

# La Posada



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A KISCO SENIOR LIVING COMMUNITY



## February 2024



### Go Red for Women Jewelry Drive & Bake Sale

Join La Posada on Friday, February 2nd to help raise funds for the American Heart Association in honor of the "Go Red for Women" campaign! The purpose of the "Go Red" campaign is to unite millions of people for a common goal: the eradication of heart disease and stroke. This year, we are combining our "Go Red" Bake Sale with a Jewelry Drive, so delicious desserts and beautiful jewelry will be available to purchase by cash or check.

Please contact the Art of Living Well Dept. if you would like to donate a pre-wrapped dessert. The more desserts we have available, the more funds we can raise to show support in the fight against cardiovascular disease!

### National Wear Red Day Is Friday, February 2nd!

Don't forget to wear red on Friday, February 2nd! Join millions of people and organizations around the country on National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

### February Is Heart Health Month!



Heart Health Month 2024 is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. It serves as a reminder to prioritize heart-healthy lifestyles, learn about heart

disease prevention, and support those affected by cardiovascular conditions.

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

Signs of a heart attack can include:

Uncomfortable pressure or pain in the center of your chest, pain in the arms, back, neck or stomach, shortness of breath, nausea, or dizziness.

Signs of a stroke can include:

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body, as well as sudden confusion, blurred vision, trouble walking, dizziness, loss of balance or severe headache.

You can take steps to reduce your risk for cardiovascular disease, such as: reducing smoking or tobacco use, exercising daily for 30-60 minutes, eating a heart-healthy diet high in vegetables, lean meats and healthy fats, reducing processed foods and sodium, maintaining a healthy weight and scheduling regular health screenings.



### February Birthdays

Ann Harshman	2/3
Charles Hutchins	2/3
Jackie Heckman	2/3
Sue Chiungos	2/3
Sally Green	2/4
Lorraine Hoffinger	2/5
Nora Leibold	2/10
Joan Brassill	2/12
Alice May Matulevich	2/13
Arlene Fleischman	2/14
Donna Verdonck	2/14
Tony Maltese	2/14
Georgeann Weissman	2/15
Barbara McArdle	2/16
Blanche Haid	2/16
Maria Teixeira	2/16
Patricia Gagliardi	2/16
James Orloff	2/17
John Langfeldt	2/17
Charles Sawicki	2/18
Susan Sample	2/18
Adam Priest	2/20
Charles Vesty	2/21
Mary McCahill	2/25
Pat Harris	2/25
Judy Bergman	2/27
Richard Whittier	2/27

### February Birthday Luncheon!

Wednesday, February 7th, at 12:00PM in the Waterfront Dining Room. Please RSVP to the Hostess Stand for you and one guest.



**Welcome Home**



### New Residents

Marilyn Sausner - 2101  
Janet Kane - 2337  
Harriet Wasserman - 2016

## Team Member Spotlight



### Please Welcome New HR Generalist, Aixa Colon Stacy!

Aixa comes to La Posada with more than 20 years of HR management experience, most of which are in senior living. One of the reasons she enjoys senior living so much is because the staff and residents become like family.

She was born and raised in Waukegan, IL, outside of Chicago. Naturally, she is a lover of all things "Chicago" including the pizza, hot dogs, cheese/caramel popcorn mix, the Bulls, the Bears, and the Cubs! Her 2024 New Year's Resolution is to have at least one adventure a month. Luckily for us, she gets to start her monthly adventure with her new role at La Posada and we wish her much success!

### Resident Relations Notice

We wanted to address the recent inquiries we have received regarding the dining charges for wine, beer, and liquor. We understand that there has been some confusion due to the new billing system, which reflects these charges as food expenses in your statement.

Regrettably, we do not currently have the capability to modify the description of these charges in your statement. However, if you notice a food charge ranging from \$2.50 to \$10.00 and recall consuming wine, beer, or liquor during your dining experience, it is highly likely that this charge corresponds to your statement.

Should you have any further questions or concerns regarding your statements, please do not hesitate to reach out to Viviana Carballido in our Resident Relations department. She will be more than happy to assist you in reviewing your statements and addressing any queries you may have.

Thank you for your understanding and cooperation.

### Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.

**Out & About** 

**Monthly Trips Out**

- PB Dramaworks: "The Cancellation of Lauren Fein" - 2/3
- Miami City Ballet: "Winter Mix" - 2/4
- Arti Gras - 2/17
- Kravis Music at Two: "Detroit Symphony Orchestra" - 2/18
- Maltz Jupiter Theatre: "Plaza Suite" - 2/18
- Kravis on Broadway: "Jagged Little Pill" - 2/21
- Max Planck Science Meets Music - 2/21
- Turtlefest - 2/24

**Swing Street Band & Dance 2/9 At 7:15PM In LSG**

Swing Street is a unique, sophisticated musical combo, specializing in the Great American Songbook. Swing Street performs instrumental and vocal Jazz-based music by composers such as George Gershwin, Cole Porter, Jerome Kern, and more. Dance Hosts from Fred Astaire will be here to get you up in the dance floor and moving!



**Community News** 

**Calendar Chat With Rick 2/1 At 11:00AM In LSG**

Rick will be going through the February Calendar, giving more explanation about particular programs, and answering any questions that you have.

**The Great Decisions With Dr. Jeffrey Morton**

Every Thursday in February at 2:00PM in La Sala Grande. Check Touchtown & The Week at a Glance for topics.

**Entertainment in February**

Davis & Dow Jazz Duo	2/2
Larry Brendler Piano	2/4
David Pedraza Violin	2/14
Catherine Lan Piano Duo	2/15
Ashley the Entertainer	2/24

**Super Bowl 58: Sunday 2/11 At 6:00PM In LSG**



The biggest football game of the year is headed to Las Vegas, Nevada as Super Bowl 58 brings us the end of the NFL Season. Happy Hour Beer and Wine and Lite Bites will be available beginning at 6:00PM before the 6:30PM kickoff.



**Friday, February 16**

La Posada's Mardi Gras Party will include a themed Happy Hour beginning at 4:30PM in the Clubhouse with plenty of food, drinks, music and decorations. Mardi Gras inspired menus will be served in Waterfront and Soller. Feel free to come dressed in festive colors, beads and masks.

**Maintenance Corner** 

Palm Beach Gardens storm drain cleanout on the North side of the property and east Side of the lake at the end of Seville that was flooding the last cul-de-sac. The Department of Public Works has made the repairs replacing a crushed pipe that discharges the water to the lake from our parking lot and Westport Dr.



December 2023 Birthday Picture



January 2024 Birthday Picture