

The Masonic Home Of Florida

New Horizons

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OUR NEW WEBSITE: www.masonichomefl.com / Toll Free #866-868-6749

May 2017

Masonic Home
OF FLORIDA



A TRADITION OF CARING

MAY SPECIAL DAYS...

Plan To Join Us!

- 1 FIVE LETTER WORDS
- 3 ANNUAL VOLUNTEER RECEPTION
- 4 ICE CREAM & TUNES
- 5 ODDLY OBVIOUS (NEW GAME)
- 8 MEXICAN TRAIN WITH JOAN
- 9 BONWORTH WOMEN'S CLOTHING SALE
- 10 MAY BIRTHDAY PARTY /ICE CREAM
- 11 FACIALS & FOTOS WITH SABRINA & BETH
- 12 MOM'S MANICURES
- 13 LUV MY MOM BIG BINGO
- 14 SPECIAL MENU / MASONIC BAND CONCERT
- 15 PUZZLE MANIA (NEW)
- 16 SPEAKER, JENNIFER: TALKING BOOKS PGM.
- 19 LUNCH TRIP TO CHEDDAR'S
- 25 HISTORY OF WERNER VON BRAUN MOVIE
NAUTI-CATS SINGERS
- 29 GRAND LODGE TRIP TO ORLANDO
INDOOR PICNIC / BIG BUCKS BINGO
- 30 HERB'S SWING COMBO
- 31 SENIOR FITNESS



I Owe It All To Mom

Acceptance, tolerance, bravery, compassion. These are the things my mom taught me. - Lady Gaga

A man loves his sweetheart the most, his wife the best, but his mother the longest. - Irish Proverb

A mother understands what a child does not say. - Jewish Proverb

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.
- Tenneva Jordan

I remember my mother's prayers and they have always followed me. They have clung to me all my life. - Abraham Lincoln

When you are a mother, you are never really alone in your thoughts.

A mother always has to think twice, once for herself and once for her child. - Sophia Loren

Mothers hold their children's hands for a short while, but their hearts forever. - Anon

A mother is not a person to lean on, but a person to make leaning unnecessary. - Dorothy Canfield Fisher

A mother's arms are more comforting than anyone else's.
- Princess Diana

All I am I owe to my mother. - George Washington

My mother had a slender, small body, but a large heart—a heart so large that everybody's joys found welcome in it, and hospitable accommodation. - Mark Twain

DEPARTMENT HEADS:

Lisa Tsotsos - Administrator

Carol Taylor - Interim Director of Nursing

Marge Colravy - Food Services Director

Diana Butler - Social Services Director

Sheryl McKesson - Activities Director

Tanya Miller - Director of Housekeeping

Mary Inglima - Director of Human Resources

Bob Robertson - Facilities Director

Wanda Odom - Admissions Director

Dr. David Hobbs - Medical Director



Happy Birthday! May Residents

- 5/6 *Emily Gabel*
 5/7 *Art Bauman*
 5/10 *M.D. Miller*
 5/11 *Mike Zoumberos*
 5/18 *Skip Reiker*
 5/20 *Alice Gates*
 5/23 *Hal Gokey*
 5/31 *Mary Unrue*



Employee May Birthdays!

- 5/1 Kay Greenman - Administration
 5/6 Greg Lorenz - Nursing
 William Lewin - Dietary
 Rafael Trevino - Housekeeping
 Linda Avant - Housekeeping
 5/11 Carol Taylor - Nursing
 5/17 Denise Campbell - Nursing
 5/22 Aretha Bullard - Dietary
 5/25 Adam Chawla - Nursing
 5/28 Maria Zdobylak - Dietary



- Cream of Broccoli Soup*
Chicken Noodle Soup
Tossed Salad
Shrimp Salad
Rack of Lamb
Poached Salmon
Spinach with Garlic
Brown Rice
Scalloped Potatoes
Brussel Sprouts
Assorted Breads
Pineapple Upside Down Cake

Staff Anniversaries

- 5/4 Kay Bohaty - Nursing - 2 Years
 5/6 Eugene Chutes - Dietary - 9 Years
 5/9 Isaac Mosley - Housekeeping - 2 Years
 5/19 Sheronica Leshore - Nursing - 13 Years
 5/23 William Lewin - Dietary - 14 Years
 5/27 Barbara Farris - Nursing - 8 Years
 5/27 Rick Ramsey - Facilities - 11 Years
 (Note: Dates are from the last time hired, so some staff left from The Masonic Home and then came back, so their actual total years here, are not listed above.)

HAPPY ANNIVERSARY!!



RESIDENT COUNCIL



The next meeting for Residential Center will be Thursday, May 18th at 2:00 p.m. in the Chapel; and the next Meeting for the Nursing Center will be Monday, May 22nd at 10:45 a.m. in the N.C. 1 Lobby. Residents are encouraged to attend these very informative meetings!

Oranges



COMBAT CANCER

PROTECT YOUR HEART

SUPPORT THE

IMMUNE SYSTEM

STRENGTHEN RESPIRATION

SOCIAL EVENTS

NATIONAL ARTHRITIS MONTH
NATIONAL SMILE MONTH
GET CAUGHT READING MONTH
STROKE AWARENESS MONTH
NATIONAL HERB MONTH
OLDER AMERICANS MONTH



COLOR: Yellow and Red

BIRTHSTONE: Emerald (Success In Love)

FLOWER: Lily of the Valley / Hawthorn

- 5/1 May Day
- 5/1-7 National Hug Week / National Family Week
- 5/3 Birth Anniversary of Buddha (c.563 - 483 B.C.)
- 5/4 National Firefighters' Day
Star Wars Day—May the 4th Be With You!
National Day of Prayer
- 5/5 Cinco de Mayo
- 5/6 143rd Kentucky Derby, Churchill Downs
- 5/6-12 National Nurses' Week
- 5/7-14 National Music Week
- 5/8 Coca-Cola Introduced to the Public, 1886
Anniversary of V-E Day -Victory In Europe
World Red Cross Day
- 5/8-14 5/10 Clean Up Your Room Day
- 5/10 Full Moon, "Milk Moon" or Hare Moon"
National Receptionists' Day
- 5/11 Eat What You Want Day
- 5/13 Friday the 13th - Only one in 2016
Letter Carriers' "Stamp Out Hunger" Day
- 5/14 Happy Mother's Day!
- 5/14-20 National Nursing Home Week
- 5/15 New York Stock Exchange Established, 1792
76th Anniversary of Nylon Stockings
- 5/16 Wear Purple For Peace Day
- 5/18 International Museum Day
- 5/20 Blue Jeans Birthday, 1873
142nd Preakness Stakes, Pimlico, Baltimore
U.S. Armed Forces Day
- 5/24 "Mary Had A Little Lamb" Published, 1830
- 5/24-29 76th Senior PGA Championship
- 5/25 Christian: Ascension Day
- 5/27-6/25 Islamic: Ramadan
- 5/28 101st Indianapolis 500 Mile Race
- 5/29 U.S. Memorial Day - Federal Holiday
- 5/31 National Senior Health & Fitness Day
First U.S. Daily Newspaper, 1783
- 5/31 World No Tobacco Day
Seinfeld Premiered, 1990

Welcome New Residents!

4/3/17 ORVILLE McCONNELL,

Chicago Lodge No. 595 (IN), was born in Owensboro, Kentucky. He grew up on a farm, the youngest out of eleven siblings. He moved to Indiana after high school to work at a Steel Mill for 22 years. Then he moved back to his hometown in Kentucky and worked for "ALCOA" (Aluminum Company of America). He was married to Stacy for 61 years. He has three children, two grandchildren, and one great-grandchild. When they first moved to Florida they lived in Fruitland Park for 13 years. He lived in Titusville, Florida before coming into The Masonic Home. Welcome Orville, to Room #370E!



4/10/17 FRANCES "MARLENE" WIGAND,

Oleeta West Dade Lodge No. 145 was born in Miami, and graduated from High School. She worked at a Jewelry Store and Florida Power and Light Company as Secretary for 11 years. Marlene met Henry at a Union Meeting. Henry worked for National Airlines which became Pan Am. They were married in 1969 and had one daughter, Heidi. Marlene enjoyed being a Housewife. She served O.E.S. proudly 31 years as Worthy Matron, Asst. Matron, most all Star points, was Mother Advisor to Rainbow, and Royal Matron to Amaranth. Marlene belonged to White Shrine, was High Priestess Ladies Oriental Shrine, is a life member of V.F.W. Ladies Auxiliary and Daughter of the American Revolution. Marlene enjoyed Sewing, Crocheting, Knitting, Tatting, Plastic Canvas, cooking for big groups, and traveling to San Francisco to buy a new African Violet to her collection. She was PTA President, volunteered at the School, and was Secretary to her Church. She is no stranger to our Masonic Home participating in many Christmas in October celebrations with Henry, and has fond memories of happy times spent here. Welcome Frances to Room #126B!

HAPPY WEDDING ANNIVERSARY!

To the following couple:

Mike & Mareda

Zoumberos

5/11/48 - 69 Years!



Reducing Stress

When you're under stress, these suggestions may help take the pressure off:

- ◆ Put things in perspective: Not every problem is a crisis. Don't demand control, don't insist on perfection.
- ◆ Stress-Proof your body by eating right, getting enough sleep, avoiding caffeine, and scheduling time for relaxation.
- ◆ Exercise: Regular aerobic workouts release endorphins that make you feel relaxed and calm, as well as healing the brain through the production of growth factors. (Check with your physician first.)
- ◆ Spend time with others and talk it out: Sharing your problems with a friend or relative can help eliminate feelings of stress.
- ◆ Relax: Learn techniques such as progressive muscle relaxation, or deep breathing. Relaxing can help lower levels of brain damaging cortisol.
- ◆ Avoid destructive responses: Drinking, eating to excess, smoking, or abusing drugs won't help with stress and may cause damage to your health. Try exercise, socializing, and other stress reducing alternatives instead.

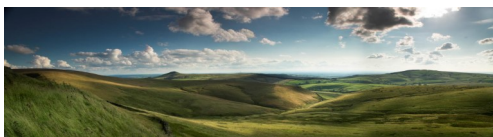
In Loving Memory Of...

4/6/17 PAULINE "POLLY" DODSON

Temple Terrace Lodge No. 330

4/19/17 ILLAH STELLER

Elmer O. Smith Lodge No. 307



Resident of the Month!

May Resident of the Month is

MARTHA DONALDSON!



- ◆ She came to The Masonic Home on August 12, 2015, and is
- ◆ Sponsored by Pinellas Daylight Lodge No. 385. Martha resides in Room #126B, and her birthday is
- ◆ September 27th. Martha was born in Sistersville, W.V., and she had one sister and two brothers. Her brother, Charles, is
- ◆ her only living sibling. He lives in Georgia and they stay in touch. Martha graduated from High School and worked in
- ◆ Cincinnati, Ohio at Sears Roebuck Store in Sales. She was
- ◆ introduced to Edward, by a friend and they were married in Covington, KY. on Feb. 27, 1954. Edward worked as a
- ◆ Plumber and was a loving husband and father to their son, Bill. After they retired and Bill went to college, they moved to
- ◆ Florida in 1963. Martha worked until retirement in 2010 as
- ◆ Office Manager at Strudder's Excavating Trucks. As her son Bill said, "She ran the office." Both Martha and Edward were
- ◆ very active in their Lodges. Edward was a 32nd Degree Mason, while Martha was a Member of Eastern Star for over 40 years.
- ◆ She served as Worthy Matron three times, was Secretary to Eureka Chapter #5, Pinellas Park Chapter #234, and
- ◆ volunteered here at the Masonic Home for 6 years at the Volunteer Desk. Her interests include traveling to visit family,
- ◆ sewing, knitting, and music. She collected Angels, Blown Glass Pieces, Decorated Eggs and several other special items.
- ◆ Martha has a lovely room decorated with personal items and collections from her home. She stays involved in daily
- ◆ scheduled Activities. Her favorites include Bingo, Po-ke-no, Blackjack, going on Lunch trips to community restaurants,
- ◆ Musical Shows, Parties, Ice Cream Socials, and Chapel Services. Martha is always well-groomed and is known for her
- ◆ beautiful dangling earrings, manicured fingernails, and wearing her Mother's Eastern Star ring proudly. During her
- ◆ leisure time, she enjoys working on Search Word Puzzles, reading, watching her favorite TV Soaps, and Rays Baseball
- ◆ games. Martha socializes with her longtime friends daily, and enjoys being in their company. Her son Bill has his own
- ◆ Business in Minnesota, but still visits often, spending time with his Mom going outdoors and at times accompanies
- ◆ Martha on Lunch outings and Bingo Games. Congratulations Martha, in being our Resident of the month! Keep on smiling that beautiful smile! We are wishing you a great Summer and
- ◆ hope you see lots of Birds out of your window!



VOLUNTEER CORNER

The Annual Volunteer Reception will be held, Wed. May 3rd! Stop in any time between 1:30 and 3:00 p.m. All Volunteers Are Invited!