

# 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

Kayla Cline - Executive Director  
Nicci Melton - Business Office Manager  
Sandy Brown - Resident Program Director  
Roger Dishman - Director of Plant Operations  
Shawn Latta - Dining Services Director  
Janice Eagles - Assisted Living Director  
Alyssa Salisbury - Sales Marketing Director



Hey LWAL!! Hope your 2024 is off to a great start. I wanted to review our transportation process. We provide transportation to medical appointments on Tuesdays, Wednesdays and Thursdays. Appointment times need to start between: 9:00AM – 2:00PM. This is subject to availability. As a reminder, we provide transport to anywhere within 20 miles, which means you can spot the bus from Uptown in Charlotte, to Gastonia to Rock Hill. Because of travel time, availability can be limited. To ensure that we are able to take you, please let us know about the appointment as soon as possible and not wait until the week of. The appointments need to be emailed over to Sandy Brown: [sbrown@tarantinoseniorliving.com](mailto:sbrown@tarantinoseniorliving.com) Ultimately, we want nothing but the best for this community and will do what we can to continue to push us forward and get better daily.

## FEBRUARY 2024

### Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red.** Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers.** Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend.** Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example.** Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back.** Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



**FEBRUARY 2024**

**Hugs and Kisses**

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

**Everything's Roses**

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

**"Connecting our hearts through love yields a nectar so sweet we are forever full."**  
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Resident Birthday</b> 2/03 GAYLE ELMORE 2/09 AGNES RADNOR 2/10 LOUIS KUCHENBROD 2/24 MARIAN FISHER 2/25 GLENN SHAFFER	<b>Employee Birthday</b> 2-7 Darlene Calvert 2-13 Lashawn Tillery 2-23 Jan Eagles 2-26 Laquisha Smith 2-26 YuniQua Burris	1 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Catholic Mass-PL 1:00 Manicures Spa Day--BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Tic-Tac-Toe-RL	2 <b>Wear Red Day</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:00 Goodwill-OOC 10:30 Snack And Hydration-FD 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Valentine's Painting-AR 6:00 Movie Night -PL	3 9:30 Moring News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:30 Arts -AR 2:30 Snack And Hydration-FD 6:00 Movie Of Choice-FD
4 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 3:30 February word Puzzles-RL 5:00 Game of Choice-RL	5 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 Who Are We?-PL 6:00 Card Night -PL	6 <b>BEAUTY SALON DAY</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:00 Two King Casino -Outing Sign Up 10:30 Snack And Hydration-PL 1:00 Baking Class:Sweet Cherry Bread-AR 2:30 Snack And Hydration-PL 3:00 Making Valentine's Cards-AR 6:00 Valentine's Art -RL	7 9:30 Daily Devotion-PL 10:00 Exercise Class-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 Nine Letter Word Game-PL 6:00 Bible Study Time-PL	8 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:15 York County Bookmobile-AR 10:30 Snack And Hydration-PL 11:00 Presidential Riddles-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day--BS 3:00 Music with Bill-PL 3:00 Wine And Cheese-PL 6:00 Tic-Tac-Toe-RL	9 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Making Mardi Gras Masks-AR 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With Terry-PL 6:00 Movie Night -PL	10 9:30 Moring News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:30 Arts -AR 2:30 Snack And Hydration-FD 6:00 Movie Of Choice-FD
11 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 3:30 February Dot-TO-Dot-RL 5:00 Game of Choice-RL	12 <b>Valentine's Ball</b> 9:30 Daily Devotion-PL 10:00 Bingo 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:30 Valentine's Ball-PL 2:30 Snack And Hydration-PL 3:00 Residents Welcome-PL 6:00 Card Night -PL	13 <b>BEAUTY SALON DAY</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Matt and Mary Jane Dog Therapy-PL 10:30 Snack And Hydration-PL 1:00 Jewelry Making-AR 2:30 Snack And Hydration-PL 3:00 Making Mardi Gras Patry-AR 6:00 Valentine's Art -RL	14 <b>Valentine's Day</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-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 Valentine's Day Party-PL 6:00 Bible Study Time-PL	15 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Presidential Unscramble Game-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day--BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Tic-Tac-Toe-RL	16 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With David-PL 6:00 Movie Night -PL	17 9:30 Moring News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:30 Arts -AR 2:30 Snack And Hydration-FD 6:00 Movie Of Choice-FD
18 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 3:30 Junk Drawer Detective-RL 5:00 Game of Choice-RL	19 <b>Presidents Day</b> 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 Residents Birthday -PL 6:00 Card Night -PL	20 <b>BEAUTY SALON DAY</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 1:00 Pokeno!-PL 2:30 Snack And Hydration-PL 3:30 Making Bird Feeders-AR 6:00 Game Day-RL	21 9:30 Daily Devotion-PL 10:00 Exercise Class-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 Nine Letter Word Game-PL 6:00 Bible Study Time-PL	22 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:15 York County Bookmobile-AR 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day--BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Tic-Tac-Toe-RL	23 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With Patrick-PL 6:00 Movie Night -PL	24 9:30 Moring News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:30 Arts -AR 2:30 Snack And Hydration-FD 6:00 Movie Of Choice-FD
25 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 3:30 Word Search-RL 5:00 Game of Choice-RL	26 <b>Gentlecare Services- Podiatry</b> 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-PL 6:00 Card Night -PL	27 <b>BEAUTY SALON DAY</b> 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Matt and Mary Jane Dog Therapy-PL 10:30 Snack And Hydration-PL 1:00 Baking Class-AR 2:30 Snack And Hydration-PL 3:30 Disney Props and Painting -PL 6:00 Game Day-RL	28 9:30 Daily Devotion-PL 10:00 Exercise Class-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 Nine Letter Word Game-PL 6:00 Bible Study Time-PL	29 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Music with Gloria and Jean 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day--BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Tic-Tac-Toe-RL		
<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>						



### EMPLOYEE OF THE MONTH

Meet Sara Kaham. Sara has been a Certified Nursing Assistant for 30 years. She is one of our caregivers here at Lake Wylie. She is a hard worker, and our residents love her. Sara is always willing to lend a helping hand. We are happy to have her as part of our team. She is a mother of three grown children, and she has four grandchildren and one great-grandchild. Sara said they are the best part of her. Sara enjoys caring for and helping others. She is dedicated and committed to ensuring that each resident's individual needs are met in an accurate and timely manner.



## Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

*Germany.* Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

*South Korea.* Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

*Mexico.* The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

*South Africa.* The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

*Peru.* Orchids are the flower of choice for valentines here, since they are native to this South American nation.

*Philippines.* Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

*Wales.* The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.

