

the FEBRUARY 2019 newsletter

Be Inspired

GREATWOOD AT SUGAR LAND | a Senior Lifestyle community | SUGAR LAND, TX 77479 | 281-343-8400

THIS MONTH'S *silver star*

KENNETH STEWART

Our Silver Star this month is the intrepid Kenneth (Ken) Stewart. Ken was born in Dumore, Pa., but admits to having lived in three other states including New Jersey, Maine, and the Lone Star State of Texas. After graduating from the Newark College of Engineering, Ken went to work for Texas Instruments, for whom he “traveled the world.” In 1957, he married his high-school sweetheart Rosalie, who sadly passed away following 60 years of marriage. His 30-year career at Texas Instruments brought him to Texas where he and Rosalie lived in Pecan Lakes with their two daughters, Dorothy and Brenda. After Rosalie’s passing, he lived with one of his daughters for two years. He then moved to nearby Greatwood four years ago. Upon touring the facility, Ken says he was so impressed with its activity department that his decision to move here was easy. He especially loves the occasions of music and singing, especially the gospel singing every Saturday afternoon. Ken adds that he has a serious message for the boys and girls of today: Make sure that you attend college when the time comes, pointing out that nothing prepares them more for a successful life than a good education. Well said, Ken. Greatwood is so proud that you chose us.



JOIN US THIS MONTH FOR *reflect*

The month of February is about Reflection and the Burning Bowl Ceremony. The Burning Bowl Ceremony becomes vital to those who wish to put away old sorrows and wrongful commitments of words or actions



toward others. These actions may have seemed appropriate at the time, but continue to gnaw at your psyche to the point of being obsessive. Enter Reflection and the Burning Bowl. You have already completed your first step with your reflections, so now, the Burning Bowl Ceremony is all that is lacking. You then set a date with someone with whom you have arranged to take part in your exercise and hand him or her the paper on which you have written your reflections and intentions. All that is left for you to do is watch as all your past grievances go up in smoke.

TRAIN YOUR BRAIN *search for flowers*

F	Y	R	P	B	U	C	M	Y	L	I	L
U	S	I	O	D	E	A	D	A	D	A	I
C	N	T	D	S	R	G	P	I	G	E	L
S	A	E	M	I	E	O	O	N	D	L	A
H	P	L	G	U	P	D	O	N	A	A	C
I	D	O	D	P	I	I	S	I	I	Z	G
A	L	I	Y	D	T	N	D	Z	S	A	D
D	G	V	Q	A	D	D	A	D	Y	D	I
F	A	I	N	U	T	E	P	R	D	F	H
C	S	R	Z	P	I	L	U	T	E	G	C
D	A	H	L	I	A	I	R	I	S	G	R
C	B	L	U	E	B	E	L	L	C	Z	O

- AZALEA
- BEGONIA
- BLUEBELL
- CARNATION
- DAHLIA
- DAISY
- FUCHSIA
- GERANIUM
- IRIS
- LILAC
- LILY
- MARIGOLD
- ORCHID
- PANSY
- PETUNIA
- POPPY
- ROSE
- TULIP
- VIOLET
- ZINNIA

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACTIVITY ROOM — AR
- DINING ROOM — DR
- DOWNSTAIRS CARD TABLE — DCT
- FRONT PATIO — FP
- GREAT ROOM — GTR
- LIBRARY — LR
- LOBBY — LOB
- PUZZLE ROOM — PR
- SIGN-UP — SU
- THEATER ROOM — TR
- THIRD DINING ROOM — TDR
- UPSTAIRS CARD ROOM — UCR
- UPSTAIRS LOBBY — UL

TRANSPORTATION SCHEDULE

MONDAY, WEDNESDAY & FRIDAY
8 a.m.-2 p.m.
Medical Appointments

TUESDAY
9-10:30 a.m.
Walmart

TUESDAY
Noon-3 p.m.
Errand Day

THURSDAY
9-10:30 a.m.
HEB & Dollar Tree

OFFICE HOURS

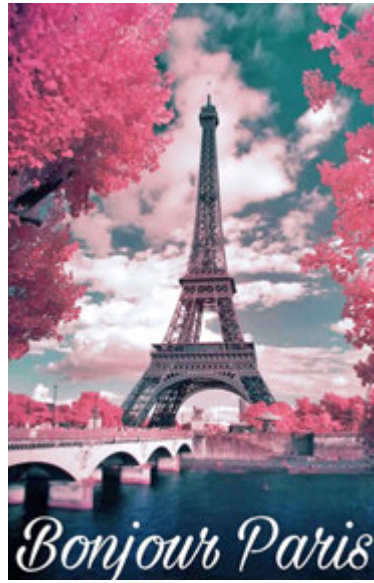
MONDAY - FRIDAY
8 a.m.-4 p.m.
Greatwood at Sugar Land

BIRTHDAYS THIS MONTH						1			2																																												
ADA LIGON — 4th	MARY NEIL — 4th	MILDRED ANDRIES — 4th				BLANCHE HEUSSNER — 14th	BETTY MCKENNA — 14th	MARIBEL OLIVARES — 16th (Employee)	JUAN GARCIA — 17th (Employee)	GLORY ZIBILI — 18th (Employee)	PHIL BACKMON — 20th	DIANE WEBB — 25th	MARGIE BOOKER — 27th	WILLIAM WALKER — 29th	GROUNDHOG DAY																																						
10:15 ● Church Service with Jerry and Sue GTR 3	11:00 ● Funday Sunday Sports GTR	3:00 ● Textercise Exercise GTR	3:30 ● Colorama GTR	4:00 ● Oldies: Music with Friends LOB	5:00 ● Super Bowl Party (53) GTR	6:00 ● Hallmark Movie TR	10:00 ● Greatwood Sneakers AR 4	10:00 ● Group Bible Study GTR	1:00 ● Skip-Bo UCR	1:30 ● Reminiscing to the Oldies Singalong GTR	2:30 ● Checkers with Christa DCT	3:00 ● A Stroll with Christa FP	5:30 ● Bingo GTR	9:00 ● Shopping: Walmart SU 5	10:00 ● Greatwood Sneakers GTR	12:00 ● Errand Day SU	1:00 ● Celebrating the Chinese New Year with Shaw VR GTR	2:00 ● Mexican Train DCT	3:00 ● Pumping Iron with Nicole GTR	5:30 ● Loteria GTR	9:30 ● Blood Pressure Clinic with Encompass GTR 6	10:00 ● Greatwood Sneakers GTR	1:00 ● Blackjack UCR	1:30 ● Brainiacs GTR	2:00 ● St. John's UMC Communion GTR	2:00 ● Creative Crafts with Christa and Nicole AR	3:30 ● I Hear Memories Game AR	5:30 ● Bingo with Henry & Lucy GTR	9:00 ● Shopping: HEB & Dollar Tree FP 7	10:00 ● Greatwood Sneakers GTR	10:30 ● Service and Communion with Pastor Mark Moeller GTR	1:00 ● Cancer Screening with Perry Turner GTR	2:00 ● Scenic Drive with Juan SU	2:00 ● Mexican Train DCT	2:30 ● Learning Nutrition with MC Healthy GTR	3:30 ● Maniac Exercise GTR	5:30 ● Skip-Bo UCR	10:00 ● Greatwood Sneakers AR 8	10:00 ● Catholic Communion GTR	1:00 ● Bible Stories with Christa GTR	1:30 ● Poker UCR	2:30 ● Creative Therapy AR	3:00 ● Relax and Reflect Time with Christa GTR	5:30 ● Friday Night Bingo GTR	10:00 ● Greatwood Sneakers GTR 9	10:30 ● Walking Club with Nicole FP	1:00 ● Blackjack UCR	2:00 ● Music of Harmony GTR	2:30 ● UNO with Nicole DCT	3:30 ● Greatwood Gospel Hymns Singalong GTR	5:30 ● Bingo Bash with Nicole GTR		
10:00 ● Joel Osteen Televised Church Service GTR 10	11:00 ● Funday Sunday Sports GTR	2:00 ● Church Service: Pastor Brian GTR	3:00 ● Textercise Exercise GTR	3:30 ● Colorama GTR	4:00 ● Oldies: Music with Friends LOB	6:00 ● Hallmark Movie TR	10:00 ● Greatwood Sneakers AR 11	10:00 ● Group Bible Study GTR	1:00 ● Skip-Bo UCR	1:30 ● Reminiscing to the Oldies Singalong GTR	2:30 ● Checkers with Christa DCT	3:00 ● A Stroll with Christa FP	5:30 ● Bingo GTR	9:00 ● Shopping: Walmart SU 12	10:00 ● Greatwood Sneakers GTR	12:00 ● Errand Day SU	1:00 ● Valentine Tea Party with Brad Sheffield GTR	2:00 ● Mexican Train DCT	3:00 ● Tuesday Manicures AR	5:30 ● Card Bingo GTR	10:00 ● Greatwood Sneakers GTR 13	11:00 ● New Resident Luncheon! TDR	1:00 ● Blackjack UCR	1:00 ● Health Talk with Anitra and Garret GTR	2:00 ● Creative Crafts GTR	2:00 ● Coloring with Kim AR	3:00 ● Dancing Chair Exercise GTR	5:30 ● Bingo with Henry & Lucy GTR	VALENTINE'S DAY 14			9:00 ● Shopping: HEB & Dollar Tree FP	10:00 ● Greatwood Sneakers GTR	2:00 ● Mexican Train DCT	2:30 ● Valentine's Party with Richard Shanks GTR	3:30 ● Maniac Exercise GTR	5:30 ● Skip-Bo UCR	10:00 ● Greatwood Sneakers AR 15	10:00 ● Catholic Communion GTR	1:00 ● Bible Stories with Christa GTR	1:30 ● Poker UCR	2:30 ● Creative Therapy AR	3:00 ● Relax and Reflect Time with Christa GTR	5:30 ● Friday Night Bingo GTR	10:00 ● Greatwood Sneakers GTR 16	10:30 ● Walking Club with Nicole FP	1:00 ● Blackjack UCR	2:30 ● Monopoly Board Game Lesson with Nicole DCT	3:30 ● Greatwood Gospel Hymns Singalong GTR	5:30 ● Bingo Bash with Nicole GTR			
10:15 ● Church Service with Jerry and Sue GTR 17	11:00 ● Funday Sunday Sports GTR	3:00 ● Textercise Exercise GTR	3:30 ● Colorama GTR	4:00 ● Oldies: Music with Friends LOB	6:00 ● Hallmark Movie TR	PRESIDENTS DAY 18			10:00 ● Greatwood Sneakers AR	10:00 ● Group Bible Study GTR	1:00 ● Fantasy Book Review Club GTR	1:00 ● Skip-Bo UCR	1:30 ● Reminiscing to the Oldies Singalong GTR	2:30 ● Checkers with Christa DCT	3:00 ● A Stroll with Christa FP	5:30 ● Bingo GTR	9:00 ● Shopping: Walmart SU 19	10:00 ● Greatwood Sneakers GTR	12:00 ● Errand Day SU	12:00 ● Kingsman Luncheon TDR	2:00 ● Mexican Train DCT	3:00 ● Town Hall GTR	5:30 ● Loteria GTR	9:30 ● Blood Pressure Clinic with Texas Home Health GTR 20	10:00 ● Greatwood Sneakers GTR	1:00 ● Blackjack UCR	1:30 ● Brainiacs GTR	2:00 ● Creative Crafts with Christa and Nicole AR	3:30 ● I Hear Memories Game AR	5:15 ● Big Momma's Snack Stand LOB	5:30 ● Bingo with Henry & Lucy GTR	9:00 ● Shopping: HEB & Dollar Tree FP 21	10:00 ● Greatwood Sneakers GTR	10:00 ● Podiatrist Visit Dr. Cramer SU	11:00 ● Lunch Outing: Cristobal Mexican Restaurant SU	2:00 ● Scenic Drive with Juan SU	2:00 ● Mexican Train DCT	3:30 ● Maniac Exercise GTR	5:30 ● Skip-Bo UCR	10:00 ● Greatwood Sneakers AR 22	10:00 ● Catholic Communion GTR	1:00 ● Residents' Association Meeting GTR	1:30 ● Poker UCR	2:00 ● Birthday Bash DR	2:30 ● Creative Therapy AR	3:00 ● Relax and Reflect Time with Christa GTR	5:30 ● Friday Night Bingo GTR	10:00 ● Greatwood Sneakers GTR 23	10:30 ● Walking Club with Nicole FP	1:00 ● Blackjack UCR	2:30 ● UNO with Nicole DCT	3:30 ● Greatwood Gospel Hymns Singalong GTR	5:30 ● Bingo Bash with Nicole GTR
10:00 ● Joel Osteen Televised Church Service GTR 24	11:00 ● Funday Sunday Sports GTR	2:00 ● Church Service: Pastor Brian GTR	3:00 ● Textercise Exercise GTR	3:30 ● Colorama GTR	4:00 ● Oldies: Music with Friends LOB	6:00 ● Hallmark Movie TR	10:00 ● Greatwood Sneakers AR 25	10:00 ● Group Bible Study GTR	1:00 ● Skip-Bo UCR	1:30 ● Reminiscing to the Oldies Singalong GTR	2:30 ● Checkers with Christa DCT	3:00 ● A Stroll with Christa FP	5:30 ● Bingo GTR	9:00 ● Shopping: Walmart SU 26	10:00 ● Greatwood Sneakers GTR	12:00 ● Errand Day SU	1:00 ● A Round of Bowling SU	2:00 ● Mexican Train DCT	3:00 ● Tuesday Manicures AR	5:30 ● Card Bingo GTR	10:00 ● Greatwood Sneakers GTR 27	1:00 ● Blackjack UCR	1:00 ● Health Chat with Rehab Care GTR	1:30 ● Brainiacs GTR	2:00 ● Creative Crafts GTR	2:00 ● Chef Chat TDR	3:00 ● Dancing Chair Exercise GTR	5:30 ● Bingo with Henry & Lucy GTR	9:00 ● Shopping: HEB & Dollar Tree FP 28	10:00 ● Greatwood Sneakers GTR	1:00 ● Burning Bowl Performance by Savannah Adkins GTR	1:00 ● Painting with Gigi AR	2:00 ● Burning Bowl Ceremony GTR	2:00 ● Mexican Train DCT	3:30 ● Maniac Exercise GTR	5:30 ● Skip-Bo UCR																	

EVENT RECAP

bonjour

Our amazing visit to Paris was everything we had dreamed it would be. And more. Upon arriving, we went to Chateau De La Greatwood to take part in the Wine Degustation. Then, it was off to the incomparable La Madeleine's for brunch, following which we went to see the ever-enduring movie, "An American in Paris." So as not to miss even one Parisian site awaiting us, there it was: the Eiffel Tower, where the view was awesome! To say we had fun making everlasting memories of late 2018 is an understatement. Our own "An Evening of Elegance" was well-defined by Greatwood's resident models adorned in Parisian-like gowns in our fashion show. Cap all this splendor with a French cuisine dinner, served with our favorite bubbly and music by Xavier Keys. Can anyone recall a more delightful manner in which to being the year? We can't!



IT'S OUR PLEASURE TO SERVE YOU ...

word from your executive director

LOVE IS IN THE AIR ...

Valentine's Day

Saints' Day

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on Feb. 14. Originating as a Western Christian feast day honoring one or two early saints named Valentinus, Valentine's Day is

recognized as a significant cultural, religious and commercial celebration of romance and romantic love in many regions around the world.

Our "theme" this month is "Reflection." I thought it would be nice since it's Valentine's Day this month that we reflect on our loved ones. Past and present.

Here is a short definition about Reflection:

Reflection is the art of pondering on one's virtues and faults. It is also the ability to reflect on the "here and now," on your feelings and thoughts. This also includes reflecting on the thoughts, emotions and feelings of others. Reflection can be a useful way to make positive changes in life as you assess and evaluate the decisions you've made in the past. This may require letting go of some people or ways of thinking and retaining others. Learning how to reflect on your own life, your experiences, and the lives of others can help you grow as a person and make informed choices to shape your future.

Happy Valentine's, everyone!



THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month's Heart Hero is the amazing BIANCA APARICIO. Not only is she known for her amazing and loving big heart, but her contagious smile is simply remarkable. Ask any one of the residents Bianca cares for regularly on a daily basis, or any of her coworkers, and they will wholeheartedly agree that Greatwood is where the heart is when she reports for work. But when her work-day is over, she rushes home to hearth and family where she continues to give a heart full of love and thanks God for her many blessings.

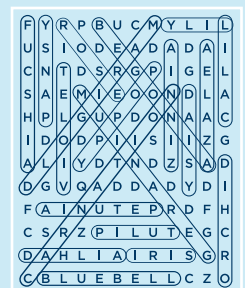


MANAGEMENT TEAM

Kim Parnell, *Executive Director*
Rose Castro, *Business Office Manager*
Debbie Hamilton, *Director of Sales & Marketing*
Sam Waight, *Director of Plant Operations*
Anitra Sherman, *Health and Wellness Director*

Garret Kiger, *Assisted Living Manager*
Beatrice Perez, *Move in Coordinator*
Eric Beasley, *Executive Chef*
Christa Noalzco, *Resident Program Director*
Nicole Arizmendi, *Resident Program Coordinator*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE

your life, your style



PET FRIENDLY