

THE Regal Heights Messenger

January 2019, Volume III, Issue I

REGAL HEIGHTS
HEALTHCARE & REHABILITATION
CENTER

A Member of NATIONWIDE
HEALTHCARE SERVICES

MEET OUR DEPARTMENT LEADERS

- **Cassandra Lor**
Administrator
- **Jo Ellen Chelsa**
Social Services
- **Susan Ricciardi**
Admissions
- **Mary Lutri**
Social Services
- **Penny Ikner**
Director of Nursing
- **Nico Zaballero**
Director for Therapeutic Recreation
- **Natalie Scales-Lopez**
Assistant Director of Nursing
- **Claudia McFarland**
Business Office Manager
- **Kristin Zaballero**
Rehab Director
- **John Taylor**
Maintenance Director
- **Amanda Lentz**
Dietitian
- **Tyrone Wimes**
Food Service Director

Resident of the Month: Adela Cardona-Escobar

Regal Heights is proud to announce Ms. Adela Cardona-Escobar as our Resident of the Month for January. Adela was born and raised in Quebradillas, Puerto Rico. Ms. Escobar was married for 40 years and is a mother to two daughters and a son. Ms. Escobar worked in the Playtex factory and is a very talented seamstress who made her daughter's wedding gown. Her hobbies include crocheting, coloring pictures and making jewelry. She enjoys her time here at Regal Heights and would like to share a few words of wisdom with her fellow residents. "Love each other, because we are all the same, although we may be different, inside we are all the same."

From Our Administrator

Happy New Year to all of our residents, staff, and friends!

We welcome 2019 and bid farewell to 2018. Many of us look forward to the New Year to get a fresh start, get rid of old habits, and to think about a new health check-up. January Health Awareness Month includes Cervical Health Awareness, National Birth Defects Prevention, and National Glaucoma Awareness, to name a few. Whatever your New Year's plan or resolution might be, I wish you success, good health, and a blessed 2019.

At Regal Heights, our residents are gearing up for many exciting Happy Hour events with different spectacular music entertainers each week. The residents are also looking forward to the bus trips to the Cheese Cake Factory, the Boscov's store, and to the Rainbow Comedy Theater to see "In-laws, Outlaws and Other People".

Come and celebrate the events with our residents and staff! Volunteers welcome!

Cassandra Lor

Administrator, Regal Heights Healthcare & Rehabilitation Center



EMPLOYEE OF THE MONTH,
JOSH WINDER



HOCKESSIN METHODIST CHURCH
HOLIDAY CAROLS



"ALICE IN WONDERLAND"
HOLIDAY DINNER EVENT



WINNERS OF THE CHRISTMAS TREE
DECORATING CONTEST



January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day 10:30 New Year's Trivia (CR) 2:00 New Year's Movie Special (CR)	2 10:30 Expression (CR) 10:30 Bible Study Group (H) 2:30 Baubles and Beads (B) 7:00 Meal Planning (CR)	3 10:00 Food for Thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR) 	4 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Happy Hour w/ Elvis Presley (Mr. Dean Garofolo) (CR)	5 10:30 Team Games (CR) 10:30 Hot Topic (C) 2:30 Expressions (A) 2:00 Bingo (CR)
6 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 Hymns w/ Alma (CR) 2:30 St. James Episcopal (CR) 2:30 Expressions (B) 	7 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	8 10:30 Catholic Mass (CR) 10:30 Boscov's Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	9 11:00 Let's Get Crafty (CR) 10:30 Bible Study (H) 2:30 Music with Clem (CR) 2:30 Baubles and Beads (B)	10 10:00 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	11 10:30 Men's Group (CR) 2:00 Happy Hour w/ Fulvio Ranni (CR) 	12 10:30 Table Games (CR) 10:30 Hot Topics ((B) 10:30 Hot Topics (C) 2:00 Bingo (CR) 2:30 Expression (B)
13 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 "Any Old Times" (E) 2:30 New Destiny Fellowship Church (CR) 2:30 Expressions (B)	14 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	15 10:30 Rosary (CR) 10:30 Cheese Cake Factory Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	16 10:30 Expressions (CR) 10:30 Bible Study Group (H) 2:00 Crochet Group (CR) 5:00 Bon Appetit (CR) 	17 10:00 Food for Thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	18 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Billy Logue (CR)	19 10:30 Family Life Church (CR) 10:30 Hot Topics (C) 2:00 Bingo (CR) 2:30 Expressions (A)
20 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 Hymns with Alma (CR) 2:30 Voices of Truth Church Services (CR) 2:30 Expressions (A)	21 Martin Luther King Day 10:30 Trivia (CR) 2:00 Martin Luther King Movie (CR) 	22 10:30 Christmas Tree Shop Bus Trip 10:30 Rosary (CR) 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	23 11:00 Let's Get Crafty (CR) 10:30 Bible Study (H) 2:30 Music with Clem (CR) 2:30 Baubles and Beads (B) 7:00 Meal Planning (CR)	24 10:00 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	25 10:30 Men's Group (CR) 2:00 New Year's Party Celebration w/ Ms. Jon Turk (CR) 	26 10:30 Table Games (CR) 10:30 Hot Topics (C) 2:00 "Any Old Time" (E) 2:00 Bingo (CR) 2:30 Expressions (A)
27 10:30 Chat and Chew (CR) 10:30 Word Games (H) 2:30 Expressions (B) 2:00 Hymns w/ Alma (CR) 2:30 St. Andrews and Matthews Church Services (CR)	28 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR) 	29 10:30 Rosary (CR) 10:30 Rainbow Dinner Theater Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	30 10:30 Expressions (CR) 10:30 Bible Study Group (H) 2:30 Resident Council CR 5:00 Bon Appetit (CR)	31 10:00 Food for Thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)		

JANUARY FUN FACTS

BIRTHDAYS

- Ann Cannone • 1/1
- Vivian Matthews • 1/2
- Jesu Carrion Montes • 1/5
- Michael Poccynek • 1/8
- Mary Tyndall • 1/8
- Jean Gray • 1/12
- Elizabeth Forenski • 1/12
- Robert Bouza • 1/16
- Virginia White • 1/17
- Efstratios Gikasa • 1/18
- Gena Rivera Arroyo • 1/19
- Brenda Mayben • 1/20
- Dorothy Miller • 1/20
- Ruby Jones • 1/21
- Mark Endres • 1/24
- Patricia Over • 1/24
- Catherine Delitta • 1/26
- Lucretia Wilson • 1/27
- Carmella Ricciardi • 1/28
- Margaret Jackson • 1/31

How did the months of the year get their names?

- ◆ **January:** Named after Janus, the God of beginnings and endings
- ◆ **February:** Named after the festival Februa, a period of celebration
- ◆ **March:** Named after Mars, the Roman God of War (originally, March was the first month, and January and February were added later by Numa Pompilius)
- ◆ **April:** There are three theories behind April's naming:
 - ~ It is the Latin word for 'second'
 - ~ Derived from the Latin word 'Aperire', meaning 'to open', representing the opening of buds in spring
 - ~ Named after Roman Goddess, Aphrodite
- ◆ **May:** Named after Maia, Earth Goddess of growing plants
- ◆ **June:** Named after Juno, the queen of the gods and patroness of marriage and weddings
- ◆ **July:** Named after Julius Caesar in 44 B.C.
- ◆ **August:** Named after Augustus Caesar in 8 B.C.
- ◆ **September:** Derived from 'Septem', Latin word for seven
- ◆ **October:** Derived from 'Octo', Latin word for eight
- ◆ **November:** Derived from 'Novem', Latin word for nine
- ◆ **December:** Derived from 'Decem', Latin word for ten

STAFF ANNIVERSARIES

- Sandra Albus • 33 Years
- Jennifer Donovan • 12 Years
- Lucy Muthami • 12 Years
- Grace Wreh • 8 Years
- Gillet Muaka • 6 Years
- Kristy Thawley • 4 Years
- Breanne Daniels • 4 Years
- Erica Miller • 4 Years
- Casandra Phipps • 2 Years
- Gerrie Harman • 2 Years
- Donna Downey • 1 Year
- Glenda Garcia • 1 Year

HAPPY NEW YEAR WORD SEARCH

HAPPY NEW YEAR
Wordsearch

Search for the words going up, down, left and right.

C	S	L	L	X	N	O	I	T	U	L	O	S	E	R
A	Z	N	A	G	A	V	A	R	T	X	E	I	Q	I
G	G	A	T	H	E	R	I	N	G	W	Z	N	P	N
A	F	O	T	S	W	O	S	D	R	W	L	O	L	V
D	I	D	R	O	Z	T	H	G	I	N	D	I	M	I
H	R	T	A	H	F	Y	T	R	A	P	W	S	E	T
F	E	B	D	F	B	I	N	H	M	G	Y	E	U	A
N	W	Q	I	Q	A	Z	F	G	D	C	G	M	S	T
N	O	I	T	A	R	B	E	L	E	C	Q	A	J	I
L	R	M	I	Y	R	A	U	N	A	J	L	K	H	O
K	K	H	O	C	V	W	T	R	D	A	Q	E	J	N
I	S	K	N	X	V	J	O	I	B	U	E	R	Z	N
Y	Z	P	H	C	O	U	N	T	D	O	W	N	S	M
H	W	W	J	M	U	H	N	U	X	X	O	U	Q	R
L	F	A	A	H	S	E	Q	S	I	O	C	O	F	G

CELEBRATION	COUNTDOWN	EXTRAVAGANZA
FIREWORKS	GATHERING	INVITATION
JANUARY	MIDNIGHT	NOISEMAKER
PARTY	RESOLUTION	TRADITION

DOMESTICMOMMYHOOD.COM

Employee of the Month: Josh Winder

Regal Heights is proud to announce Josh Winder as our Employee of the Month. Josh is the Assistant Manager of our Dietary Department and has been with Regal Heights for 5 months. Josh enjoys spending time with his family and friends. A message from Josh: "Walk in Faith."