

WATER'S EDGE

of Bradenton

Florida Christian Homes Senior Housing Inc., a not for profit corporation

2015 32nd Ave. W. • Bradenton, FL 34205 • (941) 748-7797

~Management Team~



Jim Gillespie

Executive Director

Nancy Samec

Villa Manager

Margie Johnston

Director of Marketing

Jeanie Brantley

Director of Community Relations

Samantha Dominis

Director of Activities

Jon Eriksen

Director of Environmental Services

Terry Smith

Head Chef & Food Manager

Micki Poston

Director of Health & Wellness~RN

January 2012

Greetings From Your Executive Director

During our recent Water's Edge Employee Gift Fund Car Wash Fundraiser, we had a wonderful story unfold.

As the employees were washing, drying and cleaning one of the many cars that day, Jacob Sargent and Taylor Snyder, dining servers, were working on the vacuuming of a resident's car when Jacob discovered something shiny under the driver's seat. It was a gold ring. The boys placed the ring on the console and went on about their work. Jill Johnson, Administrative Assistant, got in the car to move the vehicle. When she got in the car, she asked about the ring...and the boys told her where they found it. She found out that the car belonged to Mr. and Mrs. Hauer, so she took the ring upstairs to the resident's apartment. Mrs. Hauer answered the door and Jill told her what Jake and Taylor had found and that she thought it was a man's wedding ring. Mrs. Hauer said, "No, it couldn't be Mr. Hauer's ring because he lost it over four years ago before they even moved into Water's Edge." So, she asked Jill to see if she could read the inscription on the ring that would have been over 65 years old if it *was* his ring. Jill could barely make out the wedding date in May...but, sure enough...it *was* HIS!

Mrs. Hauer called her husband to join them at the front door and she told her husband the story. She placed the ring on his finger, and like Cinderella's slipper, it was a perfect fit! She hugged Jill and thanked her and then asked her husband, after 65 plus years..."Will you marry me?" Mr. Hauer said, "Well, of course!"

Best Regards,
Jim Gillespie

www.WatersEdgeSeniorLiving.org
ALF # 11742

~This Month~



S'more Party

S'mores are a favorite treat for young and old! On Friday, January 20, at 2:00 in the Docksides Lounge we are having our first **S'more Party!** It'll be ooey, gooey fun you won't want to miss!

Breakfast Trip to Cracker Barrel Saturday, January 21 at 9:00am

Sign up in the Activity Binder to attend

Cardiac Symptom Management Seminar

At this educational seminar you will learn how to recognize cardiac symptoms, Edema management and how to maintain a healthy cardiac diet. **Tuesday, January 24 at 2:00 in the Cove**



~Resident Spotlight~



~Christa Diveley~

Christa and her cat Hannah moved to Water's Edge in December and is already calling it home. Christa worked as an RN for over 40 years. She says what drew her to nursing was the desire to always help people. Christa is a people person who loves nothing more than caring for others.

Christa was born and raised in Berlin, Germany until she married a US pilot and moved to the United States. She raised two sons and is enjoying being a mother, grandmother and great grandmother.

Christa loves to talk and has never met a stranger!



Volunteer Appreciation Party

Water's Edge has many resident volunteers who volunteer their time in order to make Water's Edge such a wonderful place to live. We want to thank our volunteers by throwing them a Volunteer Appreciation Party on Friday, January 13, at 2:30 in the Town Center Auditorium.

Scrapbook Classes!!

Water's Edge is starting another series of scrapbook classes in January. They are on the third Tuesday of each month at 3:15 in the Cove. It costs \$10 for 5 classes. All supplies are provided. You just need to bring some photographs to scrapbook.

January 17 at 3:15

Sign up in the Activity Binder to attend the 5 scrapbook classes.

What's **NEW!** New?

Name Tag Day

Make it your New Year's resolution to learn every Water's Edge resident's name! We'll help you by having a **Name Tag Day on Friday, January 20**. If you don't have a name tag see Julie at the Concierge's desk and she'll make one for you.

January Birthdays

Chaplain's Chat

I've always been interested in words, and their origins. January is named for Janus, the Roman god of beginnings. (He's depicted with two faces - one looking to the past, the other to the future - appropriate for the beginning of a new year.) His name comes from the Latin word "janua", or "gate." That brings to mind a wonderful poem by Minnie Louise Haskins - "The Gate of the Year" And I said to the man who stood at the Gate of the year; Give me a light that I may tread safely into the unknown! And he replied: Go out into the darkness and put thine hand into the Hand of God. That shall be to thee better than light, and safer than a known way.

Yours in God's love,
Chaplain Paul

~From the Maintenance Department~

It is amazing how fast the year has gone, "Time flies when you're having fun." It been a great year and as we start 2012 we are looking for what is in store for us in this New Year. During the month of January we will be changing the A/C filters in the first and second floor apartments. In our winter months if you like to open your windows for fresh air, then if the temperature gets warm enough to put your A/C on, it is important to remember to make sure you have closed your windows and patio doors.

Our cleaning tip for the month, if your dishwasher starts to have a bit of an odor, you can put a cup of lemon juice or vinegar in the bottom of the dishwasher and run it through a cycle without any dishes or soap in it. This will help it to smell fresh and clean the inside of the dishwasher.

Have a great year, Jon Eriksen

Grow Your Brain

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, playing and even sleeping. The good news is that emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. One of the things you can do for brain health is to stay mentally active. Mentally stimulating activities strengthen brain cells and the connections between them and may even create new nerve cells.

Keep your brain active every day by doing the following things:

- Stay curious and involved.
- Read, write, work crossword or other puzzles.
- Attend lectures.
- Play games
- Try memory exercises like the ones played in our monthly **Grow Your Brain** classes.



- 1/2 Geraldine Spencer & Dick Stoyles
1/4 Sam Driscoll
1/5 Carole Gruber
1/6 Bob Crossman & Angelo Petrillo
1/9 Hilda Hartman
1/10 Pat Gorman, Bent Moeller & Joe Stanwick
1/11 George Feher
1/12 Kay Walther
1/13 Jim Baker
1/15 Betty Clark
1/18 Helon Woodall
1/19 Jan Daughtery
1/21 Ann Eckersdorff, Don Jutzi & Vicki Stanwick
1/23 John Hurst
1/24 Betty Harbarger
1/25 Beverly Sandstrum & Dorothy Weeks
1/26 Fredia Graves & Barbara LeClaire
1/27 Earl Lucas
1/28 Ed Sanderson & Richard Vincent
1/31 Dick Kowal

Birthday Bash
Tuesday, January 3
at 2:30
Town Center
Auditorium



Location Key

GYM: Town Center Gym
 TCL: Town Center Library
 TCT: Town Center Theatre
 TCA: Town Center 2nd Floor Auditorium
 TCS: Town Center 2nd Floor Stoneside Lounge
 TCC: Town Center 2nd Floor Couch Area
 TCD: Town Center 2nd Floor Discovery Room
 HRC: High Rise 1st Floor Cove
 HRL: High Rise 1st Floor Lanai
 HRDL: High Rise Dockside Lounge
 HRDJ: High Rise Davey Jones Locker
 HRD: High Rise 1st Floor Dining Room
 HRG: High Rise 2nd Floor Game Room
 HRCL: High Rise 3rd Floor Compass Lounge
 HRCN: High Rise 4th Floor Crow's Nest




New Year's Day Buffet

Sunday, January 1, at 12:00 & 1:30
 \$15 for Guests and Villa Residents
 Make your reservations by calling 748-7797.



Wear Blue Day
 Friday, January 6

Sunday	Monday	Tuesday
9:00 Church Service on Channel 96 <u>10:15 CHURCH BUS TRIP: Bethel Baptist</u> 10:30 CHURCH BUS TRIP: St. Joseph's 12:00 & 1:30 New Year's Day Buffet (\$15 For Guests/Villa Residents) 3:30 Canasta 6:00 Inquiring Minds: Significant Others (TCC)	9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 10:00 BUS TRIP: Publix 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Dominoes (TCL) 1:00 Stitcher's Club (HRC) 2:00 Monday Matinee "Titanic" (TCT)	9:15 Chair & Balance (GYM) 9:30 Tuesday Talk: "2012" (HRDJ) 10:00 Fitness Fusion (GYM) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 2:30 Birthday Bash (TCA) 7:00 Game Night (HRDJ)
9:00 Church Service on Channel 96 <u>10:15 CHURCH BUS TRIP: Bethel Baptist</u> 10:30 CHURCH BUS TRIP: St. Joseph's 3:30 Canasta	9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 10:00 BUS TRIP: Walmart 11:00-1:00 All Ears Hearing Bus (Outside of Town Center) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Dominoes (TCL) 1:00 Stitcher's Club (HRC) 2:00 Monday Matinee "Super 8" PG-13 (TCT)	9:15 Chair & Balance (GYM) 9:30 Tuesday Talk: "Regrets" (HRDJ) 10:00 Fitness Fusion (GYM) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Diabetic Education Part 3 (HRC) 2:30 Craft Class: Ceramic Tile Coasters (HRC) 7:00 Game Night (HRDJ)
9:00 Church Service on Channel 96 <u>10:15 CHURCH BUS TRIP: Bethel Baptist</u> 10:30 CHURCH BUS TRIP: St. Joseph's 3:30 Canasta	9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 10:00 BUS TRIP: Publix 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Dominoes (TCL) 1:00 Stitcher's Club (HRC) 2:00 Monday Matinee "An Officer and a Gentlemen" R (TCT) 7:00 Orchid Society Meeting (TCA)	9:15 Chair & Balance (GYM) 9:30 Tuesday Talk: "How to Stay Healthy" (HRDJ) 10:00 Fitness Fusion (GYM) 11:15 Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Hearing Aid Workshop With Dr. Clark (HRC) 3:15 Scrapbook Class (HRC) 7:00 Game Night (HRDJ)
9:00 Church Service on Channel 96 <u>10:15 CHURCH BUS TRIP: Bethel Baptist</u> 10:30 CHURCH BUS TRIP: St. Joseph's 3:30 Canasta	9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 10:00 BUS TRIP: Walmart 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Dominoes (TCL) 1:00 Stitcher's Club (HRC) 2:00 Monday Matinee "The Bucket List" PG-13 (TCT) 4:15 Dinner Trip: Outback Steakhouse	9:15 Chair & Balance (GYM) 9:30 Tuesday Talk: "Winter Memories" (HRDJ) 10:00 Fitness Fusion (GYM) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 2:00 Cardiac Symptom Management (HRC) 7:00 Game Night (HRDJ)
9:00 Church Service on Channel 96 <u>10:15 CHURCH BUS TRIP: Bethel Baptist</u> 10:30 CHURCH BUS TRIP: St. Joseph's 3:30 Canasta	9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 10:00 BUS TRIP: Publix 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 1:00 Dominoes (TCL) 1:00 Stitcher's Club (HRC) 2:00 Monday Matinee "The Help" PG-13 (TCT)	9:15 Chair & Balance (GYM) 9:30 Tuesday Talk: "Being Active" (HRDJ) 10:00 Fitness Fusion (GYM) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Bridge (TCS) 7:00 Game Night (HRDJ)

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">4</p> <p>9:00-10:00 Bank Run 10:00 Writer's Club (HRDJ) 10:30 Women's Bible Study (HRC) 10:30 Tai Chi (TCA) 1:00 Wii Games (GYM) 1:00 Scrabble (TCL) 1:00 Rummikub (TCS) 3:00 Grow Your Brain (HRC)</p>	<p style="text-align: right;">5</p> <p>9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 11:00 Catholic Communion (HRC) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Dominos (TCL) / Mah Jong (TCS) 1:00 Pinochle (TCL) 2:00 Thursday Matinee: "Ghost of Girlfriends Past" PG-13 (TCT)</p>	<p style="text-align: right;">6</p> <p style="text-align: center;"><i>Wear Blue Day!</i></p> <p>9:00 Coffee (TCA) 9:45 Creative Writing (HRDJ) 9:45 Men's Bible Study (HRC) 10:00 Wii Bowling (GYM) 10:00 Shopping Bus Trip: Ellenton Outlet Mall 3:30 Feel Good Friday (HRC)</p>	<p style="text-align: right;">7</p> <p style="text-align: center;"><u>1:00-3:00 Bingo (TCA)</u> 3:30 Vesper Services (HRC) 7:00 Movie "Super 8" PG-13 (TCT)</p>
<p style="text-align: right;">11</p> <p>9:00-10:00 Bank Run 10:00 Writer's Club (HRDJ) 10:30 Women's Bible Study (HRC) 10:30 Tai Chi (TCA) 1:00 Wii Games (GYM) 1:00 Scrabble (TCL) 1:00 Rummikub (TCS) 2:00 Apartment Resident Meeting (HRD)</p>	<p style="text-align: right;">12</p> <p>9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 11:00 Catholic Communion (HRC) 11:15 Chair Yoga (GYM) 1:00 Dominos (TCL) / Mah Jong (TCS) 1:00 Pinochle (TCL) 2:00 Thursday Matinee: "National Treasure" PG (TCT) 2:30 COPD Seminar (HRC)</p>	<p style="text-align: right;">13</p> <p>9:00 Coffee (TCA) 9:45 Creative Writing (HRDJ) 9:45 Men's Bible Study (HRC) 10:00 Wii Bowling (GYM) 11:30 Lunch Bus Trip: Fire and Stone Pizza (Credit Cards Not Accepted) 2:30 Volunteer Appreciation Party (TCA) *\$5 Due Today for Lipizzan Stallions</p>	<p style="text-align: right;">14</p> <p style="text-align: center;"><u>1:00-3:00 Bingo (TCA)</u> 2:45 Non-Denominational Communion (HRC) 3:30 Vesper Services (HRC) 7:00 Movie "An Officer and a Gentlemen" R (TCT)</p>
<p style="text-align: right;">18</p> <p>9:00-10:00 Bank Run 10:00 Writer's Club (HRDJ) 10:30 Women's Bible Study (HRC) 10:30 Tai Chi (TCA) 1:00 Wii Games (GYM) 1:00 Scrabble (TCL) 1:00 Rummikub (TCS) 3:00 Pain Management Support Group (HRC) 7:00 Bunco (HRDJ)</p>	<p style="text-align: right;">19</p> <p>9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 11:00 Catholic Communion (HRC) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Dominos (TCL) / Mah Jong (TCS) 1:00 Pinochle (TCL) 2:00 Thursday Matinee: "National Treasure 2" PG (TCT)</p>	<p style="text-align: right;">20</p> <p style="text-align: center;"><i>Wear Your Water's Edge Name Tag Day!!!</i></p> <p>9:00 Coffee (TCA) 9:30 Roundtable (TCA) 9:45 Creative Writing (HRDJ) 9:45 Men's Bible Study (HRC) 10:00 Wii Bowling (GYM) 2:00 S'more Party (HRDL) 3:00 Bead Class (HRC)</p>	<p style="text-align: right;">21</p> <p>9:00 Breakfast Trip: Cracker Barrel <u>1:00-3:00 Bingo (TCA)</u> 3:30 Vesper Services (HRC) 7:00 Movie "The Bucket List" PG-13 (TCT)</p>
<p style="text-align: right;">25</p> <p>9:00-10:00 Bank Run 10:00 Writer's Club (HRDJ) 10:30 Women's Bible Study (HRC) 10:30 Tai Chi (TCA) 1:00 Wii Games (GYM) 1:00 Scrabble (TCL) 1:00 Rummikub (TCS) 3:00 Grow Your Brain (HRC)</p>	<p style="text-align: right;">26</p> <p>9:15 Chair & Balance (GYM) 10:00 Fitness Fusion (GYM) 11:00 Catholic Communion (HRC) 11:15 Chair Yoga (GYM) 1:00 Wii Games (GYM) 1:00 Dominos (TCL) / Mah Jong (TCS) 1:00 Pinochle (TCL) 2:00 Thursday Matinee: "Mamma Mia" PG-13 (TCT)</p>	<p style="text-align: right;">27</p> <p>9:00 Coffee (TCA) 9:45 Creative Writing (HRDJ) 9:45 Men's Bible Study (HRC) 10:00 Wii Bowling (GYM) 1:15 Bus Trip: Lipizzan Stallions (\$5 Due by 1/13 To Activity Director) 2:00 The Wellness Program With Dr. Zendel (HRC)</p>	<p style="text-align: right;">28</p> <p style="text-align: center;"><u>1:00-3:00 Bingo (TCA)</u> 3:30 Vesper Services (HRC) 7:00 Movie "The Help" PG-13 (TCT)</p>
<div style="text-align: center;">  <h2 style="margin: 0;">January</h2> </div>		<p style="text-align: center;"><u>Town Center Clinic Schedule</u></p> <p style="text-align: center;">Family Home Health Monday & Friday 9am-11am Wednesday 10am-12pm Vital Care Home Health Every Tues 10-12 & Thurs 10-2 Dr. Clark, Audiologist Tuesday, Jan 3 & 17, 10-12 (941) 747-7620</p>	
<p style="text-align: center;">Monica Webb, P.A. & Dr. Robert Brochu January 4 & 18, 1:00-3:00pm Monica Webb: 224-8452 Dr. Brochu: 209-7800</p>			

~What's New?~

Welcome New Residents

Carol Butler
Bob & Diane Fuller
Joann Schaffer
Len Taylor



Employee Recognition Program



~**Harley Kroll**~
Harley is a server in the Dining Room and is this month's Employee Recognition recipient. Residents compliment her on her friendly and warm disposition. Harley always has a smile on her face and is eager to please and serve our residents. Thank you, Harley, for your hard work and dedication to Water's Edge!

Ceramic Tile Coasters Craft Class

Tuesday, January 10, at 2:30 in the Cove room.

Using scrapbook paper and 4x4 inch ceramic tiles you will make a set of 4 beautiful coasters.

You must sign up in the Activity Binder to attend this craft class. Sign up by January 6.



Ellenton Outlet Mall Shopping Trip

Friday, January 6

Bus leaves at 10:00am

Sign up in the Activity Binder to attend



Hearing Aid Workshop With Dr. Clark, Audiologist

I invite you to join me on January 17 at 1:00pm in the Cove room for a "Workshop to discover and understand the benefits of healthy hearing and 10 easy tips on the care and maintenance of your hearing aids." Come and learn how your quality of life is affected by your ability or inability to hear, understand, and converse with your friends and family.

We are all confronted with the problems of hearing loss either as a concerned loved one or friend. We have all experienced the aggravation of having to repeat something to a friend or ask them to repeat what they said. Hearing loss is far more noticeable than hearing aids. The first step to discovering your hearing health begins with you coming on the 17th of January and we will dismiss all the myths and complaints about hearing aids.



Big Cat Habitat

The Big Cat Habitat is a non-profit safe haven for big cats, bears and other animals in need. Their goal is to educate the public by fostering appreciation for animals and stressing the importance for habitat preservation.

Water's Edge is taking a trip to the Big Cat Habitat during their Extravaganza event on **Saturday, February 18 at 11:00**. Tickets cost \$15 (cash or check). Money due to the Activity Director, Samantha by February 15. If you pay with a check you must write your Driver's License number and phone number on the top of the check.

A Note From the Villa Manager, Nancy Samec

Happy New Year to all our wonderful residents and staff here at Water's Edge! January is a special month for me this year. For 2 years now, I have had the privilege to be a part of the Water's Edge community.

When a prospective resident comes to tour a villa model and see the community, they are always in awe. Many have looked around and realized that there is really nothing that compares to Water's Edge. Our residents here are special people, and that's a huge reason for its success! On behalf of myself, Sharon and Fred, it is our pleasure to assist you and do whatever it takes to make your living experience here the best possible!

~From the Nurse's Desk~

Vitamin D deficiency has been more and more in the forefront of health care news. In recent years there has been an increase in the use of sunscreen and people are wearing more protective clothing due to an increased awareness of skin cancer. The drawback has been that we receive less exposure to UVB rays from the sun and may suffer from Vitamin D deficiency.

Symptoms are: chronic pain, weak bones, frequent infections, depression, and many other wide ranging symptoms.

Sunlight is the method of choice for increasing Vitamin D levels. The hours between 10 a.m. and 2 p.m. are best, and one will have produced all of the Vitamin D they need in 10-15 minutes.

Micki Poston, RN

Director of Health and Wellness

AARP Driver Safety Program for Seniors

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills.

What will you learn by taking the course?

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

What else do you need to know about the course?

- You may be eligible to receive an insurance discount upon completing the course.
- You may be eligible to receive a discount on roadside assistance plans.
- AARP membership is not required to take the course.
- There is no test to pass.
- The classroom course costs only \$12 for AARP members and \$14 for non-members.

How can you register?

Sign up in the Activity Binder to attend this two day course: **Wed, Feb 22 and Thurs, Feb 23 from 12:00-4:00 in the Town Center Auditorium. Pay at the class. \$12 for AARP Members and \$14 for non-members. All you need to bring is a pen!**

~This Month~

Herrmann's Royal Lipizzan Stallions

Friday, January 27th
Bus leaves at 1:15
\$5 due to the Activity
Director, Samantha
by 1/13

Wellness Program With Dr. Zendel

Learn your personal health risk and how to improve your health. Free health wellness evaluation, informative health education seminar and an annual comprehensive wellness check.

Friday, January 27 at
2:00 in the Cove

Pain Management Support Group

For all the chronic pain sufferers out there, whether it be from fibromyalgia, cancer, RSD, or undiagnosed pain, this support group is for sufferers and their family.

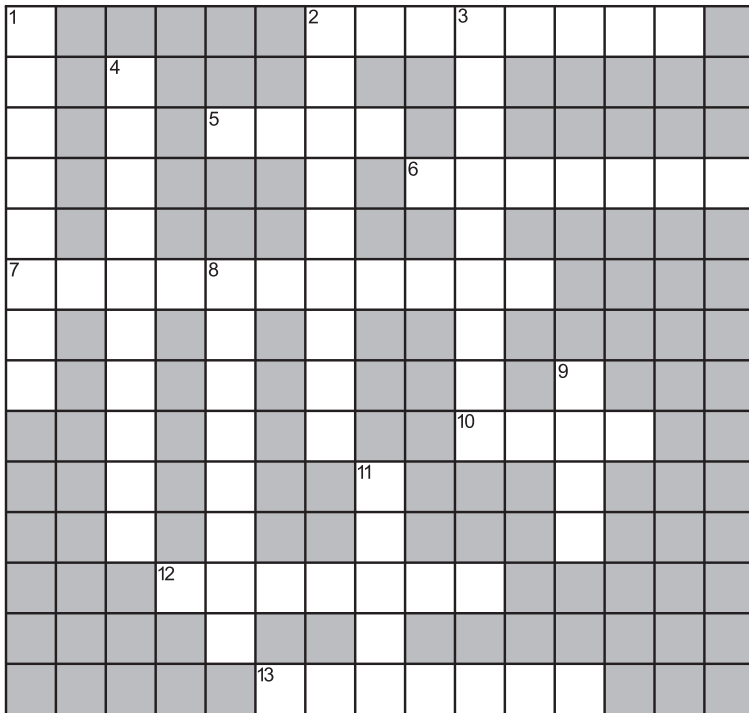
Third Wednesday of every month at 3:00 in the Cove Room.
January 18 at 3:00

January 2012

Wintertime by Flo McGilvray



Oh the snow is snowing
 And the wind is blowing
 But I can weather the storm
 Got sunny Florida to keep me warm
 And I'm so happy to Ohio I can't go
 To sights with snow all aglow
 The chill and the cold air
 Never can compare
 To the sunny warmth I feel in the air
 As I relax here in my beach chair!



Happy New Year!

Crosswords

Across:

- 2. Small pieces of colored paper
- 5. Hope
- 6. Start of the calendar year
- 7. Important event
- 10. Cold, white stuff
- 12. First month
- 13. Two-section gloves

Down:

- 1. Heated chocolate beverage
- 2. White sparkling drink
- 3. Spectacular explosions
- 4. Firm decision
- 8. Annual anniversary of a person's life
- 9. Low temperature
- 11. Beginning

