

# The Masonic Home Of Florida

# New Horizons

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OUR WEBSITE: [www.masonichomefl.com](http://www.masonichomefl.com) / Toll Free 1-866-868-6749

## October 2017



### OCTOBER SPECIAL DAYS...

#### Plan To Join Us!

- 1 CATHOLIC/CHAPEL COMMUNION
- 2 FIVE LETTER WORDS
- 3 YOUTUBE UNIVERSITY
- 4 N. SHORE KIDS RUN AN ACTIVITY!  
B.D. PARTY W/TUNES & ICE CREAM
- 5 GINA & LUIGI DANCE SHOW
- 7 LEFTCENTERRIGHT
- 8 BAND CONCERT
- 10 TELL A STORY & SHORT STORIES
- 11 PASTOR JOHN GATHERING
- 12 PUMPKIN DECORATING CLASS
- 13 "WHAT'S ON YOUR MIND?" W/LISA
- 16 GIANT CROSSWORDS
- 19 SHUT THE BOX
- 21 CHRISTMAS IN OCTOBER!  
WISH GIFTS / FREE STORE / MUSIC
- 24 ROULETTE WHEEL
- 27 KINDERGARTEN COSTUME SHOW
- 30 BIG BOO-INGO!
- 31 HALLOWEEN PARTY & COSTUMES!



### Important List To Remember

The ugliest personality trait... Selfishness. The most destructive habit... Worry. The greatest Joy... Giving. The greatest loss... Loss of self-respect. The most satisfying work... Helping others. The most endangered species... Dedicated leaders. Our greatest natural resource... Our youth. The greatest "shot in the arm"... Encouragement. The greatest problem to overcome... Fear. The most effective sleeping pill... Peace of mind. The most crippling failure disease... Excuses. The most powerful force in life... Love. The most dangerous pariah... A gossip. The world's most incredible computer... The brain. The worst thing to be without... Hope. The deadliest weapon... The tongue. The two most power-filled words... "I Can". The greatest asset... Faith. The most worthless emotion... Self-pity. The most beautiful attire... Smile! The most prized possession... Integrity.

#### DEPARTMENT HEADS:

**Lisa Tsotsos—Administrator**

*Maggie Minnicks - Director of Nursing*

*Doug Poland - Food Services Director*

*Diana Butler - Social Services Director*

*Tanya Miller - Director of Housekeeping*

*Mary Inglima - Director of Human Resources*

*Bob Robertson - Facilities Director*

*Wanda Odom - Admissions Director*

*Sheryl McKesson - Activities Director*

*Dr. David Hobbs - Medical Director*



# Happy Birthday! October Residents

- 10/4 *Jim Monaghan*
- 10/17 *Ruth Fogle*
- 10/18 *Clarise Mays*
- 10/20 *Alice Pierce*
- 10/28 *Lola Billberry*
- Ann Downie*
- James Cantrell*



# Employee October Birthdays

- 10/2 Alexis Cummings - Nursing
- 10/4 Diane Morrow - Hskpg.
- 10/7 Tanya Miller - Housekeeping
- 10/10 Alese Persaud - Nursing
- Mark Boodram - Food Service
- 10/13 Maryanne Mello - Activities
- 10/17 Mike Winegar - Facilities
- A'Shanti Coppett - Food Service
- 10/19 Philip Roy - Nursing
- 10/20 Susan Ferri - Nursing
- Bonnie Haire - Administration
- John Ryan Burnett - Food Service
- Laurel Cirafisi - Nursing
- 10/21 Debbie Charlemagne - Nursing
- 10/22 Ramona Cruz - Activities
- 10/25 Margarita Loehrer - Food Service
- 10/29 Jeni Shehu - Nursing

# Christmas In October!

**MENU:** October 21st

- Seafood Bisque*
- Tossed Salad*
- Shrimp Salad*
- Roasted Turkey*
- Carved Ham*
- Corn Bread Stuffing*
- Sweet Potato Casserole*
- Scalloped Potatoes*
- Green Bean Casserole*
- Asparagus*
- Assorted Breads*
- Dutch Apple Pie*
- Pumpkin Pie*
- Dipped Ice Cream*



# RESIDENT COUNCIL

The next meeting for Residential Center will be Thursday, October 19th at 2:00 p.m. in the Chapel; and the next Meeting for the Nursing Center will be Monday, Oct. 30th at 10:45 a.m. in the Chapel. Residents are encouraged to attend these very informative meetings!



# STAFF ANNIVERSARIES

- 10/1 Tamela Ward - Nursing - 16 Years
- 10/2 Rick Catlett - Maint. - 14 Years
- 10/9 Jeni Shehu - Nursing - 7 Years
- 10/15 Warren Prince - Nursing - 1 Year

(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!**

# Happy Wedding Anniversary!

To the following couple:  
*Skip & Willie Reiker*  
10/29/82 (35 Years!)



## SOCIAL EVENTS

NATIONAL BOOK MONTH  
STAMP COLLECTING MONTH  
POSITIVE ATTITUDE MONTH  
COMPUTER LEARNING MONTH  
BREAST CANCER AWARENESS MONTH



**COLORS:** White & Yellow

**BIRTHSTONES:** Opal (Hope), Tourmaline

**FLOWERS:** Calendula, Cosmos

- 10/1 Christian: World Communion Sunday
- 10/1-7 Get Organized Week
- 10/2 Guardian Angels Day  
Peanuts Comic Strip Debut, 1950
- 10/3 Major League Baseball Post Season  
Reunification of Germany, 1990
- 10/4 Snoopy's Birthday, 1950
- 10/5 Bathtub Introduced, 1828  
Fullest Moon of Year or "Harvest Moon"
- 10/5-11 Jewish: Sukkot Begins Sundown 10/4
- 10/6 World Smile Day - Wear One!  
Nat'l Diversity Day - Embrace the World!
- 10/7-15 Annual Albuquerque Balloon Fiesta
- 10/7 National Forgiveness Day
- 10/8-14 Fire Prevention Week
- 10/9 Leif Erikson Day, N. America, 1000 A.D.
- 10/9 Columbus Day Observed
- 10/11 Saturday Night Live Premiered, 1975
- 10/13 U.S. Navy's Birthday, 1775
- 10/14 Annual Universal Music Day
- 10/16 National Boss Day  
Dictionary Day—Learn A New Word
- 10/17 Mulligan Day - Get a Second Chance!
- 10/18 U.S. Buys Alaska @ 2 Cents/Acre
- 10/19 Evaluate Your Life Day / Black Cat Day
- 10/21 Sweetest Day
- 10/24 Baseball World Series Begins  
United Nations Day
- 10/26 National Pumpkin Day
- 10/27 Frankenstein Friday (For Mary Shelley)
- 10/28 Make A Difference Day (For the Better!)
- 10/29 Nat'l Forgiveness Day/National Cat Day
- 10/30 Haunted Refrigerator Day - Clean Yours!  
"War of the Worlds" Broadcast, 1938
- 10/31 Happy Halloween! / Magic Day

## Winners vs. Losers

*When a winner makes a mistake, he says, "I was wrong." When a loser makes a mistake, he says, "It wasn't my fault." A winner works harder than a loser and has more time; A loser is always too busy to do what is necessary. A winner goes through a problem; A loser goes around it, and never gets past it. A winner makes commitments; A loser makes promises. A winner says, "I'm good, but not as good as I ought to be;" A loser says, "I'm not as bad as a lot of other people." A winner listens; A loser just waits until it's his turn to talk about himself. A winner respects those who are superior to him and tries to learn something from them; A loser resents those who are superior to him and tries to find chinks in their armor. A winner feels responsible for more than his job; A loser says, "I only work here." A winner says, "There ought to be a better way to do it." A loser says, "That's the way it's always been done here."*

## RICE

Combats Cancer  
Conquers Kidney Stones  
Helps Stop Strokes  
Battles Diabetes  
Protects Your Heart





# Control Your Eating

## Six tips for controlling how much you eat.

**Move on.** When you eat out, go elsewhere for after-dinner coffee so you are less tempted to segue right into dessert.

**Play hard to get.** Put the most tempting foods high up in the cupboard, at the very back of the fridge, or in other inconvenient spots. Replace the cookie jar and candy bowl with a fruit bowl.

**Downsize.** Many small containers are better than a few large ones, because they provide convenient stopping points. Never eat directly out of a large package.

**Plan ahead.** Decide how much you're going to eat before an event and do your best to stick with that plan. Set some limits before you go to the movies or watch the Sunday afternoon football games. It's so easy to mindlessly munch when you're in front of a screen of any kind.

**Be a copycat.** Look around. Who's eating the least? Who has the healthiest food on their plate? Model your eating habits on that person's.

**Keep it the same.** Don't push out too many different varieties of the same kind of food. You'll be tempted to sample each one and eat a lot more than if you had fewer choices. *(Harvard Health Letter)*

# Resident of the Month!

October Resident of the Month is **ANN FLEMING!**

She came to live here at

The Masonic Home on September 23, 2015, and hails from Tampa Bay Lodge No. 252. She resides in Room 218B, and this next February 23rd, Ann will celebrate her 100th Birthday!!



Ann was born in Worthington, Ohio. Her father was a Builder and her mother a Housewife raising her 3 children. Ann had two brothers Thomas and Phillip, now deceased. She played the Violin through High School and after graduating, she attended Ohio State University one year, and then went to New York to study at Parsons Design and Art School. Ann worked as an Interior Decorator for R. J. Reese. Later she moved to St. Petersburg and lived with her Grandmother. Ann worked as a Civil Service Secretary/Stenographer for the Government. She met and married Nicholas at work, who was a Merchant Marine/Coast Guard and a Mason. They had no children. Ann and Nicholas had a work transfer to California. She loved being in California but in 1982 Nicholas passed away. Ann had another job transfer to Albuquerque, New Mexico where she continued her Civil Service duties. There she met and married Douglas Fleming who was an Air Force Pilot during WW2 and a Mason. Douglas had two sons; Michael and Douglas Jr. They were very happy for Douglas was a wonderful father and husband. Michael lives here in St. Petersburg. Ann loved the Indian/Spanish Culture. She read many books related with New Mexico, loved the food, the people and jewelry. After they retired, she returned to Florida. Sadly, Douglas passed away but Ann still has her two stepsons that provide love and companionship. Ann also had her Cocker Spaniel, "Rufus", to keep her company. Her lifetime interests were reading fiction and non-fictional books, traveling, water color and oil painting, listening to music, the outdoors, and loves watching the Ohio State Football games. Ann always loved to dress up and often visited her cousin's Boutique, and cherished her Grandmother's miniature porcelain collection to include teacups with saucers. She always looks forward her Beauty Shop appointments. Ann also enjoys sitting in the lobby area watching Television, shares her subscription of New Mexico monthly magazines, and participates in some of the programs. She enjoys the activities, trivia questions, people watching, and loves the visits from her stepsons and friends. Her room at times looks like a garden from all the flowers she receives. Ann also has three nieces: Amy and Mandy live in California, and Susie lives in Georgia. Congratulations Ann on being our Resident of the month of September! May your Fall Season be filled with beautiful Flowers and lots of smiles.



## Kids Run Activities!

For 8 weeks, about 20 N. Shore Elementary kids are coming each Wednesday at 9:00 - 9:30 a.m. to run an Activity in the Rec Room! They start Wed. Oct. 4th. Please attend to show your support for our community children!