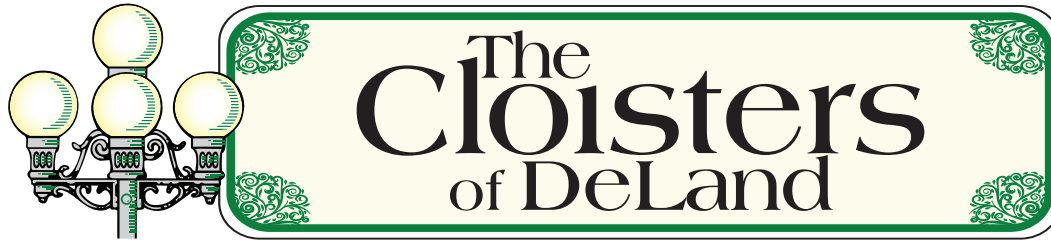




The Pearls of



400 E Howry Avenue • Deland, FL 32724 • (386) 822-6900

A Senior Citizen's Lament

Thought I'd let my doctor check me
 'Cause I didn't feel quite right.
 All those aches and pains annoyed me,
 And I couldn't sleep at night.
 He could find no real disorder,
 But he couldn't let it rest.
 What with Medicare and Blue Cross
 It wouldn't hurt to do some tests.
 So to the hospital he sent me,
 Thought I didn't feel that bad.
 He arranged for them to give me
 Every test that could be had.
 I was fluoroscoped and cystoscoped,
 My ageing frame displayed,
 Stripped upon an ice cold table
 While my gizzard was x-rayed.
 I was checked for worms and parasites,
 For fungus and the crud,
 While they pierced me with long needles
 Taking samples of my blood.
 Doctors came in to check me over,
 And to make sure that I was living,
 They wired me up for sound.
 They have finally concluded,
 (Their results have filled many a page)
 What I have will someday kill me,
 My affliction is OLD AGE!
 Author Unknown
 Submitted by Dorothy Foster

Positive Thought

"The most important thing is to enjoy your life, to be happy—it's all that matters." — Audrey Hepburn

February 2018

Cloisters Management Team

- Cheryl Fredsall Executive Director Ext 206
- Ingrid Hardin Business Office Manager Ext 205
- Carol Camarata Finances/Transportation Ext 233
- Barbara Middleton Director of Nursing Ext 215
- Tammy Junior Marketing Director Ext 203
- Chef Tracy Dietary Director Ext 211
- Jolene Shearer Dining Room Manager Ext 211
- Denise Johnson HCSG Hskp Director Ext 212
- Kevin Carson Maintenance Ext 312
- Cheryl Starling Activity Director Ext 208
- Miriam Mercodo Resident Service Manager
- Bek Taylor Security Captain



Fat Tuesday

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It takes place between Epiphany and Ash Wednesday, the official start of the Roman Catholic Lenten season. It originated in Rome as a pagan carnival and spring fertility rite. The first American Mardi Gras was celebrated in 1699, 60 miles south of present-day New Orleans. Today, the biggest parades occur in New Orleans, Brazil, France and Germany. Join us on February 13th for our annual Mardi Gras Happy Hour at 3:00. Be sure to sign up in the post office and watch your update for more details.

Happy New Year Everyone, From the Cloisters

I look forward to a wonderful exciting year full of fun and new friends. As we purge out our old records and make room for our new ones, we ask that you keep The Cloisters in mind.

Remember, the information we have is only as good as the information we get from you. If your insurance has changed or your emergency contact person's name or phone number has changed, this is the time to update The Cloisters. Other items that may have been updated or changed that The Cloisters should be aware of are: Power of Attorney, Health Care Surrogate, Living Will, family contact information, Do Not Resuscitate orders, preferred hospitals, pharmacies, primary physicians and any other important information that would pertain to your care. We thank you for your assistance in advance and wish you all a wonderful 2018. Your Marketing Department

Cloisters Villa Resident Council Election Results

Noella Brister 2-year term
Ray Avery 2-year term
David Starr 2-year term
Bill Krueger 2-year term
Brema Seemann 1-year term
Les Layson 1-year term
Bill LeVeille 1-year term
Darryl Cowden Alternate 1
Milton Cohen Alternate 2

Christmas at Grandpa's House

The Cloisters has been providing a special Christmas Party for the kids at Deland's Head Start Program for 10 years now. It started with a resident by the name of Reed Lighton. He loved the kids at Head Start and volunteered his time there to read books and be a positive grandfather figure in their lives. The first Christmas Party held at the Cloisters for the Head Start Kids to Grandpa's House was in 2007. They spent time with many of our seniors, coloring and chatting. Then they would eat their lunches, and Grandpa, with the help of his elf, would hand out gifts for the children.

Unfortunately, Reed passed away, but The Cloisters kept up his tradition and our residents were more than happy to fill in as Mrs. and Mr. Claus (there was only one Grandpa).

Head Start has grown over the years with more and more families needing their programs. 10 years ago we saw 15-20 kids, and this year we are up to 92, so many we had to divide the event into 2 days (December 18 and 19). The children are first greeted in the lobby with bright eyes and excitement, then escorted to our 3rd floor Atrium, where tables are set up for groups of 3 to color with a caring grandma or grandpa. They eat their lunches and listen to Karen Detweiler read the book

Christmas at Grandpa's House Cont.

"'Twas the night before Christmas." Last but not least, Resident Don Sarro, dressed as Santa, and Resident Mary Lou Bauer, dressed as Mrs. Claus, happily greeted and gave out presents to each and every child. The Residents really enjoyed the whole process, from planning, shopping for the gifts, dressing up and the interaction with these wonderful children. We thank Head Start for the opportunity to give back in our community to such wonderful little hearts.

Tammy Junior Marketing



Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the

muscles, where it's used to burn carbohydrates and fat.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Who's New

Pauline was born in Pennsylvania – a coal miner's daughter. Besides Pennsylvania, she has lived in Chicago, LA, Philadelphia, Brooklyn,... and worked for the airlines as a ticket agent as well as a flight agent. She also served as a librarian and a merchandiser, and in her spare time, enjoys designing

quilts. Overall, Pauline is a lover of life – enjoying each new day! Thank you for helping her feel right at home with us.

Candy Box Clues

A famous line from the movie "Forrest Gump" compared life to a box of chocolates—"You never know what you're gonna get." But candymakers say there are clues that can help you find your favorite flavor in a box of drugstore sweets. Square and rectangle shapes are typically caramels or toffee. Circular and oval treats likely contain cream fillings. A bumpy surface signals covered nuts, and foil-wrapped candies often have liquid centers, as in a cordial.



February Birthdays

Joyce Jones 2/1
 Helen Pizzo 2/2
 Jane Mclarty 2/4
 Doris Sasadi 2/4
 Lois McLeod 2/6
 Elizabeth Henneberger 2/7
 Elizabeth Summerfield 2/10
 Rita Ross 2/12
 Richard Wallace 2/12
 Virginia Monserrate 2/14
 Evangeline Scarpelli 2/15
 Joyce Granger 2/16
 Joannice Partin 2/21
 Marilyn Chaffee 2/22
 Bennie Clifford 2/23
 Elizabeth James 2/23
 George Peterson 2/23
 William Redden 2/23
 Margaret Ashby 2/24
 Arlene Pattison 2/26
 Iris Scammell 2/26
 Lois Harvey 2/27
 Evelyn Morris 2/28
 Josephine Campbell 2/29



February Birthdays

Paul & Patricia Kadel 2/5
 James & MarthaSheehan 2/29



February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Shopping at Wal-Mart/ Publix Tuesday & Friday 9:00-10:00 and 1:00</p>	<p>10:00 B/P in the pub every Friday 6:00 Tuesday at 6:00 New Light Choir Practice in the Chapel on the 2nd floor</p>			<p>9:00 Kitchen Band 10:00 Men's Bible Study 10:00 Chair Zumba 12:00 Dinner out to Lampu Japanese Steak House** (Mt. Dora) 1:00 Table Bowling 2:30 Wii Golf 6:30 Pokeno</p>	<p>Groundhog Day 9:30 Stretch & Flex 10:00 Crosswords 10:00 Shuffleboard 10:00 Yahtzee 1:00 Bingo 2:30 Birthday/ Anniversary Party 7:00 Movie</p>	<p>10:00 Bingo 10:00 Armchair Discussion 2:00 Table Bowling 6:00 Hearts in the pub 7:00 Movie</p>
<p>8:30 Bus to St. Peters** 10:00 New Light Worship Services 2:00 Hand and Foot 6:00 Super Bowl Party** 7:00 Movie</p>	<p>9:30 Stretch & Flex 10:00 Bingo 10:00 Scrabble in the MPR 11:00 Chair Zumba 1:00 Hand and Foot 2:00 Hymns Sing in the Chapel 6:00 Bridge</p>	<p>10:00 Chapel 1:00 Wii Bowling 2:30 Arts and Crafts (Rock Painting) 3:30 Happy Hour 7:00 Bingo</p>	<p>9:30 Stretch & Flex 10:00 Bingo 10:30 Seminole Mall ** 11:00 Chair Exercise 2:00 Bunco 2:30 Parkinson's Support 3:30 Ladies' Bible Study 6:00 Marble Game 9:30 Stretch & Flex</p>	<p>9:00 Kitchen Band 10:00 Men's Bible Study 10:00 Chair Zumba 1:00 Table Bowling 2:30 Wii Golf 6:30 Pokeno</p>	<p>9:30 Stretch & Flex 10:00 Yahtzee 10:00 Shuffleboard 10:00 Crosswords 12:00 Pizza Party** 1:00 Bingo 7:00 Movie</p>	<p>10:00 Armchair Discussion 10:00 Bingo 1:30 Daytona Symphony 2:00 Table Bowling 6:00 Hearts in the pub 7:00 Movie</p>
<p>8:30 Bus to St. Peters** 10:00 New Light Worship Services 2:00 Hand and Foot 7:00 Movie</p>	<p>9:30 Stretch & Flex 10:00 Scrabble in the MPR 10:00 Bingo 11:00 Chair Zumba 1:00 Thrifty Shopping to Local thrift shops ** 1:00 Hand and Foot 2:00 Classical Piano with Connie 6:00 Bridge</p>	<p>10:00 Chapel 12:00 Clubhouse Social 1:00 Wii Bowling 3:00 Fat Tuesday (Happy Hour) 7:00 Bingo</p>	<p>Ash Wednesday 9:30 Stretch & Flex 10:00 Bingo 11:00 Lunch at C'S Waffles 11:00 Chair Exercise canceled 2:00 Bunco 3:30 Ladies' Bible Study 6:00 Marble Game 6:30 Valentine's Day Party ** 9:30 Stretch & Flex</p>	<p>9:00 Kitchen Band Canceled 10:00 Chair Zumba 10:00 Men's Bible Study 1:00 Table Bowling 2:30 Wii Golf 6:30 Pokeno</p>	<p>9:30 Stretch & Flex 10:00 Crosswords 10:00 Yahtzee 10:00 Shuffleboard 1:00 Bingo 1:00 Alzheimer's Support Group 7:00 Movie</p>	<p>10:00 Bingo 10:00 Armchair Discussion 2:00 Table Bowling 6:00 Hearts in the pub 7:00 Movie</p>
<p>Daytona 500 8:30 Bus to St. Peters** 10:00 New Light Worship Services 2:00 Hand and Foot 7:00 Movie</p>	<p>Presidents Day 9:30 Stretch & Flex 10:00 Bingo 10:00 Scrabble in the MPR 11:00 Chair Zumba 1:00 Shopping Deland/ Orange City** 1:00 Hand and Foot 2:00 Hymns Sing in the Chapel 6:00 Bridge</p>	<p>10:00 Chapel 1:00 Wii Bowling 2:30 Arts and Crafts 3:30 Happy Hour 7:00 Bingo</p>	<p>9:30 Stretch & Flex 10:00 Bingo 10:30 P.F. Chang's ** 11:00 Chair Exercise 2:00 Bunco 3:30 Ladies' Bible Study 6:00 Marble Game 9:30 Stretch & Flex</p>	<p>9:00 Kitchen Band 10:00 Chair Zumba 10:00 Men's Bible Study 1:00 Table Bowling 2:30 Wii Golf 6:30 Pokeno</p>	<p>9:30 Stretch & Flex 10:00 Shuffleboard 10:00 Crosswords 10:00 Yahtzee 12:00 Florida Lecture Series** 1:00 Bingo 6:30 Stetson** 7:00 Movie</p>	<p>10:00 Armchair Discussion 10:00 Bingo 2:00 Table Bowling 6:00 Hearts in the pub 7:00 Movie</p>
<p>8:30 Bus to St. Peters** 10:00 New Light Worship Services 1:00 Daytona Symphony ** 2:00 Hand and Foot 7:00 Movie</p>	<p>9:30 Stretch & Flex 10:00 Bingo 10:00 Scrabble in the MPR 11:00 Chair Zumba 1:00 Hand and Foot 2:00 Classical Piano with Connie 2:30 Knowledge is Power 6:00 Bridge</p>	<p>10:00 Chapel 1:00 Wii Bowling 2:30 Arts and Crafts 3:30 Happy Hour 7:00 Bingo</p>	<p>9:30 Stretch & Flex 10:00 Bingo 10:30 Leu Gardens ** 11:00 Catholic Mass 11:00 Chair Exercise 2:00 Bunco 3:00 Villa Resident Meeting 3:30 Ladies' Bible Study 6:00 Marble Game 6:30 Stetson** 9:30 Stretch & Flex</p>			

Six Main Benefits of Zumba for Elderly People

You know that you need to exercise; however, you stopped many years ago because you couldn't find time for it. But what about a workout which integrates dance moves? Isn't that fun? We are talking about Zumba. Zumba fitness classes have plenty of benefits. And each class' energizing music will get you moving toward an active, healthier lifestyle.

Maintains a Healthy Heart

Even if Zumba is low-impact, it still gets the heart pumping. Everyone needs to have a healthy and strong heart during their senior years; however, do not be afraid because you can take part in this class since it is quite simple to follow and so much fun. As you will be moving your whole body, every dance step helps in circulating your blood better through your body and increasing your heart rate. **Zumba is an excellent workout** which aids in decreasing the risk of stroke and heart attack.

Improves Mobility As you age, it is normal not to have your previous mobility anymore. Your posture, coordination and balance will be enhanced by participating in Zumba classes. Additionally, attending such classes routinely will increase your range of motion, stamina, flexibility, agility and energy.

Manage your Weight The class's dance routines will help in burning off calories. As you burn calories, you will also burn off excess fat. Exercising for thirty minutes with Zumba helps you wipe out around 250-300 calories. You can expect to lose weight in no time and this means less joint stress. Also, your heart does not have to work as hard and you generally become healthier.

Strengthen Bones and Muscles Older people need to have strong bones and muscles, and Zumba is the way to do it. You make use of many muscles while doing the Zumba steps that, in turn, create stronger muscles throughout the body.

Over time, these workouts will aid in decreasing painful arthritis and sore joints.

We at The Cloisters believe that physical activities like Zumba are the way to improve our seniors' overall health and wellbeing. We offer 2 free classes weekly on Monday in the 2nd floor Chapel at 11:00 and Thursday in the MPR at 10:00. Look forward to seeing you there.



Super Bowl

End the football season right! Watch the big game on our big screen. We're hosting a Super Bowl party in the MPR at 6:30 on Super Bowl Sunday. Bring your team spirit, and we will have Super Bowl snacks and drinks. Don't forget to get into the football squares. This could be your lucky year. We'll see you at the coin toss!

Blood Pressure and Pain Relievers

Did you know

Over-the-counter, non-steroidal anti-inflammatory drugs, commonly known as NSAIDs, can raise blood pressure by three to six points if taken regularly? If you rely on these drugs for pain relief, talk to your doctor about other options. Want to keep a check you blood pressure? We offer a weekly B/P clinic every Friday in the mid-rise located in the pub at 10:15 free of charge for all our residents.



Library News by Kathryn Trahan

February is the month for Valentine's Day and a good time to read one of our romance novels. We have contemporary romances as well as historical ones in our fiction sections.

Here is a new one that we are adding to our large print fiction section. It is called *Blue Ridge Sunrise*, and it was written by Denise Hunter. She is an internationally published bestselling author, who has won numerous awards for her books. She makes her home in Indiana. When she isn't writing love stories, she enjoys traveling and playing drums. Zoe Collins swore she would never again set foot in Copper Creek or speak to the man who broke her heart.

However, she had to return when her beloved Granny dies and leaves Zoe the family legacy, a peach orchard at the base of the Blue Ridge Mountains. When Zoe returns home with her daughter and boyfriend, Kyle, she finds that everyone expects her to give up the life she established far away from this town. They believe she should come back to run the family. Cuz Huntley never quite got over his first love, Zoe, even though she cheated on him and took off for parts unknown five years ago. How can she make it home after so many years? As life-changing decisions hang over Zoe's head, tensions rise

Library News Cont.

between her and Kyle. Even as she comes to terms with the shifting relationships in her life, Zoe still isn't sure she can remain in Copper Creek with her new responsibilities and her first love.

Roses are red. Violets are blue. Choose a romance novel just right for you. Our library is a good place to start to find one that comes straight from the heart.

A Night to Remember

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. Cheers to a new year and another chance for us to get it right." — Oprah Winfrey



*Happy
Valentine's
Day*



*We hope your holiday
is filled with sweet sentiments
and tasty treats!*

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."