

## A Note From Our Administrator

February is a short, but a busy month at Regal Heights. There are so many events and holidays that are happening in February. We have Valentine's Day, National Freedom Day, and Black History Month, just to list a few.

As the nation celebrates love and heartfelt sentiments, we also need to look at our heart health. February is American Heart Month. We can use this month to raise awareness about how to prevent heart disease. In the U.S., one in four deaths is caused by heart disease.

If you or someone you know has concerns about heart health, talk to a healthcare provider and make an appointment for a checkup. You can be proactive by watching your weight, your cholesterol and blood pressure, getting active and eating healthy. Your heart will thank you for it!

### Cassandra Lor

*Administrator, Regal Heights Healthcare & Rehabilitation*

## Our Department Leaders

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



Finley, our Pet Volunteer, at her birthday party with Elvis Presley (Dean Garofolo)



Holiday Ugly Sweater Contest at Regal Heights



Eastburn Unit weekend Arts & Crafts Program



Delmarva Power Holiday Gift Donation














# February 2019 Activity Calendar

## Resident Birthdays

- Amelia Phillips • 2/1
- Leonard Davis • 2/2
- Frances Ahoorai • 2/2
- Cecelia Petruccl • 2/7
- Richard Cooley • 2/9
- Cora Russ • 2/14
- James Godfrey • 2/16
- Esther Weldin • 2/17
- Robert Olsen • 2/17
- Rosa Moran De Coz • 2/19
- Evelyn Waligura • 2/22
- George Mazetti • 2/22
- Marion Lee • 2/27
- Donald Parker • 2/27
- Marguerite O'niel • 2/29

## Staff Anniversaries

- Sabrina Thomas • 19 Years
- Sherry Ellerbe • 13 Years
- Alusine Kamara • 11 Years
- Shirley Byrd • 9 Years
- John Taylor • 9 Years
- Nancy VanVeen • 3 Years
- Vicky Whitehurst • 3 Years
- Daria Garner • 2 Years
- Debra Anderson • 2 Years
- Marie Miner • 1 Year
- Jackie Sturgis • 1 Year
- Norma Miller • 1 Year
- Esther Solis • 1 Year

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Bruce Copp (CR)	2 10:30 Team Games (CR) 10:30 Hot Topic (C) 2:30 Expressions (A) 2:00 Bingo (CR)
3  10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:30 Hockessin Methodist Church (CR) 2:30 Expressions (B) 6:00 SUPER BOWL Party Event	4 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	5 10:30 Rosary (CR) 10:30 Dollar Tree Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	6 10:30 Expressions (CR) 10:30 Bible Study Group (H) 2:30 Black History Presentation Ms. Kim Graham (CR) 7:00 Meal Planning (CR)	7 10:00 Food for Thought (CR) 10:00 Black History Month Movie Special (Channel 8) 2:30 Bingo (CR) 6:00 Pizza and Movies (CR)	8 10:30 Men's Group (CR) 2:00 Happy Hour w/ Sal Evola (CR) 	9 10:30 Table Games (CR) 10:30 Hot Topics (B) 10:30 Hot Topics (C) 2:00 Bingo (CR) 2:30 Expression (B)
10 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)	11 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	12 10:30 Mass (CR) 10:30 Bahama Breeze Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	13 9:30 Eastburn Breakfast Event 11:00 Let's Get Crafty (CR) 2:30 Music with Clem (CR) 2:30 Baubles and Beads (B)	14  <b>Valentines Day</b> 10:30 Living Word Church Service (CR) 2:00 Valentines Day Celebration with Tony Juliano (CR) 6:00 Pizza and Movies (CR)	15 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Black History Month Celebration with Frank and Michelle (CR) 	16 10:30 Family Life Church (CR) 10:30 Hot Topics (C) 2:00 Bingo (CR) 2:30 Expressions (A)
17 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)	18 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	19  10:30 Rosary (CR) 10:30 D.E. Park Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	20 10:30 Expressions (CR) 10:30 Bible Study Group (H) 2:00 Crochet Group (CR) 5:00 Bon Appetit (CR)	21 10:00 Black History Month Movie Special (Channel 8) 11:00 Black History Month Helping Hand Sale 2:30 Bingo (CR) 6:00 Pizza and Movies (CR)	22 10:30 Men's Group (CR) 2:00 Monthly Birthday Party w/ Shari McCarthy (CR)	23 10:30 Table Games (CR) 10:30 Hot Topics (C) 2:00 Bingo (CR) 2:30 Expressions (A)
24 10:30 Chat and Chew (CR) 10:30 Word Games (H) 2:00 "Any Old Time" (E) 2:30 Expressions (B) 2:00 Hymns w/ Alma (CR) 2:30 St. Andrews and Matthews Church Services (CR)	25 10:30 Expressions (CR) 2:30 Bell Choir Group (CR) 7:00 Bingo (CR)	26 10:30 Rosary (CR) 10:30 Wal-Mart Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	27 11:00 Let's Get Crafty (CR) 10:30 Bible Study (H) 10:30 SPA Day Ladies Group Bus Trip 2:30 Baubles and Beads (B) 7:00 Meal Planning (CR)	28 10:30 Living Word Church Service (CR) 10:00 Black History Month Movie Special (Channel 8) 2:30 Bingo (CR) 6:00 Pizza and Movies (CR)		



## Resident of the Month: Robert Olsen

Regal Heights is proud to announce Mr. Robert Olsen as our Resident of the Month. Mr. Olsen was born and raised in Watseka, Illinois.

At age 18, Robert joined the Air Force, served 11 years, and was stationed at Dover Air Force Base. Mr. Olsen worked in warehouse supply and settled in Dover, Delaware.

He is a passionate lover of sports and was the Game Announcer for the Dover High School football team for 20 years.

Mr. Olsen is also a big fan of playing BINGO – and has been on a very lucky streak lately!

### African American History Word Search

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

DREAM  
STOWE  
EMANCIPATION  
TUSKEGEE  
PARKS  
OBAMA  
OWENS

PLANTATION  
RAILROAD  
MARSHALL  
POWELL  
ROBINSON  
DOUGLASS  
SCOTT

FEBRUARY  
TUBMAN  
SLAVERY  
ABOLITIONISM  
HARLEM  
CIVILWAR

## 6 Fun Facts About Valentine's Day



1. St. Valentin defied the Emperor Claudius II by marrying soldiers during wartime. Valentin was arrested and executed, and while in prison he sent a note to his jailer's daughter and signed it "from your Valentine".
2. Cupid is the god of desire, erotic love, attraction and affection. He is known as the son of the goddess of love, Venus.
3. In Finland they celebrate Friends Day instead of Valentine's Day. This day is spent with friends and not lovers.
4. The red rose was the favorite flower of the Roman goddess of love, Venus.
5. On average 220,000 marriage proposals are given on Valentine's Day.
6. For those alone on Valentine's Day there is also Singles Awareness Day (S.A.D.).

