 Earth Day
- March 26 Monthly Birthday Bash
- March 27 Easter
- April 1 April Fools Day
- April 16 Family Day
- April 30 Monthly Birthday Bash

Classic Holiday Meal

A popular American St. Patrick's Day tradition is a meal of corned beef and cabbage. While not a true custom of the Emerald Isle, it can be traced to Irish immigrants who came to the U.S. at the turn of the century. They substituted corned beef for their native dish of Irish bacon and added cabbage since both ingredients were readily available and much cheaper.

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 	13
14 	15 Presidents Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	<i>February</i>				

"This Month In History" FEBRUARY

1849: William G. Morgan, a physical education director in Massachusetts, invents a sport called mintonette. A year later, the name was changed to volleyball.

1922: Reader's Digest magazine is published for the first time.

1930: Pluto is discovered by astronomer Clyde Tombaugh at Arizona's Lowell Observatory. The tiny, distant body was labeled the ninth planet in the solar system, but

scientists in 2006 reclassified it as a dwarf planet.

1945: Captured in a now-iconic photograph, U.S. Marines raise the American flag on Japan's Mount Suribachi during the Battle of Iwo Jima.

1953: Cambridge University scientists James Watson and Francis Crick announce their discovery of the chemical structure of DNA.

1964: The Beatles make their first live TV performance on "The Ed Sullivan Show." More than 70 million people tuned in to watch their U.S. debut.

1980: The U.S. Olympic hockey team beats the heavily favored Soviet team at Lake Placid, N.Y., in a stunning upset dubbed the "Miracle on Ice." The U.S. went on to win the gold medal.

1990: South African human rights activist Nelson Mandela is freed after 27 years in prison.

2001: Two astronauts from the crew of the space shuttle Atlantis make NASA's milestone 100th spacewalk.

2004: The online social networking service Facebook is launched.

2009: The Pittsburgh Steelers win a record-setting sixth NFL championship after a 27-23 victory over the Arizona Cardinals in Super Bowl XLIII.