



# From the Executive Director



by Kelley C. Rice-Schild

Belle from Beauty in the Beast is my favorite Disney princess. She is the most independent of all the princesses and I happen to like that she is the ONLY princess with no interest in finding a Prince Charming. I can relate to Belle's strong, somewhat rebellious and courageous personality. And, the original 18th Century fairy tale's moral, that beauty is found within, is classic and a fundamental lesson in life.

I was privileged to have strong, independent women as role models in my life. My grandmother was one of four sisters whose determination and independent spirit took them far in life, and they were wonderful examples to us that women can make their own lives. I can only hope to project that image and attitude to my children, nieces and professional peers. This edition of The Pulse features an article on Susanmarie Prado, Floridean's newly appointed Nursing Home Administrator. During the almost five years that Susanmarie has been with the company and throughout her year-long Administrator- In-Training program I have discovered her "Belle-like" character. She is smart, loyal and courageous and I am proud to have her lead the Floridean Team.



*Carnevale Sisters*

Susanmarie is one of the many dedicated Floridean team members. For our annual Monster Mash this Halloween, the Business Office staff had the bright idea that all staff members will wear a Disney themed costume. They were inspired by Floridean's Disney Management style and our ultimate goal "To create magical moments". Please join us on Friday, October 29th as we welcome foolish mortals to the Haunted Mansion (feel free to come in your costume).



*Business Office*



*Social Work Dept.*

Another example of our creative and engaged staff members was a suggestion by our Social Work Department. They presented a Lunch & Learn topic on "The Beauty of Aging" to illustrate the many positive aspects of living a longer life. We liked the idea so much we decided to create the entire Fall Series on their Beauty theme. Please see page 4 of this edition of The Pulse for dates and details on our "Beauty and the Beast" Lunch & Learns.



## Thanksgiving Day Buffet

Turkey, stuffing and all the trimmings served buffet-style  
**Thursday, November 25th**  
**12:00 noon**  
**Palm Dining Room**  
**Reservations necessary - \$5.00 per guest**  
 (ticket must be purchased in advance)



## Christmas Day Buffet

A traditional Christmas Day luncheon  
**Saturday, December 25th**  
**12:00 Noon**  
**Palm Dining Room**  
**Reservations necessary - \$5.00 per guest**

### Reservations for Holiday Meals

In order to accommodate all our guests and to ensure a pleasant experience for everyone, advance reservations and tickets are mandatory. Those without advance purchase tickets may not be able to dine in the Palm Dining Room.

**Please visit the Admission Office or Executive Office or call 305-649-2911 ext. 3031 to make reservations and purchase tickets.**

Reservations will be taken and tables assigned based on first come, first serve basis.

## Ask the Doctor

You can ask Floridean Healthcare's physicians any health related questions. Your question may be on the minds of others, therefore we welcome and encourage you to speak up.

Submit your questions via e-mail at: [office@floridean.com](mailto:office@floridean.com) or mail Floridean Healthcare, Attn: Dr. Rojas, 47 NW 32nd Place, Miami, FL 33125



**Dr. Romeo Rojas,**  
Medical Director

**Dr. Rojas:** With the holiday season approaching, I would like to know if I can go home and visit my family while I am a patient at Floridean?

- Miss Mi Familia

*Dear Miss Familia,*  
I understand the importance of support from your family during recovery from illness or injury. Ask your physician if he or she will allow you to go "out on pass". An "out on pass" order will allow you to leave the center accompanied by your family during the day. If you are not well enough to go out on pass, invite your family members to spend the special holidays with you at Floridean. You can be the host and won't have to worry about the cooking or cleaning.

## Susanmarie

A psychic told Susanmarie Pardo in 2005 that she was going to find a new job working at a small, family-run business in a two-story building. Six months later, she started at The Floridean as a Case Manager. The fortune teller also predicted she would rise to a high position at her new place of employment. True to the prediction, Susanmarie recently became the official Administrator at the Floridean.

Her route before landing at The Floridean involved many detours into various aspects of the healthcare business. She began her career as an account representative for Johnson and Johnson in 1996 where she worked for two years, traveling extensively. After that, she was Marketing Director at DOS (Developing Options for Seniors). In 2001, the year she married husband Michel, she became the Office Manager for Dr. Jorge Crespo. A year later, she was "made an offer she couldn't refuse", as Case Manager and Social Worker for Delta Health Care in the HIV unit.



While the money was good, she was unhappy there and was referred to an opening at The Floridean.

*"Susan has demonstrated excellent judgment and she truly enjoys what she does" - Kelley Rice-Schild*

"I liked the history at The Floridean and when I walked into the building, I thought 'This would be an easy sell', as a Case Manager," said Prado.

She started that position in 2006. As part of the Administrator in Training Program, she earned 2000 hours interning with her preceptor, Kelley

## Prado

Rice-Schild. After taking two board exams (National and State), Susan was licensed as a Nursing Home Administrator in August of this year.

Susan has two children, Brianna 7 and Michael, 6 with her husband of ten years, Michel. In her spare time, she loves to read, cook, dance and spend time with friends. She is a hard working and loyal employee whose cheerful nature and determination is an asset to the Floridian.

"Susan has demonstrated excellent judgment and she truly enjoys what she does - two key requirements for being a successful administrator," says Rice-Schild.

Her goals as administrator are simple and straightforward:

"To follow in Kelley's footsteps, to take it to the next level of excellence and for The Floridean to stand apart in the long term health care industry. And always to make our patients happy."

You don't need a crystal ball to predict she's going to be a smashing success!

## LUNCH & LEARN FALL SERIES

# BEAUTY AND THE BEAST



Lunch is served at 12:00 noon, followed by the program at 12:30pm. Guests and family members are encouraged to attend these informative sessions

### SERIES SCHEDULE

- Wednesday, Oct. 13th The Beauty of Aging**  
Discover all the positive aspects of reaching your golden years, aging gracefully and enjoying life's stages.
- Wednesday, Oct 27th The Importance of Beauty Rest**  
Learn about the negative effects of lack of sleep including weight gain, anxiety, depression, lethargy and fatigue and how to ensure you get your beauty rest.
- Wednesday, Nov 10th Beautiful Bounty – Eat your fruits & Vegetables**  
Find creative ways to reap the health benefits of a diet rich in vegetables and fruits as our expert reveals the rewards including: Lower blood pressure; reduced risk of heart disease, stroke, and some cancers.
- Wednesday, Dec 8th The Beast of Chronic Pain**  
Today's pain specialists have sophisticated new treatments - from effective drugs to implants and electrical stimulation to provide chronic pain relief. There's much that can be done to tame the beast.

## Introducing Timeslips - A fun-filled storytelling activity.

A new Recreational Therapy session has been introduced at The Floridean. Timeslips is a therapeutic storytelling activity which brings together participants from all walks of life and helps them use their imagination. A picture is introduced and the participants build a story around it. Once the story is finished, it is read out loud and everyone comments on it. All the participants in this latest session were Spanish speaking, so the story was created in their mother language.

*The story was created by Joaquina Hernandez, Iraida Diaz, Isabel Chang, Nieves Vega, Margarita Barrera, Ana Oviedo, Aurora Estela Ramirez. Laura Tobi coordinated the storytelling activity.*

### Nun With Wine

Vamos a ponerle de nombre Silvestre, Sor Silvestre. "En una tierra muy lejana estaba cantando la Guantanamo", dijo Isabel. "Y disfrutando de una botella de vino", dijo Nieves. Y entonces se sentía muy feliz. Con su mirada lo decía todo. Estaba bien gordita, bien alimentada.

Este vino era solamente fabricado para reunir dinero; para las donaciones. "Ella era la envidia de sus compañeras, porque ella ya había empujado el codo", dijo Margarita. Por lo tanto, se sentía alegre, por el efecto del vino. IUPiiiiii!!!!!!!

Eran las tres de la tarde, cuando mataron a Lola, la hora del te. Y dicen los que lo vieron que agonizante o agonizando decía que siempre fue un tormento, yo quiero ver a ese hombre que me esta quitando la vida. Y empezaron a cantar.

Sor Silvestre se bestia así porque es el habito de su convento, se vestía así para despistar, para poder hacer de las suyas y que no se dieran cuenta que era ella, de que estaba jalá, de que estaba en su portento. "Pasaron los años y Sor Silvestre resucito", dijo Iri.

"Hay que decir cuando la mataron?" pregunta Nieves. "Cuando mataron a Lola," contesta Margarita, Era viernes cuando la mataron, eran las tres de la tarde. Pasando las cinco, estaba muy contenta. Yo quiero verlo y besarlo para morirme tranquila. Ese hombre fue mi alegría, ese hombre fue mi tormento. Me estoy muriendo y lo quiero.



# Disney Characters

As you look for the hidden words, remember that they can be horizontal, vertical, or diagonal


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

- ALADDIN
- ARIEL
- BELLE
- CINDERELLA
- DUMBO
- GOOFY
- MICKEY
- MINNIE
- NEMO
- PINOCCHIO
- PLUTO
- POCAHONTAS
- SIMBA
- TIGGER
- TINKERBELL
- WOODY



***Pumpkins  
in the Cornfields***

*Pumpkins in the cornfields  
Gold among the brown  
Leaves of rust and scarlet  
Trembling slowly down  
Birds that travel southward  
Lovely time to play  
Nothing is as pleasant  
As an autumn day!*



***Congratulations!  
Lillian Coppage***

*The entire Floridean staff  
wish you the very best on  
having celebrated your  
95th Birthday.*

# Special Events

**WEDNESDAY,  
OCTOBER 20TH**  
AT 12:00 NOON  
**Oktoberfest**

Since 1810 Germans have been celebrating the harvest with this fall festival. Join us for some hearty German fare and stout bier.



**TUESDAY, NOVEMBER 30TH**  
2:30PM

## Top Chef Floridean

Our first ever Top Chef Floridean will feature three of our wonderful chefs and judges will include staff and patients. Come see what's cooking!



**FRIDAY, OCTOBER 29TH**  
AT 2:45PM

## Halloween Monster Mash

This halloween trick and treat with Floridean where we turn the Palm Dining Room into our Haunted House. Costume contest for patients and staff.

**FRIDAY, DECEMBER 10TH**  
2:00PM

## Holiday Open House

Time for the halls to be decked with boughs of holly! For the second year we will display our train set garden and invite everyone to have a cup of cheer.



**SATURDAY, NOVEMBER 6TH**  
12:00NOON – 3:00PM  
**Annual Fall Festival**

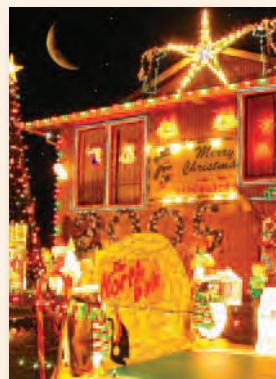
Floridean's art therapy class have created one of a kind pieces. Browse our display of items, have a hot dog, buy some goodies at our bake sale and take a chance on the raffle.



**THURSDAY, DECEMBER 16TH**  
6:30PM

## Outing to See Christmas Lights

For over 30 years, Floridean has taken patients to see the christmas light displays in the area. All aboard our bus while we sing carols and get in the holiday spirit.



**THURSDAY, NOVEMBER 4TH**  
11:45AM

## Outing to Bowling

Inspired by the staff bowling party, the patient's requested this outing. Calling all bowlers!



**WEDNESDAY, DECEMBER 22ND**  
2:45PM

## Holiday Party

Have a jolly, jolly good time with live entertainment and scrumptious holiday treats. The atmosphere is festive and lively for patients and their guests. (No reservations are necessary)



# ANNUAL FALL FESTIVAL

**Buy Your Raffle Tickets TODAY!**

**Saturday, November 6th**

**12:00noon – 3:00pm**

Raffle Ticket winner will be announced at our Annual Fall Festival

Everyone is invited to our legendary Annual Fall Festival. Since the 1970's our patient's have showcased their handiwork and crafts for sale. Our Art Therapy participants have been busy all year long and are proud to display their wares for sale. Browse our selections for holiday gifts while you enjoy a famous Floridean hot dog. Floridean Chefs and chef wannabe's will sell home baked goods.



## Calendar of Events

### OCTOBER

- 13th Lunch & Learn  
*"The Beauty of Aging"*
- 14th Outing to Lunch
- 20th Oktoberfest Luncheon
- 27th Lunch & Learn  
*"The Importance of Beauty Rest"*
- 28th Outing to the Museum
- 29th Halloween Monster Mash

### NOVEMBER

- 4th Outing to Bowling
- 6th Fall Festival
- 10th Lunch & Learn  
*"Beautiful Bounty- Eat Your Fruits & Vegetables"*
- 11th Veterans Day
- 18th Outing to Viscaya Gardens
- 25th Thanksgiving Luncheon
- 30th Top Chef Floridean

### DECEMBER

- 1st First Day of Hanukah
- 2nd Outing to the Mall
- 8th Lunch & Learn  
*"The Beast of Chronic Pain"*
- 10th Holiday Open House & Train Display
- 16th Outing to see Christmas lights
- 22nd Patient Holiday Party
- 24th *Noche Buena*
- 25th Christmas Day Luncheon



# Pretty in Pink



If you think you're seeing pink everywhere you turn this fall, you're not imagining things. October is Breast Cancer Awareness Month and many pink themed items and events will be taking place. The National Breast Cancer Awareness Foundation says that more than 200,000 women will be diagnosed with breast cancer in the United States this year. What can you do to help?

**Get a Mammogram. Early detection is the best.**

Everything from jewelry to frozen food is festooned with pink ribbons in October. Donations are made when you purchase these items.

**Race for the Cure** The Susan G. Komen foundation will hold this 5K Run/Walk on Saturday, October 16th at Bayfront Park in Miami. If you don't want to wake up early and walk, you can still donate or sponsor someone who is participating.



## *Soothing the Savage Beast*

Music's restorative and healing powers have long been documented. The Floridean is lucky to have been chosen as a recipient of a donation of 200 CD's, 3 DVD's and 3 portable CD players from Musicians on Call.

Musicians On Call is a nonprofit organization that brings live and recorded music to the bedsides of people in healthcare facilities. Ximena Conesa, the Floridean's recreational therapist, applied for this donation, which is tailored specifically for our patients requests, with an emphasis on Big Band and Latin music. Musicians on Call facilitates healing from all types of illness through the power of music.

So, Begin the Beguine and Don't Sit Under the Apple Tree with anyone else but me as we cha, cha, cha, salsa and mambo the night away!



## Beautiful Bounty

Eating more fruits and vegetables is an essential component in leading a healthier lifestyle, but many are sprayed with pesticides, especially those imported from countries whose regulations are less stringent than the US.

Try to buy the organic for these twelve items, known as the dirty dozen, due to their exposure to contaminants.

- |                  |                  |
|------------------|------------------|
| 1 - Celery       | 7 - Bell Peppers |
| 2 - Peaches      | 8 - Spinach      |
| 3 - Strawberries | 9 - Kale         |
| 4 - Apples       | 10 - Cherries    |
| 5 - Blueberries  | 11 - Potatoes    |
| 6 - Nectarines   | 12 - Grapes      |

## *Easy Candied Apples*

Nothing says fall like caramel or candied apples. These take less than an hour to make, serve 15 and are 237 calories each.



- 15 apples
- 2 cups white sugar
- 1 cup light corn syrup
- 1 ½ cups water
- 8 drops red food coloring

Lightly grease cookie sheets. Insert craft sticks into whole, stemmed apples. In a medium saucepan over medium high heat, combine sugar, corn syrup and water. Heat to 300 to 310 degrees or until a small amount of syrup dropped into cold water forms hard, brittle threads. Remove from heat and stir in food coloring. Holding apple by its stick, dip syrup and remove and turn to coat evenly. Place on prepared sheets to harden.

## Brennan Book Signing



Floridean hosted a Meet the Author Wine and Cheese Reception with special guest James A. Brennan, Jr.

Guests were delighted to meet Mr. James Brennan, who served as Senator Claude Pepper's personal aide during his long career in public service.



Yolanda and James Brennan with three of their twelve children



Sharing stories from Senator Pepper who was best known as the Champion of the Elderly.

## October is National Cookie Month

Just in time, here is a recipe for bar cookies that are easy to make and filled with nutrient-rich pumpkin. Pumpkin is one of the most nutritious fruits available and full of alpha-carotene, which is thought to slow the aging process. I have made these for The Floridean Holiday Bazaar.



### Chocolate Chip Pumpkin Squares

#### Ingredients:

- 2 ¼ cup All Purpose flour
- 1 cup granulated sugar
- 2 ¼ tsp. baking powder
- 1 cup brown sugar
- ½ tsp. baking soda
- ½ cup shortening
- 1 tsp. cinnamon
- 1 15 oz. can pumpkin filling
- ½ tsp. nutmeg
- 2 cups chocolate chips, divided
- 4 beaten eggs

Preheat oven to 325 degrees. Grease 9x13x2" pan. Sift together flour, baking powder, baking soda, cinnamon and nutmeg. Beat eggs in large bowl. Add sugars, shortening and pumpkin filling. Mix together. Add flour mixture to sugar mixture. Stir in 1 cup of chocolate chips. Pour into greased pan and bake for 45 minutes. Remove from oven. Pour 1 cup of chocolate chips over top, if desired. When melted, spread over top to frost. Let cool and cut into squares.

# THE SHIFT REPORT



## Italian Lunch

An authentic Italian lunch was prepared for residents and their families on June 30th, by Administrator Kelley (Carnevale) Rice and Therapist Christina Antonnacci and her mother, with help from the Dietary Department. Josie's pickled eggplant was served with Marianne's Pasta with Meatballs and Sausage and Kelley's Eggplant Parmesan. Bread, salad and cannoli rounded out the delicious Italian feast that was enjoyed by all.

## Upcoming Staff Events

Thursday, October 14th @ 2:45pm  
TOWN HALL MEETING

Saturday, October 16th @ 7:00am  
SUSAN G. KOMEN RACE FOR THE CURE  
Bayfront Park, Miami  
Join the Floridean Team in the fight against breast cancer by running or walking in the 15th anniversary of the Race for the Cure. Registration forms available in the Executive Office. (DEADLINE Oct. 4th)

Friday, October 29th – All Day  
MONSTER MASH HALLOWEEN PARTY  
All staff are encouraged to dress as a DISNEY CHARACTER! Come on all you Belle's, Beasts, Dwarfs, Mickeys and Minnies!

Thursday, November 11th @ 2:45pm  
TOWN HALL MEETING

Thursday, December 9th @ 2:45pm  
TOWN HALL MEETING

Saturday, December 11th @ 7:00pm  
Floridean Palm Dining Room  
STAFF HOLIDAY PARTY

Thursday, December 23rd @ 2:45pm  
Floridean Palm Dining Room  
Staff Pot Luck Christmas Party

### Happy Anniversary

#### OCTOBER

- Virgilio P. Panizales 10/01/02
- Christina Antonacci 10/01/04
- Benjamin Ragasa 10/02/09
- Norma Guerrero 10/05/09
- Willange Saint-Fleur 10/12/09
- Manette Cherenfant 10/27/94
- Phenise Damus 10/31/06

#### NOVEMBER

- Dania Brito 11/03/99
- Barbara Dreyer 11/11/97
- Darlene Pierre 11/18/06
- Cinthia Briceno 11/12/08
- Alicia Gonzalez 11/22/06
- Geman Gorrita 11/24/09
- Anais Ballate Meneses 11/24/09

#### DECEMBER

- Rosario Ramos 12/1/08

- Tania Hermida-Perez 12/01/08
- Reina Remedio 12/02/08
- Haydee Garcia 12/04/08
- Carla Eugene 12/10/08
- Mary June Penaredond 12/15/98
- Aracelis Perou 12/15/03
- Caridad de Varona 12/22/08
- Ledese Jasmin 12/31/86

### Happy Birthday

#### OCTOBER

- Mary June Penaredondo 10/06
- Rosie Ramos 10/07
- Magaly Rousseau 10/10
- Alina Lima 10/11
- Magara Basil Apply 10/15
- Robin Spaulding 10/18
- Argentina Medina 10/21
- Mireille Prophete 10/26
- Irene Fernandez 10/27
- Yurly Estrada 10/30

#### NOVEMBER

- Elizabeth Tamayo 11/01
- Johanny Reyes 11/03
- Nelly Tan Pinto 11/05
- Barbara Dreyer 11/13
- Carlos Delgado 11/14
- Haydee Garcia 11/14
- Michelle Boreland 11/15
- Oliva Estrada 11/19
- Isabel Contreras 11/19
- Carlos Ofiniano 11/22
- Christina Antonacci 11/23
- Jennifer Valcin 11/26
- Elena Otero 11/29
- Latrice Crapps 11/29
- Angel Rodriguez 11/30

#### DECEMBER

- Yaribey Denis 12/03
- Nahomie St Hilaire 12/09
- Aday Suarez 12/10
- Juanita Williams 12/10
- Jesus Tarifa 12/14
- Rose Calvaire 12/25
- Kelley Schild 12/20
- Evangelina Viguera 12/24

# STAFF NEWS The Annual Staff Picnic



## 1st Place Team

Team Awesome proudly wearing their first place medals



## 2nd Place Team

### The Pinheads

The annual staff picnic is always a family affair.



## 3rd Place Team

Third place team – The charge nurses team won third place.



*“Thanksgiving dinner takes eighteen hours to prepare. They are consumed in twelve minutes. Halftime takes 12 minutes. This is not a coincidence.”*

*- Erma Bombeck*



Kelley Rice-Schild  
Owner / Executive Director

“We’re here to help  
you get back home  
better than ever.”

*Kelley*

**The Floridean is one of the most respected rehabilitation centers in Miami.** Our team of experienced doctors, therapists and nurses will assist you when recovering from a stroke, accident or surgery. Their focus is to restore you back to your active lifestyle as quickly as possible.

