

THE Lake Wylie *Lifestyle*



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
4877 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

Department Heads

Jessica Nolan - Executive Director
Amber Passmore - Business Office Manager
Sandy Brown - Resident Program Director
Roer Dishman - Director of Plant Operations
Shawn Latta - Dining Services Director
Ann Self - Memory Care Director

Important Numbers

Front Desk - 803-831-9900
Fax Number - 803-831-9194

Resident Birthdays

Jannina Meder 2/2
Gayle Elmore 2/3
Agnes Radner 2/9
Louis Kuchenbrod 2/10
Jimmie Quinn 2/19
Marian Fisher 2/24
Suzanne Sowerby 2/26

Greetings Families,

I want to express my gratitude for all of your patience and understanding as we have navigated through the recent COVID outbreak. With the beginning of the new year, we are looking forward to making memories and having an extraordinary year. We have exciting activities and events coming up and cannot wait to share those moments with each of you. We look forward to making this year the best yet for our Lake Wylie family! -Jessica



FEBRUARY 2023

Flapjack Facts

Piled high on a plate, a stack of pancakes is a classic meal served up on Mardi Gras, aka Fat Tuesday, which is also Pancake Day. You'll flip for these fun facts about the dish.

- Flapjacks, slapjacks, hotcakes and griddlecakes are other names for pancakes.
- The first printed recipes for them were published in English cookbooks in the 16th century.
- Cooks in Colonial America made pancakes with buckwheat or cornmeal. They were a staple meal and called hoecakes, johnnycakes or journeycakes.
- Pancakes are often topped with a drizzle of maple syrup. Canada is the world's top producer of the sweet stuff.
- IHOP, the International House of Pancakes, sells more than 700 million of its buttermilk pancakes each year. They're the restaurant chain's most popular menu item.
- Two pancakes with butter and syrup have about 520 calories.
- The first ready-made pancake mix product was created in 1889.
- Have you ever described something as "flat as a pancake"? People have been saying that phrase since the 1600s.
- The record for largest pancake made and flipped measured 49 feet across and weighed over 6,000 pounds! The highest toss for a pancake? More than 31 feet!
- Nearly every country has its own version of pancakes. There are sweet and savory crepes from France. In Russia, they eat blinis, and Australians serve pikelets, both of which are similar to small silver dollar pancakes.

FEBRUARY 2023

Brain Bender: A Romantic Twist

Valentine's Day is a lovely time to watch a romantic film. Each of the phrases below can be unscrambled to reveal the title of a popular movie about love. Can you guess them all?

Helpful hint: The films are in chronological order of when they were released.

1. Ink and Eight
 2. Widest Oysters
 3. Groundhog's Snowmen Cities
 4. Leo's Toy RV
 5. Earthly Lawn Rhymes
 6. Rhino Flu? SOS!
 7. Tenth Beams
 8. Big Fred Winked at My Egg
 9. Steaming Hot Stove Gig
 10. Ira Has Scary Zincl
- (Answers: 1. "The King and I" 2. "West Side Story" 3. "Guess Who's Coming to Dinner" 4. "Love Story" 5. "When Harry Met Sally" 6. "Fools Rush In" 7. "The Best Man" 8. "My Big Fat Greek Wedding" 9. "Something's Gotta Give" 10. "Crazy Rich Asians")

"True friends are like diamonds—bright, beautiful, valuable and always in style."
—Nicole Richie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Cupid Delivery -RR 6:00 Bible Study Time-PL	2 Groundhog Day 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 11:00 Catholic Mass-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	3 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Music With Jerry-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Dollar Tree 6:00 Friday Night Movie Time-PL	4 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 2:30 Snack And Hydration-FD 4:00 Movie Of Choice-PI 6:00 Game Night-RL
5 9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 6:15 Bible Study with David-PL	6 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Arts And Crafts-AR 6:00 Movie Night-PL	7 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:00 Valentine's Cards-AR 6:00 Cookies And Milk Social-PL	8 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 You Got Mail Craft-PL 6:00 Bible Study Time-PL	9 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 York Country Library 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	10 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Hamrick's -OOC 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Cooking Class 6:00 Friday Night Movie Time-PL	11 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 4:00 Movie Of Choice-PI 6:00 Game Night-RL
12 Super Bowl 9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 6:15 Bible Study with David-PL	13 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Food Committee 6:00 Movie Night-PL	14 Valentine's Day 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:00 Valentine's Day Party 6:00 Cookies And Milk Social-PL	15 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Arts And Crafts-PL 6:00 Bible Study Time-PL	16 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Music With G&J-PL 10:30 Snack And Hydration 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	17 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Baking Class 6:00 Friday Night Movie Time-PL	18 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 4:00 Movie Of Choice-PI 6:00 Game Night-RL
19 9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 6:15 Bible Study with David-PL	20 Presidents Day 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Resident Council 6:00 Movie Night-PL	21 Fat Tuesday 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:00 Making Your Own King Cake 6:00 Cookies And Milk Social-PL	22 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Arts And Crafts-PL 6:00 Bible Study Time-PL	23 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 York Country Library 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	24 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Game Day-PL 3:00 Music With Patrick-PL 6:00 Friday Night Movie Time-PL	25 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 3:00 Music With Bill-PL 4:00 Movie Of Choice-PI 6:00 Game Night-RL
26 9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 12:00 Residents' Choice -PL 2:30 Snack And Hydration -FD 6:15 Bible Study with David-PL	27 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Crafts And Arts 6:00 Movie Night-PL	28 9:30 Daily Devotion-PL 10:00 Hustle To Gain Muscle-PL 10:30 Snack And Hydration-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:00 Game of Choice-PL 6:00 Cookies And Milk Social-PL	28 Activities RL - Resident Led OOC - Out of Community PL - Parlor BS - Beauty Shop FD - Front Desk AR - Activities Room			



Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

EMPLOYEE OF THE MONTH



Abigail has been with Lake Wylie for several years. She is a joy to work with and is always willing to lend a helping hand. She has a husband, two children and a grandson who she loves spending time with fishing, camping, vacationing or just playing some good old-fashioned board games! Abigail says she loves to laugh and just simply enjoy what life has to offer. We are thankful to have Abigail as part of our team.

ABAGAIL MARTIN

Memorable Melody: 'I Love'

Little baby ducks. Coffee in a cup. Tomatoes on the vine. These are just some of life's simple pleasures outlined by country singer Tom T. Hall in this song from 1973. The most successful hit for the artist, known as "The Storyteller" for his way with words, "I Love" spent two weeks atop the country charts and crossed over to the top 40, where it peaked at No. 12. With a gentle melody, sweet lyrics and reassurance that "I love you too," Hall's song reminds listeners to embrace everyday beauty.

Happy Valentine's Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!

