



Assisted Living #11835



*Living  
The Life*

5601 N Honore Ave. • Sarasota, FL 34243 • (941) 355-0303

### DEPARTMENT HEADS

Crystal Christian ..... Executive Director, x5105  
 Ann St. Hilaire ..... Business Office Director,  
 x5103  
 Cindy Black ..... Marketing Director, x5102  
 Jody Nye ..... Wellness Director, x5112  
 Laura Giammona ..... Culinary Services Director,  
 x5145  
 Dan Avella ..... Maintenance Director, x5136  
 Wendy Mills .... Life Enrichment Director, x5305  
 Kitchen ..... x5143

### Resident Hotline

By dialing 5000 from your room phone, you can hear the scheduled Activities & Dining Menus of the day. Please utilize your Resident Hotline daily!



### JANUARY BIRTHDAYS

January 4th ..... Hubert Guthrie  
 January 9th ..... Jack Watson  
 January 12th ..... Ronald Currie



### January 2023



### Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board 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.

### This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.

# Resident of the Month

Welcome Home  
Shirley Tabory!!



Shirley Tabory was born in Bridgeport, Connecticut and lived in Fairfield for many years. She worked for GE Corporation as a Financial Management Executive. Shirley was married to her husband, Stephen and they have two daughters, Joyce who lives in Greenwich, Connecticut and Lynda who lives in Colorado. Shirley has a beautiful granddaughter, Brittany. Shirley and Stephen enjoyed traveling and she says her favorite places to visit were the Caribbean and Europe.

Shirley enjoys painting, using both watercolors and oil paints. Shirley and Stephen both loved golfing. They had friends here in Sarasota and would come to visit them over the years. Eventually she and Stephen called Sarasota home. Welcome Home, Shirley! We are happy to have you as a part of the DeSoto Palms community.

# Home & Garden



## The Buzz on Herbal Tea

Tea is one of the most consumed beverages in the world, and herbal teas are experiencing a renaissance. The trend is due to the many health benefits attributed to herbal teas, including the fact that they're naturally calorie- and sugar-free. Herbal teas are packed with dried fruits, flowers, spices or herbs, creating endless blends of unique flavors.

*Chamomile.* The flowering plant that is used in this drink has a gentle floral taste with notes of apple and honey. Chamomile is shown to have a soothing, calming effect, which can ease anxiety.

*Peppermint.* This refreshing tea is great for upset stomachs. It's often consumed to support digestive health and relieve nausea.

*Hibiscus.* Many tea drinkers are drawn to the vivid red color and tropical, tart taste of hibiscus brews. Studies have found that hibiscus tea can help reduce blood pressure and may have antiviral properties.

Some herbal ingredients can trigger allergies or interact with medications, so read labels and check with a doctor before trying any new herbal teas.



# Employee of the Month



**CONGRATULATIONS DEANNA LECROY!!!**  
 Deanna joined the DeSoto Palms Team as a Concierge on July 25, 2022. She has lived in Florida since she was 12 years old. She is married and has 2 sons. Deanna takes care of all the duties at the front desk with confidence and she has a kind manner with residents, staff, and visitors. She is always willing to help anyone. Deanna said she enjoys working here at DeSoto Palms and loves helping the residents. You are a great addition to our staff here, Deanna! Thanks for your hard work and positive energy!

# Resident Council

**CONGRATULATIONS TO OUR NEW RESIDENT COUNCIL BOARD MEMBERS!**

We *WELCOME* our three (3) new Resident Council Board Members:  
 Bobbi Cairns  
 Frances Perrothers  
 Margaret Wenger  
 It was a close election, and we are thrilled that these residents have won!



# Good Neighbor



## Thanks for Being a Good Neighbor, Rodney Schwatt

Rodney is so nice to everyone he comes into contact with here at DeSoto Palms. He is always good at listening to people and always wears a smile! He loves listening to country music on his portable radio, especially outdoors.

He is a cool and funny man!  
 Nominated by fellow neighbor,  
 Joe Fountain



# 2023

## HAPPY NEW YEAR

### "This Month In History"

#### JANUARY

**1908:** Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

**1915:** Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

**1929:** The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

**1933:** Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

**1942:** Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

**1960:** Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

**1984:** The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

**1994:** At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

**2007:** Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.

