

Be *Inspired*

HERON HOUSE | ASSISTED LIVING | a Senior Lifestyle community | SARASOTA, FL 34237 | 941-955-7575

THIS MONTH'S *silver star*

MEET THIS MONTH'S SILVER STAR

Darlene McKean was born in Ithaca, N.Y. She came from a very loving family and has a sister, Suzanne, who lives in Ocala and is planning to relocate to Sarasota soon. Darlene's dad worked as a body mechanic, and could take a piece of trash and make it look like a treasure. Darlene's mom worked part time, but her main focus was raising their two girls. At the age of 10, the whole family moved to Sarasota. She said she has lived here so long she feels like a Florida native. Darlene graduated from River View High School and following graduation, she took a job at Sarasota Memorial Hospital (SMH) in the Dietary Department. It was here she was given the opportunity for future educational classes, working her way up the ranks to a registered nurse after receiving further education. For several years she worked at Doctor's Hospital but ended up going back to SMH. After almost 10 years she moved north to St. Paul for a change of environment. It was here she married, and they returned to Sarasota where she was welcomed back to SMH with open arms to work in their cardiac care unit. Well, she was not done with traveling and moved on to New York where she met the love of her life, Carl McKean. They adopted a son who they named Michael and once again returned to Sarasota. Darlene decided she wanted to go into a different field of nursing and went to work for a home health care agency until her retirement. In between all this traveling and education, she loved to visit the beach and swim. When I asked her what she liked about Heron House, she said she loved the staff and residents. From her first day here, she said it felt like home. The best part of her day is participating in many of the activities that are offered. She said there is always something to do, whether it is walking around the beautiful grounds or doing something on the calendar. She has made many new friends here and likes the fact that no two days are the same. She enjoys her independence and taking advantage of the transportation available for her. Darlene, we are happy to have you as a member of our Heron House family.



JOIN US THIS MONTH FOR *recognizing good friday*

The team at Heron House has put together what we know will be a wonderful service to recognize Good Friday. Beginning with Jerry, Trudy, Marge and Katie they will be leading a special service on Friday, April 19, at 2 p.m. We have also asked Nancy, who plays hymns for us every week, to be a part of the program as well. It is just delightful to hear such beautiful sounds coming from the Activity Room, every Friday, while the residents sing to some of their favorite music. To make this event even more special, we have asked several residents to sing a few solos! You just never know what may take place when all of these creative minds get together. Everyone is invited and we hope to see you here.



TRAIN YOUR BRAIN *search for things in a kitchen*

R N E V O K E L D A L T	BOWL
D O G G P R E T N U O C	COUNTER
G O T H G L D G C A T G	CUP
E P D A C N A P S U O H	FAUCET
V S E K R O F T G D P F	FORK
A M F C G E E D E V D A	KNIFE
W D I V H R G S D C B U	LADLE
O F N X C G A I G J O C	MICROWAVE
R S K D E U S D R K W E	MIXER
C I D G C R D F D F L T	OVEN
I N F E S D S T O V E F	PAN
M K R T G P L A T T E R	PLATE
	PLATTER
	POT
	REFRIGERATOR
	SAUCER
	SINK
	SPOON
	STOVE
	TOASTER

assisted living

BE INSPIRED

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

LOCATIONS

- ACTIVITY ROOM — AR
- AL COURTYARD — ALCY
- LC LIVING ROOM — LR
- LEGACY COURTYARD — CY
- MAIN LOBBY — ML
- OUTING — BUS
- POOL ROOM (100 WING) — PR
- PRIVATE DINING ROOM — PDR

TRANSPORTATION SCHEDULE

TUESDAY & THURSDAY
9 a.m.-4 p.m.
Doctors' Appointments

ACTIVITY OFFICE

WEEKDAYS
9 a.m.-5 p.m.
WEEKENDS
Out of Building

ACTIVITIES ARE SUBJECT TO CHANGE

www.SeniorLifestyle.com
Activities are subject to change



9:30 ● Televised Catholic Mass **7**
10:00 ● Balloon Exercise
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Community Worship Service
3:00 ● Ice Cream Social
6:00 ● Residents' Choice

PALM SUNDAY **14**
9:30 ● Televised Catholic Mass
10:00 ● Balloon Exercise
11:15 ● Trivia
1:00 ● Bingo
2:00 ● TV show with Lawrence Welk
3:00 ● Ice Cream Social
6:00 ● Residents' Choice

EASTER SUNDAY **21**
9:30 ● Televised Catholic Mass
10:00 ● Balloon Exercise
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Community Worship Service
3:00 ● Ice Cream Social
6:00 ● Residents' Choice

9:30 ● Televised Catholic Mass **28**
10:00 ● Balloon Exercise
11:15 ● Trivia
1:00 ● Bingo
3:00 ● Ice Cream Social
6:00 ● Residents' Choice

9:00 ● Publix **1**
10:00 ● Balloon Exercise
11:15 ● Trivia
1:00 ● Banks
1:00 ● Education Sem. Fall Balance and Hearing Screening
3:30 ● Word in a Word

9:00 ● Publix **8**
10:00 ● Balloon Exercise
10:45 ● Walgreens
1:00 ● Banks
2:00 ● Food Committee Meeting
2:15 ● Poker
3:30 ● Word in a Word

9:00 ● Publix **15**
10:00 ● Balloon Exercise
10:45 ● Walgreens
11:15 ● Trivia
1:00 ● Banks
2:15 ● Poker
3:30 ● Word in a Word

EARTH DAY **22**
9:00 ● Publix
10:00 ● Balloon Exercise
10:45 ● Walgreens
11:15 ● Trivia
1:00 ● Banks
2:00 ● Poker
3:30 ● Word in a Word

9:00 ● Publix **29**
10:00 ● Balloon Exercise
10:45 ● Walgreens
11:15 ● Trivia
1:00 ● Banks
2:00 ● Poker
3:30 ● Word in a Word

10:45 ● Exercise with Mike **2**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Birthday Party with Victor
3:45 ● Social Time
6:00 ● Horse Racing Game

10:45 ● Exercise with Mike **9**
1:00 ● Bingo
2:00 ● Entertainment with Amandah
3:45 ● Social Time
6:00 ● Horse Racing Game

10:45 ● Exercise with Mike **16**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Jody
3:45 ● Social Time
6:00 ● Horse Racing Game

10:45 ● Exercise with Mike **23**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Amandah
3:45 ● Social Time
6:00 ● Horse Racing Game

10:45 ● Exercise with Mike **30**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Amanda
3:45 ● Social Time
6:00 ● Horse Racing Game

9:00 ● Walmart **3**
10:00 ● Catholic Communion
10:15 ● Trivia
11:00 ● Lunch Buddies: Longhorn
1:30 ● Shopping Trip to Big Lots
2:00 ● Bible Study
3:30 ● Name Ten

9:00 ● Walmart **10**
10:00 ● Catholic Communion
10:15 ● Trivia
1:15 ● Shopping to Goodwill
2:00 ● Bible Study
3:30 ● Name Ten

9:00 ● Walmart **17**
10:00 ● Catholic Communion
10:15 ● Trivia
11:00 ● Lunch Buddies to Kasey's
1:15 ● Shopping to Target/Dollar Tree
2:00 ● Bible Study
3:30 ● Name Ten

9:00 ● Walmart **24**
10:00 ● Catholic Communion
10:15 ● Trivia
11:00 ● Lunch Buddies to Denny's
1:15 ● Shopping Beall's
2:00 ● Bible Study

BIRTHDAYS THIS MONTH
FRANK FALANGA — 2nd
LAUREN WHELESS — 3rd (Employee)
LATOYA CARTER — 10th (Employee)
NIESHA YOUMANS — 10th (Employee)

10:00 ● BINGO **4**
11:15 ● Trivia
1:00 ● Blackjack
2:00 ● Rick the Trickster
3:00 ● Thirsty Thursdays Milkshake Social
6:00 ● Horse Racing with Jeannie and Bill

10:00 ● BINGO **11**
11:15 ● Trivia
1:00 ● Blackjack
2:00 ● Musical Memories with Al
3:00 ● Thirsty Thursdays Milkshake Social
3:30 ● Feather Your Nest Club
6:00 ● Horse Racing with Jeannie and Bill

10:00 ● BINGO **18**
11:15 ● Trivia
1:00 ● Blackjack
2:00 ● Rick the Trickster
3:00 ● Thirsty Thursdays Milkshake Social
3:30 ● Feather Your Nest Club
6:00 ● Horse Racing with Jeannie and Bill

10:00 ● BINGO **25**
11:15 ● Trivia
1:00 ● Blackjack
2:00 ● Scrabble Game
3:00 ● Thirsty Thursdays Milkshake Social
3:30 ● Feather Your Nest Club
6:00 ● Horse Racing with Jeannie and Bill

BIRTHDAYS THIS MONTH
CANDIS LEBRON — 11th (Employee)
TYNERREIA DENT — 11th (Employee)
SHAMEKIA STEWART — 11th (Employee)
ELEANOR HOLTHAUS — 23rd

10:30 ● "Jeopardy!" **5**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Organ Music with Nancy
2:00 ● Blood Pressure Checks
3:15 ● Blackjack
6:00 ● Residents' Choice

10:00 ● Balloon Exercise **12**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Organ Music with Nancy
3:15 ● Blackjack
6:00 ● Residents' Choice

GOOD FRIDAY PASSEOVER starts at sunset **19**
10:30 ● "Jeopardy!"
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Good Friday Service
3:15 ● Blackjack
6:00 ● Residents' Choice

10:00 ● Balloon Exercise **26**
11:15 ● Trivia
1:00 ● BINGO
2:00 ● Organ Music with Nancy
3:15 ● Blackjack
6:00 ● Residents' Choice

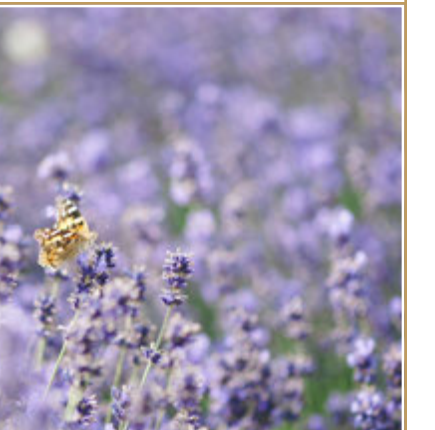
BIRTHDAYS THIS MONTH
WILMA BAMER — 25th
PAOLA VIEGO — 28th (Employee)
JOHN DESANDO — 28th
ROGER ST. GEORGE — 29th
PAULATAIVA KNOWLES — 29th (Employee)

10:00 ● Balloon Exercise **6**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Barry Graham
3:45 ● Social Time
6:00 ● Residents' Choice

10:00 ● Balloon Exercise **13**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Jumpin Joey
3:45 ● Social Time
6:00 ● Residents' Choice

10:00 ● Balloon Exercise **20**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Jerry Richmond
3:45 ● Social Time
6:00 ● Residents' Choice

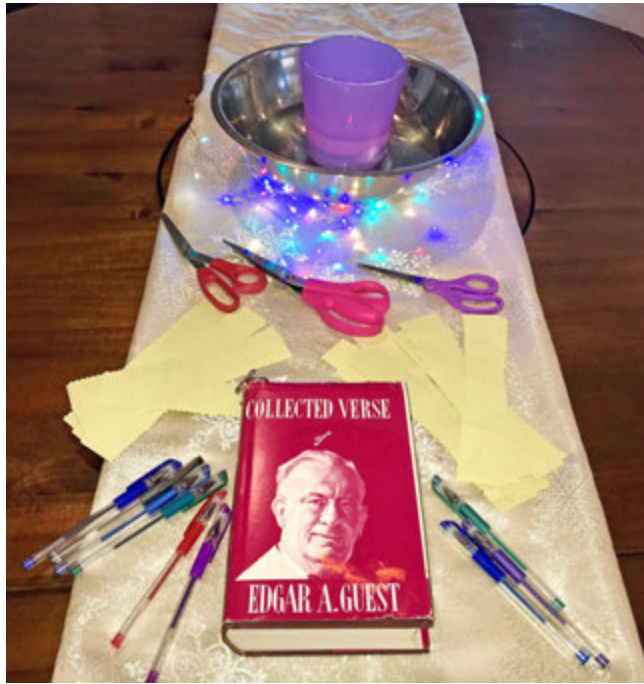
10:00 ● Balloon Exercise **27**
11:15 ● Trivia
1:00 ● Bingo
2:00 ● Entertainment with Robert Huffman
3:45 ● Social Time
6:00 ● Residents' Choice



EVENT RECAP

burning bowl ceremony was a very special event

For those of our residents who took part in this special event, it is hard to explain the emotions and encouragement everyone received. Allison led a group of 14 through a service that was truly one-of-a-kind. It didn't surprise me at all that when it was over, several residents stayed behind to ask questions and also to request that she offer it again! To anyone who hosts an event such as this, they know that is the best complement one can receive. I can't say for sure if there will be another ceremony, however, I hope there is and would encourage all the residents to attend. Allison paid such attention to all the details including using rice paper and special scissors. Although we did not actually light a fire inside the building, the symbolism of the event using candles and water was just as effective. Thank you Allison, for your time and sharing your talent with us.



IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

CELEBRATING EVERY DAY

Each day presents us with opportunities to grow. Our interactions with others, our response to whatever situation we encounter, can lead us to transformation and renewal as we approach them. As we watch the beautiful changes in our weather outside, may we all celebrate the beauty in the world around us. From all of us at the Heron House, may you and yours have a wonderful month.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

EMERALD WATERS is a relatively new employee here at Heron House. She is a member of our Wellness Team and is a CNA. She is an only child however, her parents come from a very large family who live in Florida, Texas, Georgia, California and the Philippines. Emerald is very proud to say she was born in Sarasota, Fla. When I asked her what she does in her free time, I learned that she has already, at the young age of 18, been in nursing school five days a week since she was 16. In-between work, school and her days off, she says she loves to sleep and study. She will graduate in July of this year.

She loves working with the residents at Heron House and making them smile and feel as comfortable as possible in their home. When I asked her what the residents would like to know about her, she said that she thought many would be surprised to learn she is only 18 years young. This is a very good description of Emerald. We are so glad to have you as a member of our team.



MANAGEMENT TEAM

Barry Landreth, *Executive Director*
Anna Hallett, *Business Office Manager*
Ana Paoletti, *Dining Services Director*
Karen Birleck, *Memory Care Director*
Rosemary Yoder, *Health and Wellness Director*
Jude Burns, *Sales Counselor*
Cindy Leo, *Resident Program Director*

TRAIN YOUR BRAIN *solution*



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PET
FRIENDLY