

## Our Team

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*Butch*  
RICE



*Butch Rice (left)  
enjoying the Abacos  
with Vince Wynne  
and grandson  
Christopher Schild*

Butch Rice, for whom the Floridean's new Wellness Center is named, participated in many sports and activities throughout his life, well into his sixties. A commercial airline pilot for National and Pan Am, as well as Assistant Administrator of the Floridean (and C.E.O. after he retired from the airlines), he enjoyed boxing, hunting, golf, boating, fishing, scuba diving, snorkeling, water skiing, snow skiing and tennis.

Even after his diagnosis with lung cancer, he could be seen tooling around town in his silver Porsche with the top down and his dog "Kitty" by his side. When he was unable to walk easily, he bought a motorized scooter and made that his mode of transportation. Even up until end, he was thinking up new adventures and planning to visit places he had never been. A few months before he died, he piloted his boat "The Wild Rice" from Miami to the Abacos, in the Bahamas where he spent two weeks with friends and family – fishing, diving and eating conch. Those who visited him on that trip bear the battle scars of his last hurrah, but we wouldn't have missed it for the world.

One of the last projects he talked about with his daughter (and current Administrator) Kelley concerned adding a rehab center to the Floridean. In his typical fashion, he figured he would find a way to make it happen. His "carpe diem" attitude, looking at each day as a new adventure and an opportunity for fun, was an inspiration to all who knew him. So Dad, this one's for you.

*Gina Lee (Rice) Guilford*





## *"Perfect Service"*

Floridean is pleased to offer "Perfect Service" presented by the Dietary Department. Perfect Service includes daily selective menus where patients choose their menu for breakfast, lunch and dinner. A variety of choices in entrees, side dishes and dessert are available every day of the week. We are also debuting "Today's Special" buffet meals served twice a month in the first floor Palm Dining Room. Remember to come early, because these popular events fill up quickly!



*The Floridean Dietary Department Staff proudly serve our patients "Perfect Service"*



*Director of Dietary, Evangelina Viguera greets patients and their guests at the Grandparents' Day Brunch held the first Sunday of September.*



*Chef Carlos and waitress, Shirley prepare waffles made to order at the "Today's Special" Grandparents' Day Brunch*

## **FLORIDEAN'S FINISHING TOUCHES**

*Longtime friend and painting contractor, Roy Hevia of Diversified Painting, gives The Floridean a grand new look.*



*The Garden area takes on a new look with a fresh coat of paint*



**Wellness – Coming Soon! The Butch Rice Wellness Center will be open for business this Fall.**

*The Butch Rice Wellness Center, a state-of-the-art rehab facility with twenty-two private rooms and hotel-like amenities such as flat screen TVs, spa-like bathrooms and a private garden, is set to open the first week of October 2008. It has been designed to assist adults recovering from illness or surgery to restore them to their optimal level of wellness. The cardiac care unit will include education about maintaining a healthy lifestyle (exercise and eating plan), after the patient returns home. The Wellness Center gym and renovation of the current building is expected to be completed by the end of the year.*

## Thanks Giving Recipes

Thanks to Gina Lee  
(Rice) Guilford

Everyone has their own favorite dish at Thanksgiving Dinner. Mine is the sausage stuffing my grandmother, and then mother made every Thanksgiving. My Dad (Butch Rice) used to like the jellied cranberry sauce that came in the can with a "Thunk". Here is a fresher (and yet easy to make) twist on cranberry sauce. I made this version for my Dad when I lived in Tallahassee and he came up for a Thanksgiving visit. Happy Holidays!

### Cranberry Cherry Relish

1 pound fresh cranberries    ½ cup cranberry juice  
2 cups sugar    Finely grated zest of 1 orange  
½ cup fresh orange juice    1 cup dried cherries

Pick through the cranberries, rinse, then drain well. Combine the cranberries, sugar, orange juice and orange zest in a pan. Place over medium heat; boil slowly until the berries pop open, about 10 minutes.

Skim the foam off the surface with a metal spoon, stir in the cherries and let cool to room temperature. Cover and refrigerate. (Will last up to one month.)

Thanksgiving leftovers are wonderful, but a person can only eat so many turkey sandwiches.

This recipe is great because it uses a lot of different leftovers and turns it into a one-dish, healthy meal for the whole family.



### Turkey Hash

Serves 6

1 Tablespoon butter  
1 medium potato, scrubbed and cubed  
1 green bell pepper, halved, seeded, cut into 1" chunks  
2 cups leftover Turkey, cut into bite-sized chunks  
½ cup Gravy  
2 cups stuffing  
¼ cup finely chopped fresh Italian parsley

In an 8 inch skillet with 3 inch sides, heat the butter over medium heat. Add, in layers, the potato, pepper and turkey: dot each layer with gravy. Top with stuffing.

Cover the skillet tightly with foil, reduce the heat and cook for 35 to 40 minutes or until the hash is bubbling and the potatoes are cooked through. Garnish with parsley.

Cal. 216 Carb 19g Protein 17g Chol. 53mg Fat 8g

## Remember When?



*Bathing suits left something to the imagination?*



*Life was just a day at the beach?*



*You got dressed up to go on trips?*



## ACTIVITIES HEARTBEAT



Autumn officially began on September 22nd.

The last three months of the year are full of holiday celebrations – Halloween, Thanksgiving, Christmas, Chanukah and New Year's Eve.

### Special Events for October

#### October is National Breast Cancer Awareness Month

For more than 20 years, during October women have been educated about early breast cancer detection, diagnosis and treatment.

- **Wednesday, October 1st at 2:30pm – Resident Council & Food Committee Meeting.** Presided by President of the Resident Council, Peter Muller, this monthly meeting comes to order to conduct the business of the patients. Topics include: selection of monthly outings and menus for upcoming buffets.

- **Thursday, October 9th at 11:30 am – Outing,** Lunch on the Town. Join the lunch bunch at the restaurant of the group's choice. Bon appetit!



- **Thursday, October 9th – Yom Kippur**
- **Monday, October 13th – Columbus Day**
- **Wednesday, October 15th at 12:15pm – “Today's Special Buffet” is Oktoberfest.** Oktoberfest is a two-week festival held each year in Munich, Germany, and first began in the year 1810. Beer plays a central role in the fair, with every festival beginning with a keg of beer tapped by the Mayor of Munich who declares “O'zapft is!” It is one of the most famous events in the city and the world's largest fair, with some six million people attending every year.



- **Tuesday, October 23rd at 11:30 am – Outing** to Lunch on the Town. Join the lunch bunch at the restaurant of the group's choice. Bon appetit!

- **Friday, October 24th at 2:30pm – October Birthday Bash.** Come have a piece of birthday cake to celebrate all those with October birthdays. Special entertainment and many happy wishes to those blowing out the birthday candles!



- **Friday, October 31st at 2:30pm – Haunted Halloween Bash.** All staff, residents and visitors should be dressed in their Halloween garb for the Costume Contest! Make a ghostly appearance at our Annual Haunted Halloween Bash and join us for ghoulish grub and witches' brew.



### Special Events for November

#### November is National Family Caregiver Month

More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year

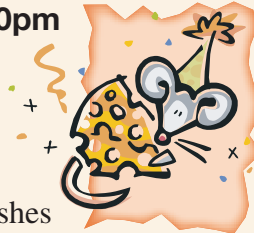


- **Sunday, November 2nd at 12:15pm – “Today's Special Buffet” Tailgate Party** Dolphins vs. Denver. Enjoy a special buffet with tailgate favorites such as hot dogs, nachos, wings and cold beer.
- **Wednesday, November 5th at 2:30pm – Resident Council & Food Committee Meeting.** Presided by President of the Resident Council, Peter Muller, this monthly meeting comes to order to conduct the business of the patients.



Topics include: selection of monthly outings and menus for upcoming buffets.

- **Tuesday, November 11th – Veterans Day**
- **Thursday, November 13th at 11:30am – Outing Lunch on the Town.** Join the lunch bunch at the restaurant of the group's choice. Bon appetit!
- **Wednesday, November 19th – Outing to Historical Museum of Southern Florida.**  
*Interama: Miami and the Pan American Dream.* Walk into a re-creation of Interama-Miami's futuristic fair of the Americas from the 1960's. Under development for decades, Interama was never built but captured the imagination of planners.
- **Friday, November 21st at 2:30pm – November Birthday Bash.** Come have a piece of birthday cake to celebrate all those with November birthdays. Special entertainment and many happy wishes to those blowing out the birthday candles!
- **Thursday, November 27th at 12:15pm – “Today's Special Buffet” – Thanksgiving Luncheon.**



Our traditional Thanksgiving Luncheon of roasted turkey, stuffing and all the fixings will be served in the Palm Dining Room. Reservations are required for family and friends.

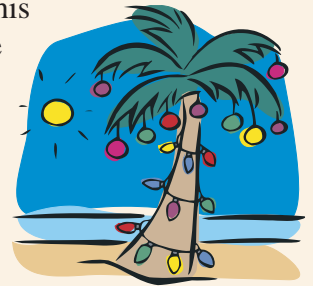


## Special Events for December

- **Wednesday, December 3rd at 2:30pm – Resident Council & Food Committee Meeting.** Presided by President of the Resident Council, Peter Muller, this monthly meeting comes to order to conduct the business of the patients. Topics include: selection of monthly outings and menus for upcoming buffets.
- **Sunday, December 7th – Pearl Harbor Remembrance Day**



- **Thursday, December 11th at 11:30am – Outing Lunch on the Town.** Join the lunch bunch at the restaurant of the group's choice. Bon appetit!
- **Thursday, December 18th at 6:30pm – Visit Santa and Christmas Lights Tour.** Across the street from Coral Gables' City Hall, Merrick Park is transformed into a holiday wonderland with a giant Christmas tree and Santa in his workshop. Then we continue the tour of lights to see the Clot Family Christmas Display which has been delighting visitors for over thirty years. Over 600,000 lights and more than 100 animated figures thrill children young and old alike.
- **Friday, December 19th at 2:30pm – Resident Holiday Party.** Have a jolly, jolly good time with live entertainment, scrumptious holiday treats and a visit from the jolly man and his wife. The atmosphere is festive and lively for residents and family. (No reservations are necessary)
- **Monday, December 22nd – First Night of Hanukkah.** Hanukkah, known as the Festival of Lights, is an eight-day Jewish holiday. Observe Hanukkah by the kindling of lights on each night of the holiday – one on the first night, two on the second, and so on.



- **Monday, December 25th at 12 noon – Christmas Day Luncheon.** A beautiful buffet lunch will be served. If you plan on joining us in the Palm Dining Room for our Christmas Day Luncheon, reservations are necessary.
- **Friday, December 26th at 2:30pm – December Birthday Bash & Kwanzaa Begins.** Come have a piece of birthday cake to celebrate all those with December birthdays. Special entertainment and many happy wishes to those blowing out the birthday candles!

## October's Bright Blue Weather

O Suns and skies and clouds  
of June,  
And flowers of June  
together,  
Ye cannot rival for one hour  
October's bright blue weather;

When loud the bumblebee makes  
haste,

Belated, thriftless vagrant,  
And Golden-Rod is dying fast,  
And lanes with grapes are fragrant;

When Gentians roll their fringes tight  
To save them for the morning,  
And chestnuts fall from satin burrs  
Without a sound of warning;

When on the ground red apples lie  
In piles like jewels shining,  
And redder still on old stone walls  
Are leaves of woodbine twining;

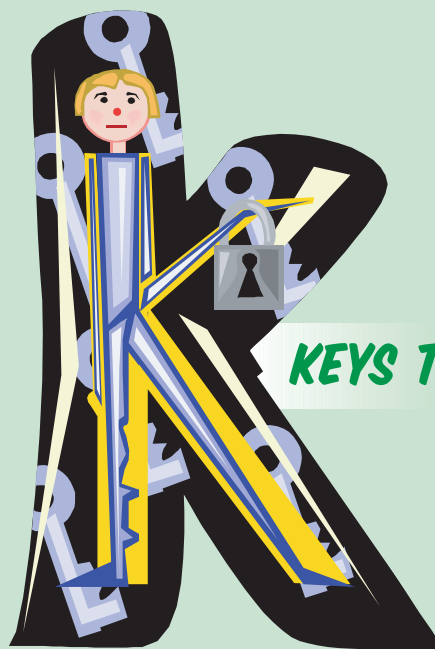
When all the lovely wayside things  
Their white-winged seeds are sowing,  
And in the fields, still green and fair,  
Late aftermaths are growing;

When springs run low and on the brooks,  
In idle golden freighting  
Bright leaves sink noiseless in the hush  
Of woods, for winter waiting;

When comrades seek sweet country haunts,  
By twos and tows together,  
And count like misers, hour by hour,  
October's bright blue weather.

O suns and skies and flowers of  
June,  
Count all your boasts  
together,  
Love loveth best of all  
the year  
October's bright blue  
weather.

*Helen Hunt Jackson*



## KEYS TO GOOD HEALTH

A E I O U Y

## Remember your vowels to stay healthy

With school back in session, think back to your first spelling lesson. Even though there are only five vowels out of 26 letters, you can't spell any words without at least one vowel. Today these six letters can help you remember the keys to health.

- A Always** wear seat belts and drive carefully.
- E Every** day get at least 30 minutes of brisk physical activity.
- I Include** 2 cups of fruit, 2 cups of vegetables and three servings of whole grains each day.
- O Once** a year, talk to your doctor about preventive screenings you may need for cancer, heart disease and diabetes.
- U Use** no tobacco products of any kind – smoke or smokeless.
- Y Your** family, friends, and pets. A loving, supportive social network can help relieve stress and increase your sense of well-being.

*"The heart that loves is always young."*  
— Johann Wolfgang von Goethe



Ballot	Historic
McCain	November
Biden	Obama
Blue	Palin
Campaign	Place
Debate	Polling
Democrat	Precinct
Donkey	Republican
Election	Red
Elephant	United States
Hillary	

SOURCE: Puzzlemaker at  
DiscoveryEducation.com

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

*"Those who are too smart to engage in politics are punished by being governed by those who are dumber." — Plato*

## EMPLOYEE MILESTONES

### Birthdays

#### OCTOBER

Marilyn Mino 10/03  
Mary June Penaredondo 10/06  
Roselande Geffrard 10/10  
Robin Spaulding 10/18  
Argentina Medina 10/21  
Mireille Prophete 10/26  
Marilyne Robert 10/21  
Yurly Estrada 10/30

#### NOVEMBER

Johanny Reyes 11/03  
Nelly Tan Pinto 11/05  
Alina Lima 11/10  
Barbara Dreyer 11/13  
Carlos Otiniano 11/22  
Yolanda Orama 11/23



Christina Antonacci 11/23  
Elena Otero 11/29

#### DECEMBER

Marie Auguste 12/07  
Nahomia St. Hilaire 12/09  
Jesus Tarifa 12/14  
Alicia Gonzalez 12/16  
Faye Jacques 12/16  
Kelley Schild 12/20  
Angela Fonseca 12/23  
Evangelina Viguera 12/24

### Anniversaries

#### OCTOBER

Virgilio P. Panizales 10/01/02  
Christina Antonacci 10/01/04

Vanessa Smith 10/16/06

Nadine Bailey 10/20/04

Amina Dubuisson 10/04/04

Manette Cherenfant 10/27/94

#### NOVEMBER

Dania Brito 11/03/99  
Gladys Lamy 11/07/05  
Yohanka Padron 11/08/07  
Barbara Dreyer 11/11/97  
Estrelia Hernandez 11/16/06  
Darlene Pierre 11/18/2006  
Alicia Gonzalez 11/22/06

#### DECEMBER

Mona Darbouze 12/06/2001  
Mary June Penaredondo 12/15/98  
Aracelis Perou 12/15/03  
Ledese Jasmin 12/31/86



## Postscript

*“One doesn’t discover new lands without consenting to lose sight of the shore for a very long time.” – André Gide*

I had the pleasure of taking our middle daughter, Kathleen, to University of Colorado in Boulder where she is beginning as a freshman in college. 2,000 miles seemed very far from home and family, but maybe that was the point. She reported in September that the weather had already turned cold by Miami standards, 40’s in the morning and she was questioning her decision to go to school in the Rocky Mountains. One day when Kathleen and I were commuting from her new dorm back to our hotel our faithful GPS took an unexpected rural route. As the sun was fading and just when we thought we were lost for sure, we came upon miles and miles of gigantic sunflowers with the Rockies in the backdrop. I later sent my daughter the photo with the caption “Got lost and found sunflowers” which has special meaning because sunflowers were Kate’s Mima’s favorite flower. So, as she loses sight of the Biscayne Bay shore, I hope she appreciates the new lands discovered that only an experience like this can provide.

*Kelley C. Rice-Schild, CNHA*  
Executive Director



The **Pulse**

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