### **Department Heads**

Kayla Cline - Executive Director Roger Dishman - Director Plant Operations Sandy Brown - Resident Program Director Nicci Melton - Business Office Manager Shawn Latta - Dining Services Director Janice Eagles - Assisted Living Director jeagles@tarantinoseniorliving.com

# **Support Team**

Tamicka Sanders-RCC Cinquetta McKoy-Yong- Sale Counselor Alyssa Salisbury -Sale Counselor



Happy 2024 LWAL Families!!!

Hope everyone is getting some much deserved rest after the hustle and bustle of the holidays. I just want to yet again, thank you for your support of our community day in and day out. We are very fortunate to have each of you as a part of our family!! We are so excited to see what year 2024 brings for each of us! Our plan is to increase our communication with you all and continue the momentum of everyone's involvement in family nights. Be on the lookout for some exciting things we have in store for the community!!

#### **JANUARY 2024**

# Frosty Facts About Chilly Critters

While winter weather makes some of us shudder, to these animals, the coldest season is "snow" big deal! Snowshoe hare. This astonishing little hare, residing within North America, changes color for the seasons, wearing a white coat in the winter and a brown coat in spring and summer. Snowshoe hares are identifiable by the very tips of their ears, which always stay black, and large hind legs that keep the critters from sinking in the snow.

Snowy owl. This striking bird is always on the move. As Arctic summers are full of extreme daylight, these owls have learned to hunt during the day, as well as at night. They travel far, too; one snowy owl, tracked in 2012, made a 7,000-mile round trip through Massachusetts and the Arctic.

Snow monkey. Also known as the Japanese macaque, these monkeys live on three of the four main Japanese islands. The primates located in the colder areas often bathe in thermal springs heated by volcanoes. They also make snowballs, just for fun! Snow leopard. At home in the Himalayas and other mountain ranges of Asia, snow leopards are solitary and elusive, earning them the nickname "ghosts of the mountains." The cat stays cozy by wrapping its long tail around its body like a blanket.

Arctic ground squirrel. This is the only ground squirrel that dwells in the northernmost regions of Russia and North America. These mammals hibernate for seven to eight months and have a rare way of doing it: Their body temperature drops below freezing, and they can spend 12 to 15 hours shivering in their sleep to stay warm.





**MEMORY CARE** 

JANUARY 2024

# Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

E | M N T S T: \_\_\_\_\_ L O P W: \_ \_ \_ G B A O T G N O: \_ \_ \_ \_

A C F R **S**: \_\_\_\_\_ Secret word: \_\_\_\_\_ 2. **E** E E F **R** Z: \_\_\_\_\_ **L** C I E C I: \_\_\_\_\_ O M **S R** T: \_\_\_\_ F A **U** S R E **F** M: \_\_\_\_

Secret word: \_\_\_\_\_ 3. R O M B O: \_\_\_\_ L K I S A T H: \_\_\_\_ F E I L: \_\_\_

L Y O L J: \_\_\_\_ Secret word: \_\_\_\_ (Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."

—Rainer Maria Rilke

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E		New Year's Day 1 9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Exercise With Therapy-AR2 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Ball Tossed 6:00 Music Time	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Winter Wonderland Art 6:00 Magazine Scavenger Hunt	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 11:00 Pet Therapy With Jack And Dianne 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Ball Toss 6:00 TV-Time		9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Bingo 6:00 Friday Night Movie-AR	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 6:00 Story Time
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2. ffs,	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Art Time 6:00 Hot Cocoa	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Exercise With Therapy-AR2 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Ball Tossed 6:00 Music Time	2:30 Snack And Hydration AR 3:00 Arts and Crafts 6:00 Magazine Scavenger Hunt	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 11:00 Pet Therapy With Jack And Dianne 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Ball Toss 6:00 TV-Time	10:30 Snack And Hydration AR 11:00 Gloria And Toney Singalong -LR 1:00 Quiet Time-R 2:00 Polish Change Time 2:30 Snack And Hydration AR 3:00 Sparkling Wine And Cheese-DR 6:00 What Am I?	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration AR 3:00 Bingo 6:00 Friday Night Movie-AR	9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee 10:30 Snack And Hydration AR 1:00 Quiet Time-R 2:30 Snack And Hydration AR 6:00 Story Time
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Matt Jackson is our first shift maintenance assistant and has been a part of our team for three and a half years. He is a hard worker, and our residents love him. In his free time, he is always picking up side jobs and spending time with his family. Matt is a joy to work with and is always willing to lend a helping hand. We are happy to have him as a part of our team.



Christmas Family Night at Lake Wylie

## A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. "Paws" for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, ursus maritimus, means "sea bear," and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet's largest land carnivores.
   Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear nanuq, which means "an animal worthy of great respect."
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.





