



The Pulse



Winter 2006

Our Team

Kelley Rice-Schild
Executive Director

Monica Calonge
Administrator

Amina Dubuisson
Director of Nursing

Carmen C. Fernandez
Medical Director

James Hutson
Medical Director Emeritus

Barbara Dreyer
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Luis DeSocarraz
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Services

Carol O'Dell
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Directory of Dietary

Ricky Somintac
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Diana Gonzalez
Directory of Activities

**Join our Virtual Tour
on pages 4 and 5**



Happy Birthday Baby (BOOMER)

In 2006 the first swell of the Baby Boom Generation will celebrate their sixtieth birthdays. Now, a boomer turns 50 every seven seconds and joins the ranks of the AARP eligible. As this generation of more than 77 million people age, their retirements will look dramatically different than those before them. They are better educated, are the wealthiest group of elderly in history and have longer and healthier lives ahead of them.

Between now and 2030, the year the last boomer will be 65, the number of Americans 65 and older will double from 35.6 million to 71.5 million. And they aren't their parent's generation. These consumers made hula-hoops a hit, as teens bought cheap stereos and VW Bugs, and in middle age jumped into the technology movement when they snapped up camcorders, computers and cell phones. So what might the future hold for those who need assistance as they age?

In Japan, they sell toilets that weigh the person, take their temperature and test urine for blood sugar and stool for cholesterol levels. The results are then sent automatically to the doctor's office. At the Massachusetts Institute of Technology's AgeLab, scientists are working on inventions that seem Jetsonesque, such as:

- A computer aid that would help older shoppers pick foods based on their medical history with tiny radio transmitters in the food packages that broadcast ingredient to the device and offer advice
- Shoes with battery-powered vibrating soles that stimulate nerves to improve balance
- Homes that would allow occupants to open doors, control shades and windows and thermostats from a touch-screen by the bed
- Systems that would call in orders for food and medicine when supplies run low and would summon help when detectors sense the occupant wasn't moving

The next generation has plans to have the financial means and technology to stay independent as long as possible. Since boomers had smaller families, that means fewer children (and nurses) to care for them. Also, they can't bank on Social Security since when it was established it was based on the retirement age of 65, the life expectancy for a 65-year-old has increased by over seven years and continues to lengthen. As a result of living longer, this generation is wise to plan to stay healthier and work longer.

10 Things We Heard As Children That We Need To Hear Now

1. If you don't try it, you'll never know if you'll like it or not.
2. No one gets it right the first time.
3. Practice make perfect.
4. Don't worry about what other people say, you do what you know is best for you.
5. If they laugh at you, just ignore them.
6. You have to make up your own mind; don't wait for someone else to do it for you.
7. Be your own best friend or you'll be your own worst enemy.
8. Don't be afraid to ask questions.
9. Everybody has to start somewhere.
10. Someday, you'll look back at all this and laugh!

HIS PILGRIMAGE

By: Sir Walter Raleigh

Give me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul, like quiet palmer,
Travelleth towards the land of heaven'
Over the silver mountains,
Where spring the nectar fountains;
There will I kiss
The bowl of bliss;
And drink mine everlasting fill
Upon every milken hill.
My soul will be a-dry before;
But, after, it will thirst no more.

Birthdays

January

STANLEY FLEURY 1-01
NADINE BAILEY 1-07
VIRGILIO P. PANIZALES 1-08
MIRIAM PEREZ 1-12
RUBY LAWRENCE 1-13
ISAURA GONZALEZ 1-28

February

PURIFICACION (FAY) NEPOMUCEO 2-02
MILKA CHARLES 2-06
RUBY SOMINTAC 2-14

March

LUZ ORONEA 3-06
ALIETTE SAINT-AIME 3-08
LEDESE JASMIN 3-13
PATRICIA MARRERO 3-17
VIOLETH SANCHEZ 3-18
ESTHER ALTIDOR 3-18

Anniversary

January

NOHORA CELY 1-12-01
MARIE CALIXTE 1-09-99
MONICA CALONGE 1-18-99
ROBIN SPAULDING -1-24-91

February

ISAURA GONZALEZ 2-01-93
WILLIAM (BILL) VIGOA 2-6-95
FAYE JACQUES 2-26-71
RUBY LAWRENCE 2-09-00

March

ESTRELLA JIMENEZ 3-13-00
ARGENTINA MEDINA 3-13-00
EMA AVENDANO 3-28-96
MARIE AUGUST 3-30-95

Happy 60th Birthday

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

BARRY MANILOW
 BILL CLINTON
 CHER
 CONNIE CHUNG
 DAVID BOWIE
 DIANE KEATON
 DOLLY PARTON

DONALD TRUMP
 EMERSON FITTIPALDI
 GEORGE W BUSH
 HAYLEY MILLS
 JIMMY BUFFET
 LAURA BUSH
 LINDA RONSTADT

LIZ MINNELLI
 LONI ANDERSON
 OLIVER STONE
 SALLY FIELD
 STEVEN SPIELBERG
 SYLVESTER STALLONE
 TOMMY LEE JONES

Virtual Tour

Over the past six decades, The Floridean has seen many improvements, but the motto "Where Patients Are Guests" remains the same. Join us for a virtual tour of the best kept secret in Miami.



From the time you step through the Mediterranean arched entrance, you discover what customer satisfaction surveys have confirmed for years: Floridean is clean and friendly.



Shining nurses smiles match the sparkling floors. Our nursing staff include R.N.'s, L.P.N.'s and Certified Nursing Assistants that are on duty twenty-four hours a day to provide professional care.

Relax with a good book in the Julia Rice Memorial Library. The shelves have a diverse selection of reading choices that include current magazines and a Large Print section.



What "Generation" are you?

The most definitive recent study was done by Schuman and Scott (1989) in 1985 in which a broad sample of adults of all ages were asked, "What world events over the past 50 years were especially important to them?". They found that 33 events were mentioned with great frequency. When the ages of the respondents were correlated with the expressed importance rankings, seven distinct generations became evident. Today we use the following descriptors for these Generations:

- Depression Generation** (born from 1912 to 1921)
Memorable events: The Great Depression, high levels of unemployment, poverty, lack of creature comforts, financial uncertainty. *Key characteristics:* strive for financial security, risk averse, waste not want not attitude, strive for comfort
- WWII Generation** (born from 1922 to 1927)
Memorable events: men leaving to go to war and many not returning, the personal experience of the war, women working in factories, focus on defeating a common enemy. *Key characteristics:* the nobility of sacrifice for the common good, patriotism, team player
- Post-war Generation** (born from 1928 to 1945)
Memorable events: sustained economic growth, social tranquility, The Cold War, McCarthyism. *Key characteristics:* conformity, conservatism, traditional family values



"A garden is the best alternative therapy" – Germaine Greer. A view of the lush enclosed garden with fish pond.



While all rooms are beautifully decorated and have private baths, the Rehab unit is unique because guests have individual televisions and personal telephones to offer more privacy during your stay.



The Palm Dining Room was completed in the renovations of 2001 (which also included the garden and Julia Rice Memorial Library). Our expert dietary department prepare over 32,000 home-cooked, personalized meals per year.



Going home, better than ever! Nearly 100 patients returned to their homes last year after completing their rehabilitation therapy at The Floridean Nursing and Rehab Center.

From 1912 to now

- Baby Boomer Generation #1** (born from 1946 to 1954)
Memorable events: assassination of JFK, Robert Kennedy, and Martin Luther King, political unrest, walk on the moon, Vietnam War, anti-war protests, social experimentation, sexual freedom, civil rights movement, environmental movement, women's movement, protests and riots, experimentation with various intoxicating recreational substances. *Key characteristics:* experimental, individualism, free spirited, social cause oriented
- Baby Boomer Generation #2** (born from 1955 to 1964)
Memorable events: Watergate, Nixon resigns, the cold war, the oil embargo, raging inflation, gasoline shortages. *Key characteristics:* less optimistic, distrust of government, general cynicism
- Generation X** (born from 1965 to 1976)
Memorable events: Challenger explosion, Iran-Contra, social malaise, Reaganomics, AIDS, safe sex, fall of Berlin Wall, single parent families. *Key characteristics:* quest for emotional security, independent, informality, entrepreneurial
- N Generation** also called Generation Y (born from 1983 to 2003 or 2007)
Memorable events: rise of the internet, 9-11 terrorist attack, cultural diversity, 2 wars in Iraq. *Key characteristics:* quest for physical security and safety, patriotism, heightened fears, acceptance of change

Activities Heartbeat

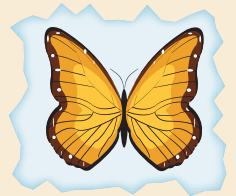
Sending a special thanks to everyone who helped us celebrate our Holiday Season here at the Floridean: St. Michael's Carolers, The Isola Salina Lodge, St Michael's School, First United Methodist Church of Coral Gables Carolers, Dedication Dance Group, and our own Suzan DeGooyer & Flute Ensemble.

Special Events for January

- **New Year's Celebration** will be held on January 1st at 12pm. We are going to ring in the Year with a countdown, lunch and a party complete with noisemakers, hats and confetti.
- **Lunch out on the Town** on January 10 at Noon
- **City of Miami Community Outreach Program Petting Zoo** Visiting with animals can help people feel less lonely, and less depressed. Visits from animals can provide a welcome change from routine, or the renewal of old friendships. People become more active and responsive both during and after visiting with animals. The visits offer entertainment and a welcome distraction from pain and infirmity. People often talk to the animals, and share with them their thoughts and feelings and memories. Animal visits provide something to look forward to. Petting encourages use of hands and arms, stretching and turning. Pets make it easier for two strangers to talk. It gives people a common interest and provides a focus for conversation. Many people in hospitals or group homes have had to give up pet ownership and they miss the casual acceptance a pet gives them. Animals pay little attention to age or physical ability, but accept people as they are. The benefits continue even after the visit. The visit leaves behind memories not only of the visit, but of past experiences. It offers something for people to share. January 25th at 10:30am.

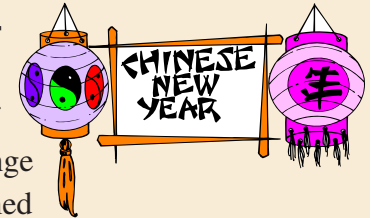


- **Butterfly World** Features the largest single butterfly habitat in the world, soaring to 30 feet in height and enclosing 240,000 cubic feet of space.



Inside, more than 5,000 butterflies enjoy a natural rain forest environment, complete with flowers, trees, a waterfall, a cave and a cooling tropical mist. There are also extensive outdoor gardens. January 24th at 10:30am

- **Chinese New Year Luncheon** Featuring an Oriental Menu of Beef Lo Main or Orange Glazed Chicken, Steamed White Rice, Egg Rolls, Mandarin Orange & Pineapple Fruit Cup Wednesday January 18th at 12:00 pm.



- **Birthday Bash** will be held on Friday, January 20th at 2:15 PM with the music of Chuck Palamera.



Special Events for February

- **Superbowl XL** Organization, discipline and physical and mental toughness. Every team talks about them, but few can actually attain them. Who will win? Join us at our Tailgate Party on Sunday the 5th at 12:00pm. Following the luncheon, the game will be playing in the Library.
- February has long been a month of romance. Across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of

continued on next page



St. Valentine. We will be celebrating Valentines Day with a **Sweet Heart's' Candlelight Dinner** on the 14th at 5pm.

- **Knaus Berry Farm Amish Bakery** located in the heart of Homestead. The Amish are well known for their knowledge in preparing wholesome food for their families, and the owners are proud to be able to pass this ancient tradition onto you and your family. Go back in time as you savor the bakery's bread, rolls, cinnamon, rolls, pecan cinnamon rolls, cookies, jams, noodles, cinnamon raisin bread, and twist breads...everything is made from scratch. Tuesday, February 21st at 10:30am
- **Black History Month** is the reaffirmation of struggle and determination to change attitudes and heighten the understanding of the African experience. In the words of Ralph Crowder, "the observance must be a testimony to those African pioneers who struggled to affirm the humanity of African peoples and a challenge to the present generation to protect and preserve...the humanity of all peoples of African descent." We will be honoring Black History Month on Wednesday, February 15th with a special luncheon.
- **Birthday Bash** will be held on Friday, February 24th at 2:15 PM with the music of Chuck Palamera.

Special Events for March

- **Lunch out on the Town** on March 7 at Noon
- The **St. Patrick's Day** custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston. We will be celebrating St. Patrick's Day with a Luck O' the Irish St.



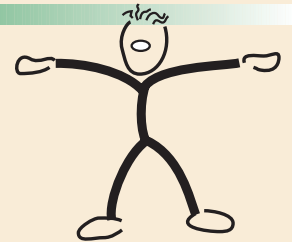
Patrick's Day Luncheon on March 15th at noon.

- **Coral Gables Farmers Market At Merrick Park**, located in front of City Hall at 405 Biltmore Way, in addition to just-picked produce, baked goods and plants, there are free activities for Market shoppers. Saturday, March 18th at 10:30am.
- **Birthday Bash** will be held on Friday, March 31st at 2:15 PM with the music of Chuck Palamera



We have a full schedule...one that I hope everyone will participate in and enjoy. If there are any requests or suggestions, or if you are interested in volunteering your time here at the facility or on an outing, please notify the Activities Department.

Why exercise feels so g-o-o-d



Excerpted from: Prevention, August 2004

Move over, endorphins. Postexercise euphoria may actually be the result of naturally occurring cannaboinoids-the same family of chemicals that gives marijuana smokers their high.

When researchers asked 24 mend to run, ride a bike, or sit for about 50 minutes and then took blood samples, they found high blood levels of the cannabinoid anandamide in the exercisers but not in the sedentary guys. It is believed that the body releases cannabinoids to cope with the stress of exercise – an important finding for new exercisers, who often quit after a few minutes because they feel uncomfortable. Give your body time to release these chemicals, and you may feel better during and after exercise. All you may need to trigger the exerciser's high is 20 minutes of aerobic effort.

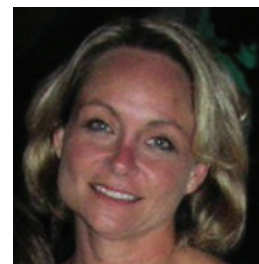
Postscript

“The future belongs to those who believe in the beauty of their dreams”

– Eleanor Roosevelt

I have been accused, from time to time, of thinking too much. I don't believe that is possible, unless perhaps you tend to dwell on past events. I prefer (most of the time) to dream about the future. That is true of the staff at The Floridean. At the beginning of each year, we have a planning meeting where we collectively think about how we can improve our patient's experience here. This not only includes physical improvements, like our new 30-bed addition in the works, but also betterments in services. As a team, we are committed to plan and work together in fulfilling our mission every day; “To create a rehab center Where Patients Are Guests.”

Kelley C. Rice-Schild
Executive Director



The **Pulse**

The Floridean Nursing & Rehab Center
47 Northwest 32nd Place
Miami, FL 33125-4914

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Contact Us...

The Floridean Nursing &
Rehabilitation Center
47 Northwest 32nd Place
Miami, FL 33125-4914
(305) 649-2911
Fax: (305) 541-2193
e-mail: office@floridean.com
www.floridean.com