

Lake Howard Heights

INDEPENDENT & ASSISTED LIVING

650 N Lake Howard Drive • Winter Haven, FL 33881 • (863) 293-3171

Director's Corner

Dear Residents,
HAPPY NEW YEAR! Here's to a new year and
a wonderful 2022!

We have certainly walked through some crazy
times over the last couple of years and we are all
hoping that 2022 continues to bring in even
more lifting of the restrictions we have had to
adhere to over the last couple of years.

As we enter a new year, we are going to be
working to revamp our existing Resident
Council - if you are interested in learning more
about this or being a part of this group, please
see myself or Lou and we will be glad to share
information with you. We also are working
toward some new activities and ideas for fun for
you all. So please be on the watch for them and
share any ideas you may have that you would
like to see us give a try!

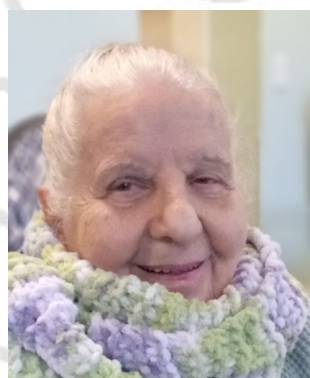
I truly wish you all a wonderful and blessed
New Year!

With much love & respect.....

Glenda



January 2022



Resident of the
Month--Frances "Fran"
Desimone

Frances "Fran" Catherine
Teresa Desimone hails from
Philadelphia, "The City of
Brotherly Love", Pennsylvania.
Born in 1926, Fran is the
second eldest of four children,
having three brothers and two
Italian parents. Fran was able to
visit Italy and claims it was a
beautiful place. She even used
to make her pasta from scratch.

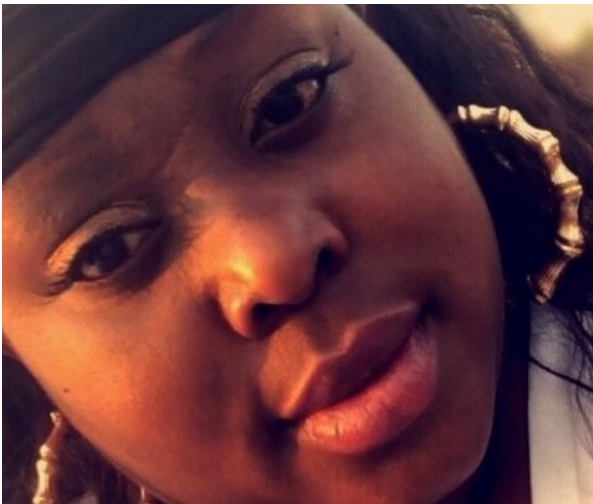
Fran worked in a bank over
25 years, living close enough to
be able to walk to work. She had a home in Atlantic
City, just one block from the beach and loved walking
the boardwalk. When not working, she enjoyed
dancing, going to the movies, and she used to crochet.

She helped take care of her niece and nephew, and
loved the Miss America pageants.

These days Fran is quite the artist with an amazing
sense of humor. She adores Big Band Music and loves
to listen to Frank Sinatra (whom we question an
encounter with. Wink!), Bing Crosby, and Dean Martin.

When asked about what she likes, she stated that she
isn't picky about food, but like most of us she
loves dessert.

JANUARY



Meet Shamaria "Mary" Choppins Resident Care Staff

AKA "Little Mary" was born in Bartow but has lived in Winter Haven her entire life. She is one of six children, twin brothers and three sisters, who all live local to be near their mom. Mary attended Lake Region High School and was on the "bridge" at Polk State College for medical assistant. Mary and her high school sweetheart have two children, a 16 y/o boy who loves to play football and a 14 y/o who is the family cheerleader. Mary also has a number of nieces and nephews who as she puts it love to hang out at her house on the weekends. Often resulting in sleepovers. Mary enjoys cooking, cleaning, working in her garden and entertaining. It's no wonder the family "hangs out" at her house. Mary loves a good pot roast but is not a huge fan of sweets. She loves to laugh and act goofy, which makes her a wonderful addition to our LHH family. Mary has worked at LHH for 17 years and when asked what she likes the most ... "I enjoy pleasing and taking care of our residents."



‘Speech, Speech!’

Many powerful words have been spoken throughout history, and they continue to inspire future generations. Give a round of applause to some of the most iconic addresses of all time:

| Year | Speech | Speaker |
|------|-------------------------------------|------------------------|
| 1588 | "Speech to the Troops at Tilbury" | Elizabeth I |
| 1775 | "Give Me Liberty or Give Me Death!" | Patrick Henry |
| 1851 | "Ain't I a Woman?" | Sojourner Truth |
| 1863 | "The Gettysburg Address" | Abraham Lincoln |
| 1877 | "Surrender Speech" | Chief Joseph |
| 1939 | "Farewell to Baseball Address" | Lou Gehrig |
| 1940 | "Their Finest Hour" | Winston Churchill |
| 1961 | "Inaugural Address" | John F. Kennedy |
| 1963 | "I Have a Dream" | Martin Luther King Jr. |
| 1987 | "Remarks at the Brandenburg Gate" | Ronald Reagan |
| 1993 | "On the Pulse of Morning" | Maya Angelou |