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**Butch
Rice
Wellness
Center
Opens**



Floridean Medical Director Emeritus, Dr. James J. Hutson, Director of Nursing, Amina Dubuisson, Executive Director, Kelley Rice-Schild and Medical Director, Dr. Romeo Rojas

A private reception of the Butch Rice Wellness Center was held, exclusively for our physicians on Friday, November 21st, 2008. The event included champagne, hors d'oeuvres and a peek at the plans for the new rehab gym. Those in attendance were treated to a pre-opening tour of the two-story, 34-bed wing that specializes in post-acute care. The tours included an explanation of the specialized programs of personal care the Wellness Center will provide, such as the "Buenos Dias Program". The "Buenos Dias Program" includes breakfast in bed, made to order, a daily delivery of the *Miami Herald* and fluffy spa towels and amenities for your morning shower.

The Butch Rice Wellness Center officially began accepting patients on November 25, 2008 and has already served more than 40 rehab guests. Completion of the rehab gym in the Wellness Center and renovations of the existing facility are expected by Spring 2009.

See page 2 for more photos

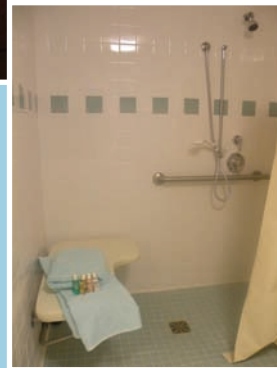


A toast to the Floridean! Dr. Romeo Rojas, Medical Director; Dr. Carlos Ramirez-Calderon; and Director of Case Mangement Susanmarie Prado

*Welcome to the
Butch Rice Wellness Center*



*The “Buenos Dias”
program makes sure all
patients wake up on the
right side of the bed*



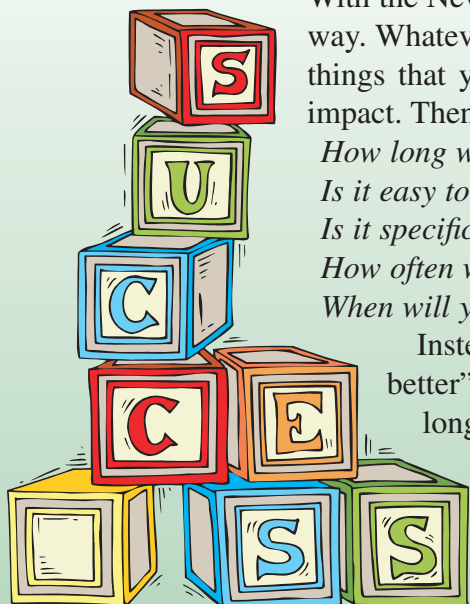
*Private shower for rooms
in the Wellness Center*

*The Floridean Staff welcome our new patients
to the Butch Rice Wellness Center*

THE KEY TO SUCCESSFUL

LIFESTYLE CHANGES

Build One Block by One Block



With the New Year, most people are full of resolutions to improve their lives in some way. Whatever your goal, take an honest look at your current habits. Pick one or two things that you are ready, willing and able to change and that will make the most impact. Then, think about these five things:

- How long will it take you?*
- Is it easy to do in your everyday life?*
- Is it specific?*
- How often will you do this?*
- When will you do this?*

Instead of vague statements like “I’ll be more physically active” or “I’ll eat better” map out your goals with specific steps like this: For the next month (how long), I will take a 15 minute walk (realistic and specific) three days a week (how often) after lunch (when).

OR

I will eat a piece of fruit (realistic and specific) for breakfast and one for an afternoon snack (when) every day (how often) this week (how long).

2009 Presidential Inauguration



On January 20th, 2009, history will be made when Barack Obama becomes the first African American to become President of the United States of America. The 2009 Inaugural theme is “A New Birth of Freedom”, commemorating the 200th anniversary of Abraham Lincoln’s birth and expressing Lincoln’s hope that the sacrifice of those who died to preserve the nation shall lead to a “new birth of freedom.”

President’s Day

Did you know you can thank those President Day sales for the holiday’s existence? President’s Day initially started out as a celebration of our first President, George Washington’s birthday, on February 22nd. Eventually, the holiday also came to include Abraham Lincoln’s birthday (February 12th) and was moved to a date in between the two – February 18th. Although there was an effort to make the holiday legal in 1968, it was shot down by Congress. It wasn’t until the ’80’s that a resurgence of the term “President’s Day” by advertisers solidified the name in American culture.

A Salute to the New Year &

The Year of the Ox

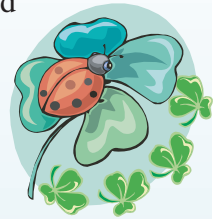
(1925, 1937, 1949, 1961, 1985, 1997)

Chinese New Year falls on January 26 and 2009 is the year of the Ox. On Chinese New Year, people wear red, decorate poems on red paper and give children money in “lucky” envelopes. Red symbolizes fire, which keeps away bad luck. People born in the year of the Ox are patient, speak little and inspire confidence. They tend to be eccentric and anger easily. They are serious, enduring and hard-working, like the animal they were named after. They are most compatible with Snake, Rooster and Rats. The year of the Ox means an honest, candid and open-natured year ahead.



Good Luck Charms, too

Most people know that a four leaf clover and rabbit’s foot are considered good luck charms, but did you ever stop to wonder why? It is considered to be good luck to find a four leaf clover, especially if it happens accidentally, because they are so rare. Only one in ten thousand clovers have four leaves. Each leaflet represents a different quality. The first is hope, the second faith, the third love and the fourth represents luck.



The belief that rabbit’s feet bestow the owner with good luck goes back to the Ancient Celts, who considered the rabbit sacred. Rabbits also were admired for their reproductive qualities, endowing the owner with prosperity. Since the rabbit was considered lucky, any part of its body was also considered lucky, and the foot, because of its small size, was the obvious choice for a portable charm. It is actually the left hind foot that is considered lucky and for luck to be had, the original owner must give the rabbit’s foot away.



ACTIVITIES HEARTBEAT

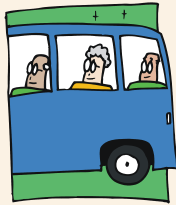


Special Events for Winter

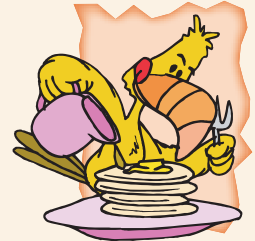
Mark your calendars and join us for these special events, luncheons and local excursions.

Special Events for January

- **Thursday, Jan. 15th** at 11:30am. **Outing to Lunch** at a local restaurant
- **Monday, Jan. 19th** at 12 noon. **Martin Luther King Day** is celebrated with a traditional Southern style buffet
- **Tuesday, Jan. 20th** at 12 noon. Watch history in the making at the **inaugural** ceremony and address
- **Thursday, Jan. 22nd** at 11am. Make new friends at the **New Resident Mixer**
- **Friday, Jan. 23rd** at 2pm. Celebrate January birthdays with live music and refreshments at the **Birthday Bash**
- **Monday, Jan. 26th** at 12 noon. Celebrate the **Chinese New Year** with our Chinese Takeout buffet
- **Thursday, Jan. 29th** at 11:30am. **Outing** to the movies



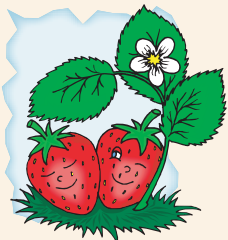
- **Friday, Feb. 20th** at 2pm. Celebrate February birthdays with live music and refreshments at the **Birthday Bash**
- **Tuesday, Feb. 24th** at 12 noon. Experience a traditional British feast at **Pancake Tuesday Buffet** with all the toppings
- **Thursday, Feb. 26th** at 12:30pm. Listen to guest speakers discuss senior issues at **Lunch & Learn**



Special Events for March

Special Events for February

- **Wednesday, Feb. 4th** at 2pm. Discuss concerns and decide future events at the **Resident Council Meeting**
- **Thursday, Feb. 5th** at 11:30am, **Outing to Lunch** at a local restaurant
- **Thursday, Feb. 12th** at 12:30pm. Listen to guest speakers discuss senior issues at **Lunch & Learn**
- **Saturday, Feb. 14th** at 12noon. Be a sweetheart at the **Valentines Day** buffet
- **Thursday, Feb. 19th** at 11:30am. **Outing to Knauss Berry Farm** to pick strawberries and eat sticky buns



- **Wednesday, March 4th** at 2pm. Discuss concerns and decide future events at the **Resident Council Meeting**
- **Thursday, March 5th** at 11:30am. **Outing to Lunch** at a local restaurant
- **Thursday, March 12th** at 12:30pm. Listen to guest speakers discuss senior issues at **Lunch & Learn**
- **Tuesday, March 17th** at 12 noon. Celebrate the patron saint of Ireland, Saint Patrick at the **Luck O' the Irish Buffet**
- **Friday, March 20th** at 2pm. Celebrate March birthdays with live music and refreshments at the **Birthday Bash**
- **Thursday, March 26th** at 12:30pm. Listen to guest speakers discuss senior issues at **Lunch & Learn**
- **Saturday, March 28th** at 10:30am. **Outing to the local farmers market** in Coral Gables



BODY, MIND AND SOUL LECTURE SERIES

The Winter Lunch & Learn lecture series will focus on your body, mind and soul. The Butch Rice Wellness Center was created to promote and encourage a healthy balance of the body and spirit. Learning techniques and the latest information regarding health and wellness will enhance your recovery and ensure a healthy new you!

Keeping the Love Alive

Thursday, February 12th • 12:30 pm

“Maintaining relationships while recovering in a health care setting”

Menu: Valentine Lovers Luncheon

Carol O’Dell, licensed clinical social worker

Positive Thinking

Thursday, February 26th • 12:30 pm

“How to create a mindset for wellness and the importance of a positive attitude”

Menu: Mood Food – a meal with natural endorphins

Dr. Matos, psychologist

Tai Chi for Seniors

Thursday, March 12th • 12:30 pm

“Learn to relive stress and improve your strength and balance with an overview of the elements of Tai Chi”

Menu: Taste of Asia Buffet

Recipe for Healthy Eating

Thursday, March 26th • 12:30 pm

“How to follow special diets when selecting and preparing meals”

Menu: Healthy Choices Meal

Chris Kallas, registered dietitian

LUNCH & LEARN

Lunch and learn lecture series will discuss issues of importance for seniors every second and fourth Thursday of the month. A complimentary lunch is served at 12:30pm. Guest speaker presentations follow



The Floridean Staff celebrates the holiday season



EMPLOYEE MILESTONES

Anniversaries

Birthdays

January

Yurly Estrada 2-27-06
Temilola Esan 2-28-07

January

February

Marie Calixte 1-9-99
Iliana Carrio 1-8-08
Jesus Tarifa 1-10-07
Yanick Louis-Jean 1-10-09
Maria Hernandez 1-11-06
Robin Spaulding 1-24-91
Yolanda Orama 1-24-08
Tania Pelaez 1-25-05

March
Estrella Jimenez 3-13-00
Argentina Medina 3-13-00
Islene Jean-Philippe 3-15-06
Wilma Ibasco 3-19-07
Ema Avendano 3-20-96
Susanmarie Prado 3-20-06
Marie Auguste 3-30-95

Evelyn Ramirez 01-04
Yohanka Padron 01-04
Kensly Cadet 01-04
Nadine Bailey 01-07
Virgilio Panizales 01-08
Pauline Ramos 01-10
Jennifer St Ilma 01-19
Maria Hernandez 01-10
Liddiana Perez 01-15
Isaura Gonzalez 01-28
Maulio Davila 1-30

Maria Botero 02-27
Susana Viveros 02-11
Reina Remedio 02/17

February

March

Isaura Gonzalez 2-01-93
Alina Lima 2-07-07
Johanny Reyes 02-12-07
Ashley Saddler 2-13-08
Susana Viveros 2/15/08
Faye Jacques 2-26-71

Temilola Esan 03-06
Margarita Lanzo 03-05
Patricia Marrero 03-07
Alette Saint-Aime 03-08
Ledese Jasmin 03-13
Luz Oronea 03-16
Esther Altidor 3-18
Violeth Sanchez 03-18
Maria Leveille 03-25
Reyna Sanchez 03-14



Famous Irish Americans



SOURCE: Puzzlemaker at
DiscoveryEducation.com

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

Andrew Jackson
 Bing Crosby
 Buffalo Bill
 Gregory Peck

Helen Hayes
 Jack Dempsey
 Davy Crockett
 Ed Sullivan

George M. Cohan
 Georgia O'Keefe
 Grace Kelly
 John F. Kennedy

John Hancock
 Joseph McCarthy
 Nellie Bly

Michelle Obama's Shortbread Cookies

These are the cookies that Michelle Obama submitted for the Good Housekeeping Presidential candidate's wives Bake Off. Makes 6 dozen



Ingredients

- 1½ cups (3 sticks) unsalted butter
- 1½ cups plus 2 tablespoons sugar
- 2 egg yolks
- 2 tablespoons Amaretto
- 1 teaspoon each orange and lemon zest
- 3 cups cake flour
- ½ teaspoon salt
- 1 beaten egg white

Directions

- Heat oven to 325. Line a 17x12x1 inch pan with nonstick foil.
- In large bowl, cream together butter and 1½ cups of the sugar.
- Slowly add egg yolks and beat well until smooth. Beat in Amaretto and zest. Stir in flour and salt until combined.
- Spread dough evenly into prepared pan, flattening as smoothly as possible. Brush top of dough with egg white. Sprinkle with remaining 2 tablespoons sugar.
- Bake at 325 for 25 minutes or until brown, turn off oven, allow cookies to sit in oven (with door ajar) for 15 minutes. Cut while slightly warm.

Postscript



“In three words I can sum up everything I have learned in life – It goes on.”

— Robert Frost

Writing this post script was almost impossible this month, which accounts for the delay of our Winter issue. I could not decide whether to write about the beginning of a new year, and the possibilities that lie ahead, or reflect of the many accomplishments of 2008. This is in part because I am in flux between finishing past tasks and facing new challenges.

For our country, the year 2009 will go down in American history as the year that President Barack Obama became our country’s first African-American Commander-in-Chief. It seems inevitable that the coming year will be one of hardships and trials for our country. In times like these there can be great benefit on reflecting on our past and the lessons learned. My 22-year-old niece, A.J. said she is proud to be part of a generation that discarded all the prejudices of the previous generations and had the courage to prove that

we “live in a nation where they will not be judged by the color of their skin but by the content of their character.” When you first heard that moving speech by Martin Luther King about his dreams for the future of America, did you envision that day would come and his dream would come true in your lifetime? What a wonderful time for America and Americans.

In the words of President Obama’s inaugural address: “Today I say to you that the challenges we face are real. They are serious and they are many. They will not be met easily or in a short span of time. But know this, America – they will be met.”

Kelley C. Rice-Schild, CNHA
Executive Director

The **Pulse**

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