

# ADDINGTON PLACE

## OF EAST LAKE

1755 E. Lake Road S • Tarpon Springs, FL 34688 • (727) 943-8878

January 2023

### Happy New Year

Old Man Time has once again passed his sash to a brand new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community, and we hope you'll join in the fun. Happy New Year to you and your loved ones!



### Wit & Wisdom

"There's only one thing more precious than our time, and that's who we spend it on."  
—Leo Christopher



### Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.



### Wake Up Happy

"Start each day with a positive thought and a grateful heart."  
—Roy T. Bennett



#### Pam Cutsuries

Executive Director

#### Janet Hayes, RN

Resident Services Director

#### Nadja Mobley

Marketing Director

#### Kenneth Moore

Dining Services Director

#### Gina Conforte

Business Office Manager

#### William Ramos

Maintenance Director

#### Abby Brown

Lifestyle Director

### MAIN DINING ROOM HOURS

#### Breakfast

7:30 am - 10:00 am

#### Lunch

11:30 am - 1:30 pm

#### Dinner

4:30 pm - 6:30 pm

### Transportation Schedule

#### MONDAY & WEDNESDAY

9:30 a.m.-2:30 p.m.

**SOUTH of Addington Place**

#### THURSDAY

9:30 a.m.-2:30 p.m.

**NORTH of Addington Place**

Complete a transportation request form for all appointments and give a 48-hour notice.

### Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.



## EMPLOYEES

### Employee of the Month



**Doreen O.**

Doreen is a huge asset to our nursing department. She goes above and beyond for our residents.



**Christian O.**

Christian comes to work with a positive attitude, always on time and willing to help out his dining servers and staff.

## We Have a New Team Member! **ABBY BROWN**

Please welcome our new Lifestyle Director, Abby. We're looking forward to adding Abby's abundance of knowledge and energy to our team.



**Abby's favorite quote: "I like the dreams of the past better than the history of the future."**

## Our Breakfast Club at Central Park

This month we enjoyed breakfast at Central Park on Hwy 54 in New Port Richey. Residents had to choose between every kind of omelette imaginable along with other breakfast specials at a reasonable cost.



## Games and the Brain

Besides being fun, games also benefit the brain. The strategy and problem-solving skills involved in playing games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly. Mark your calendar and join us with your neighbors for our many game opportunities throughout the month.



## January Elevating the Era in the 1920s

This month we will be experiencing the mid-1920s with all its grandeur. The '20s was also known as the jazz age. Look for special events to celebrate this era throughout the month.



## Christmas 2022



Village by Tampa Bay 56r's (top), East Lake Madrigals (center) & Larry performs (bottom) our happy hour.

## Our Holiday Party!



Santa (Steve) with Pam, Executive Director



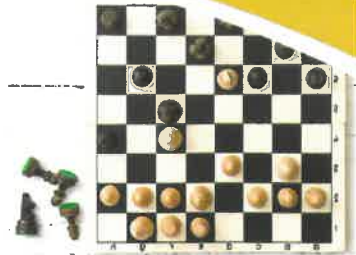
Daughter and mom (Myra) tell all!



Bobby (Lifestyle Assistant), Debra (retiring) & Abby (Lifestyle Director)



Lynn and Santa enjoying the party!



## CELEBRATE!

### Birthday Celebration

If you're having a birthday this month, we hope it's the beginning of a year full of happy memories and wonderful moments. We'd like to celebrate! Everyone is invited to our monthly birthday party for cake, music and fun! Check our calendar for the time.

### RESIDENT BIRTHDAYS

1/4 Betty B.  
1/15 Jo E.  
1/29 Vi B.

### EMPLOYEE BIRTHDAYS

1/11 Jerrilyn S.  
1/13 Gina C.

### Wit & Wisdom

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

—Melody Beattie