

THE Lake Wylie Lifestyle



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
4878 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

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



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. Ultimately, we want nothing but the best for this community and will do what we can to continue to push us forward and to get better daily.

FEBRUARY 2024

A 'Cuppa' Trivia

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones. Another study found that folks felt stronger relief from cold symptoms after drinking a fruity elixir that was hot, as opposed to one at room temperature.
- Are you *loco* for cocoa? Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.
- Mulled drinks, like apple cider and the old-timey wassail, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk in different ratios, creating unique flavors and textures. Treat yourself to one of the latest trends and order a breve—a rich, creamy latte that uses half-and-half instead of milk.
- Or give chai a try! Black tea blended with aromatic spices such as cinnamon, ginger and cloves, it's usually served with milk. Add espresso for a "dirty" chai.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? That's why hot tea is popular in warm climates like India; the beverage boosts your body temperature enough to make you sweat, which cools you down.



**FEBRUARY
2024**

**Self-Care
Corner:
Valentine's
Day Your Way**

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.

**A Little
Self-Love**

"To fall in love with yourself is the first secret to happiness."
—Robert Morley

**Love Is All
Around**

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected."
—Laverne Cox

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 2:30 Valentine's Centerpieces for Table -PL 3:00 Sparkling Wine And Cheese-DR 6:00 Wind Down Music I2L-LR	2 Wear Red Day 9:00 Morning Prayer And Devotion-DR 10:00 Story Time-They Came From Mars-AL 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:00 Baking Class AR 2:30 Favorite Chocolate Snack-AR 6:00 Friday Night Movie-AR	3 9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee-LR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Valentine's Art-AR 6:00 Magazine Scavenger Hunt-AR
4 9:00 Morning Prayer And Devotion-DR 10:00 Bingo-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Valentine's Cards-AR 6:00 Story Time I2L-LR	5 9:00 Morning Prayer And Devotion-DR 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 Sing Along With Savannah-AR 6:00 Relaxing Music I2L-LR	6 BEAUTY SALON DAY 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:30 Snack And Hydration-AR 10:45 Bible Study With Don -AR 1:00 Quiet Time-R 1:30 Beauty Salon Time-BS 2:30 Snack And Hydration-AR 3:30 Spa Time -AL 6:00 Movie Time And Popcorn -AR	7 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 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 Valentine's Cards-AR 6:00 TV-Time	8 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind Down Music I2L-LR	9 9:00 Morning Prayer And Devotion-DR 10:00 Story Time A Chilling Tale-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:00 Making Frozen Treats - AR 2:30 Snack And Hydration-AR 3:00 Music With Terry- AL 6:00 Friday Night Movie-AR	10 9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee-LR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Valentine's Painting-AR 6:00 Magazine Scavenger Hunt-AR
11 9:00 Morning Prayer And Devotion-DR 10:00 Bingo-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Valentine's Cards-AR 6:00 Story Time I2L-LR	12 Valentine's Day Ball 9:00 Morning Prayer And Devotion-DR 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 Sing Along With Savannah-AR 6:00 Relaxing Music I2L-LR	13 BEAUTY SALON DAY 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:30 Matt and Mary Jane Dog Therapy-LR 10:30 Snack And Hydration-AR 10:45 Bible Study With Don -AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Spa Time -AL 6:00 Movie Time And Popcorn -AR	14 Valentine's Day 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 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 Valentine's Painting-AR 6:00 TV-Time	15 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind Down Music I2L-LR	16 9:00 Morning Prayer And Devotion-DR 10:00 Story Time -The Birth Of The Chocolate Chip Cookie-AR 10:30 Frozen Treats Snack -AR 1:00 Quiet Time-R 2:00 Baking Chocolate Chip Cookies-AR 2:30 Chocolate Chip Cookie Social-AR 3:00 Music With David-AL 6:00 Friday Night Movie-AR	17 9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee-LR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Arts And Crafts -AR 6:00 Magazine Scavenger Hunt-AR
18 9:00 Morning Prayer And Devotion-DR 10:00 Bingo-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Bible Time -I2L-AR 6:00 Story Time I2L-LR	19 Presidents Day 9:00 Morning Prayer And Devotion-DR 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 Sing Along With Savannah-AR 6:00 Relaxing Music I2L-LR	20 BEAUTY SALON DAY 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:30 Snack And Hydration-AR 10:45 Bible Study With Don -AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Spa Time -AL 6:00 Movie Time And Popcorn -AR	21 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 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 6:00 TV-Time	22 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration-AR 11:00 Gloria And Toney Singalong -LR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind Down Music I2L-LR	23 9:00 Morning Prayer And Devotion-DR 10:00 Story Time This Won't Hurt A Bit-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:00 Making Chicken Soup-AR 2:30 Chicken Soup Social-AR 3:00 Music With Patrick-AL 6:00 Friday Night Movie-AR	24 9:00 Morning Prayer And Devotion-DR 10:00 Daily Chronicles & Coffee-LR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Arts And Crafts -AR 6:00 Magazine Scavenger Hunt-AR
25 9:00 Morning Prayer And Devotion-DR 10:00 Bingo-AR 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 6:00 Story Time I2L-LR	26 Gentlecare Services-Podiatry 9:00 Morning Prayer And Devotion-DR 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 Sing Along With Savannah-AR 6:00 Relaxing Music I2L-LR	27 BEAUTY SALON DAY 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:30 Matt and Mary Jane Dog Therapy-LR 10:30 Snack And Hydration-AR 10:45 Bible Study With Don -AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:30 Spa Time -AL 6:00 Movie Time And Popcorn -AR	28 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 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 6:00 TV-Time	29 9:00 Morning Prayer And Devotion-DR 9:30 Exercise Class-AR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration-AR 1:00 Quiet Time-R 2:30 Snack And Hydration-AR 3:00 Sparkling Wine And Cheese-DR 6:00 Wind Down Music I2L-LR	 <p>All Events Are Subject to Change</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.

