

Kelley Rice-Schild
Executive Director
kschild@floridean.com

Lavern Nembhard
Director of Nursing
lnembhard@floridean.com

Christina Antonacci
Director of Rehabilitation
cantonacci@floridean.com

Romeo Rojas
Medical Director

James Hutson
Medical Director Emeritus

Barbara Dreyer
Administrative Assistant
bdreyer@floridean.com

Yohan Dicient
Director of Envir. Services
ydicient@floridean.com

Rosie Ramos
Director of Finance
rramos@floridean.com

Carol O'Dell
Director of Social Work

Johanny Reyes
Social Worker
jreyes@floridean.com

Susanmarie Prado
Director of Case Mgt.
smprado@floridean.com

Evangelina Viguera
Directory of Dietary
eviguera@floridean.com

Celebrating **25** Years

Benefiting:
 **American Red Cross**
South Florida Region

The Mercedes Corporate Run, which the Floridean has participated in on previous years and will be participating in once again, is coming up on April 29th, 2010. Planning to run or walk in a fun run or charity event? Preparing for one can be a motivating event that can help you stick to your fitness goals. A 5 kilometer run is about 3 miles and takes about 30 minutes to complete.

Here are some tips for a successful first race:

- ☞ Enter with a friend who has the same ability level.
- ☞ Avoid wearing anything new the day of the race.
- ☞ Stay in the part of the pack that runs at your pace and don't worry if people pass you.

Most importantly, have fun!

CALENDAR *of* EVENTS

JANUARY

1st	New Year's Day Luncheon
4th	Family Meeting
6th	Resident Council Meeting
12th	Outing to Theater
18th	Martin Luther King Day Luncheon
22nd	Birthday Bash
26th	Outing to Lunch
28th	Lunch & Learn

FEBRUARY

3rd	Resident Council Meeting
7th	Super Bowl Tailgate
9th	Outing to Knauss Berry Farm
14th	Valentine's Day Buffet

16th	Fat Tuesday Pancake Dinner
19th	Birthday Bash
23rd	Outing to Lunch
25th	Lunch & Learn

MARCH

2nd	Dr. Suess's Birthday Breakfast
3rd	Resident Council Meeting
6th	Outing to Coral Gables Farmers Market
11th	Lunch & Learn
17th	Luck 'o the Irish Buffet
19th	Birthday Bash
23rd	Outing to Lunch
29th	Passover Supper

SPECIAL EVENTS



FRIDAY, JANUARY 1ST

AT 12:00 NOON

New Year's Day Luncheon

Since Floridean's inception, the kitchen has served the same Lucky New Year's Day menu of black eyed peas, rice, collard greens and fried chicken.

MONDAY, JANUARY 4TH

AT 6:30 PM

Family Meeting

with special Guest

Dr. Odaylys J. Waugh, Phd.LMHC

All patients and their families are invited to participate (refreshments served).

*"I have
a dream..."*



MONDAY, JANUARY 18TH

AT 12:00 NOON

Martin Luther King Day Luncheon

Featuring Southern Comfort Food with all the fixins.

TUESDAY, FEBRUARY 9TH

AT 11:30 AM

Outing to Knauss Berry Farm

Take a ride to the Redlands and pick strawberries; sample their specialties of sticky buns and strawberry shakes.

SUNDAY, FEBRUARY 14TH

AT 12:00 NOON

Valentine's Day Buffet

Sweetheart of a spread to share with your special someone.



TUESDAY, FEBRUARY 16TH

AT 6:00 PM

Fat Tuesday Pancake Dinner

Experience a traditional British feast to mark the beginning of the Lenten Season.



SATURDAY, MARCH 6TH

AT 11:00 AM

Outing to Coral Gables Farmer's Market

This European-style green market offers the freshest produce, flowers and plants, along with specialty gourmet foods, prepared foods, fresh fish and baked goods.



WEDNESDAY, MARCH 17TH

AT 12:00 NOON

Luck o' the Irish Buffet

Celebrate the patron saint of Ireland, Saint Patrick, with a toast of green beer.



MONDAY, MARCH 29TH AT 6:00 PM

Passover Supper

Commemorate the Jewish holy day and festival remembering the Hebrews' escape from enslavement in Egypt.

Floridean Annual Holiday Bazaar



The Annual Floridean Holiday Bazaar, featuring arts and crafts the residents have made throughout the year, took place on Saturday, November 14th. In addition to the crafts, there was a bake sale, raffle and the Floridean's famous hot dogs. The event was a big success, raising money for the activities department.

Elvis Presley's Favorite Pound Cake

Serves 10 to 12

Prep time: 20 minutes

Start to finish: 3 ½ hours

Ingredients:

2 sticks unsalted butter, softened,
plus additional for buttering pan
3 cups sifted cake flour, plus additional for dusting
¾ teaspoon salt
3 cups sugar
7 large eggs, room temperature
2 teaspoons vanilla
1 cup heavy cream

Use a 10-inch tube pan or 10 inch Bundt pan for this recipe.

Put oven rack in middle position. Do not preheat. Generously butter pan and dust with flour, knocking out excess. Sift together sifted flour (3 cups) and salt into a bowl. Repeat sifting into another bowl. Sift 3 times total. Beat together butter and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 5 minutes in a stand mixer with a paddle attachment or 6 to 8 minutes with a handheld mixer. Add eggs 1 at a time, beating well after each addition, then beat in vanilla. Reduce speed to low and add half of flour, then all of cream, then remaining flour, mixing well after each addition. Scrape down side of bowl, then beat at medium high speed 5 minutes.

Spoon batter into pan and rap pan against work surface once or twice to eliminate bubbles. Place pan in cold oven and turn on to 350 degrees. Bake until golden and skewer comes out with a few crumbs adhering, 1 to 1 ¼ hours. Cool cake in pan on a rack 30 minutes. Then run a knife around inner and outer edges of cake then invert rack over pan and invert cake to rack to cool completely.

Lunch & Learn



Dr. Steve Eskin
The "Roc Doc"



Dr. Odalys Waugh
Ph.D. Sexologist



THANKS!

A sincere and heartfelt thank you to those patients and their families who contributed to our Annual Holiday Fund. Your generosity made the holidays for our staff and their families a little more special.

Bernarda Garcia
Julia Fernandez
Carmen Martinez
Flerda Castro
Lilia Fernandez
Eva Reynolds
Mercedes Alfonso
Ana Maria Delgado
Sister Florentina Bana
Peter Muller
Laurice Barkett
Maria Esquivel
Luis Pino
Consuela Aleman
Hilda Pulida
Ondina De Armas
Joaquina Hernandez
Cowart Family
Marie Amerise
Eleanor Joffre
Christine Schaffner
Norma Shahood
Maria Barrera
Olga Diaz



SEX, DRUGS AND ROCK 'N ROLL LECTURES A HIT

The Lunch and Learn at the Floridean is going strong with the completion of a revolutionary "Sex, Drugs and Rock N Roll" theme for the fall series. Dr. Odalys Waugh, a Ph.D. sexologist, gave an informative talk about sex for the Senior Set on October 22nd. Pharmacist Blanca Morales, discussed "Understanding Medicare, Part D on November 5th. To conclude the lectures with a bang, the Floridean had the privilege of hosting Dr. Steve Eskin, also known as the "Roc Doc." Dr. Eskin, a gastroenterologist with a practice in Miami, performed original songs in front of an enthusiastic crowd of jamming patients, staff and guests. The Roc Doc writes his own songs about medical issues in order to teach the public, in an entertaining and upbeat way, about how to improve their health and prevent disease. "Sugar, Sugar", a rock song, details the symptoms of diabetes and how to prevent it. "Sammy and Marco", a Santana-type Latin tune, explained the ABC's (clear Airway, check Breath, feel Circulation) of CPR. Even a country song "Catfish Kitty and Sally Sweet", about the importance of getting screening tests, was included to round out the musical stylings. In honor of the Rock N Roll theme, a Southern meal of Elvis's favorites- fried chicken, corn, mashed potatoes and banana pudding for dessert, was served. The Lunch and Learns, with a whole new series of lectures, will resume in 2010. Please call Barbara Dreyer for more information. See photos on page 5!

Medical issues in an entertaining and upbeat way.

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

The King of Rock N Roll

WORD SEARCH

BLUE HAWAII
BLUE SUEDE SHOES
CADILLAC
GOLD RECORDS
GRACELAND
JUMPSUITS
MEMPHIS MAFIA
ROCK N ROLL

SIDEBURNS
TCB
TEDDY BEAR
THEKING
THE PELVIS
TUPELO
VIVA LAS VEGAS

Floridean Holiday Open House









Decking the Halls in style is a Floridean tradition when the decorations and festivities of the holidays help to lift everyone's spirits. This year, Floridean added a new tradition that was unveiled at a Holiday Open House on December 4th. For the first time ever, we displayed a Christmas Garden Train Display which has been a Rice family tradition since the 1940's.

HOW TO MAKE SUCCESSFUL RESOLUTIONS



January is the start of a new year and the time when many make New Year's Resolutions. Here are some tips:

-  **Try again.** Start with a positive approach and evaluate what has prevented you from reaching your goals in the past.
-  **Don't make too many resolutions.** Pick a realistic, attainable goal with a reasonable time frame.
-  **Choose your own resolution.** Make sure this is something you are doing for YOURSELF, not for friends or family.
-  **Make a plan and write it down.** Plan what you'd like to accomplish in three or six months. Writing your goals down is a good way to keep track of your progress.
-  **Forgive yourself if you get off track,** don't think you've failed. Review your plan and make adjustments.
-  **Congratulate yourself.** Reward yourself when your goals or resolutions are met. The American Psychiatric Association says the most important point to consider is to decide if you are really willing to make the change in your life. Think about how the goal will benefit your everyday life and you are more likely to keep up the fight.

Happy Anniversary

JANUARY

ROSA VAZQUEZ	1-01-05
SAMUEL TICE	1-02-09
ILIANA CARRIO	1-08-08
MARIE CALIXTE	1-09-99
JESUS TARIFA	1-10-07
LUISA BUENO	1-13-09
JULIANA AYO-AJAYI	1-22-04
ROBIN SPAULDING	1-24-91
YOLANDA ORAMA	1-24-08
TANIA PELAEZ	1-25-05
MAGARA APPLY	1-29-09

FEBRUARY

ISAURA GONZALEZ	2-01-93
YURLY ESTRADA	2-27-06
ALINA LIMA	2-07-07
JOHANNY REYES	2-12-07
TEMILOLA ESAN	2-28-07

ANGELA MOREIRA	2-18-08
ESTHER VALDES	2-18-09
JENNIFER VALCIN	2-23-09
JUANITA WILLIAMS	2-25-09
NANCY HERNANDEZ	2-26-09

MARCH

EMA AVENDANO	3-20-96
ESTRELLA JIMENEZ	3-13-00
ARGENTINA MEDINA	3-13-00
SUSANMARIE PRADO	3-20-06

Happy Birthday



JANUARY

DENE BROWN	1-01
KEREN SAGARRA	1-01
LESTHER SEIJAS	1-01
NANCY HERNANDEZ	1-01
YOHANKA PADRONO	1-04

OLGA HERNANDEZ	1-07
VIRGILIO PANIZALES	1-08
ELENA OTERO	1-10
PAULINE RAMOS	1-10
LIDDIANA PEREZ	1-15
ISAURA GONZALEZ	1-29

FEBRUARY

ADRIANA SERRANO	2-05
NORMA GUEVARA	2-16
REINA REMEDIO	2-17
TEMILOLA ESAN	2-28

MARCH

TEMILOLA ESAN	3-06
PATRICIA MARRERO	3-07
ALLETTE SAINT-AIME	3-08
LEDESE JASMIN	3-13
REYNA SANHEZ	3-14
LUZ ORONEA	3-16
VIOLETH SANCHEZ	3-18
ERVIN GONZALES	3-26
SANDY CLAUDIO	3-26
CHRISTINA BRITO	3-27
SAMUEL TICE	3-29



Postscript

by Kelley C. Rice-Schild

The year 2009 came "In like a Lion and out like a Lamb" for Floridean Healthcare. We started the year with over 30 new staff members, a new wing and a few growing pains.

December 2009 brought the conclusion to a landmark year full of opening parties, inspections and a collective sigh of relief. There is nothing more rewarding than seeing the fruits of your labor, and the Floridean Staff were privileged to see all our "Dreams Come True".

On a personal note, our family is one step closer to "empty nest" this new year. Our eldest, Allison, has decided to move to Tallahassee to finish her last two years of college, so that leaves our youngest, Jack, at home with mom and dad. Thank you to Jack for setting up my father's Christmas Garden train set at The Floridean for everyone to enjoy. We already have plans for improvements for next year. You can see all the photos in this edition of **The Pulse**.

2010 is the year of the Tiger, which was the year I was born. Tigers are lucky, brave, forthright and uninhibited in nature. So here's to a lucky and spontaneous New Year to top 2009.

"Hard work is the yeast that raises the dough." ~ Unknown