

Lake Howard Heights

ASSISTED LIVING

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



Director's Corner

Dear Residents,

Happy New Year! Welcome to 2024! I hope you all had a wonderful Christmas.

I am so excited for the new and exciting things that you can attend and participate in with our activities. We are beginning an annual study and virtual visit to all of our national parks this year! We will be learning more about each place and having some fun along the way as we tailor our monthly activities around these things. You will not want to miss this fun!

Please let us know if there are any ideas you have of things you would like to see us do or any ideas you have for how we can make the community the best it can be for YOU, our amazing residents!

With much love & respect....

Glenda



January 2024



Resident Spotlight

Resident of the Month.....Ann McPadden!!



Ann McPadden is one of four children from Maplewood, New Jersey. She has lived in Florida over 30 years, being in Winter Haven approximately five years. Ann went to college in Baltimore and worked as a teacher in Florida. It was in Baltimore where she met her husband, Joe. The couple had three children (one daughter, and two sons). Ann also has 2 two grandchildren. In her spare time, Ann enjoys reading. She enjoys movies, her favorite being The Americanization of Emily. I asked her what she thought of all of us... "The staff here is excellent, especially Lori. The facility is very well done." When you see Ann be sure to say hello!



January 2024

Employee of the Month...Trisha Tucker!!!



Trisha Tucker was born and raised in California. She moved to Tampa, Florida 5 years ago. Her husband's job brought her to Winter Haven less than a year ago. Trisha and her husband have a 25-year-old daughter.

Trisha has worked as a Caregiver and Certified Nursing Assistant for over 24 years. "This is my passion and why I'm here."

When not working she loves watching serial killer movies and true crime stories. She enjoys reading horror novels and watching horror movies. She is already looking forward to her end-of-the-year *Twilight Zone* marathon. Trisha likes Mexican food and the outdoors.

Born on December 26, she is a true Capricorn, smart and hardworking. This is exactly why she is our employee of the month.



America's most visited national park, Great Smoky Mountains, is an ideal getaway. Hike, camp, and experience one of America's oldest mountain ranges. Established in 1926, Great Smoky Mountains National Park is comprised of ridge upon ridge of seemingly endless forest on the border between North Carolina and Tennessee. Called the Smokies due to the ever-present morning fog, this mountain range is world renowned for the diversity of its plant and animal life, the beauty of its ancient mountains, and its history of southern Appalachian mountain culture. With nearly 80 historic buildings, spectacular displays of wildflowers, and abundant wildlife, Great Smoky Mountains National Park offers myriad activities to enjoy. The Great Smoky Mountains National Park region is divided down its length by the Tennessee – North Carolina border.