

Lake Howard Heights

ASSISTED LIVING

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Director's **Corner**

Dear Residents,

As we continue to walk through this exceptionally hot season and time of year, I wanted to take a moment to remind us all of how important it is to stay hydrated during this time! If you plan to be outdoors for any length of time, please make sure you are drinking plenty of water and staying as cool as possible. This heat this year is intense and it is even more important than ever to stay as cool as possible during the crucially hot times of the day!

We have a month full of fun things in spite of the heat – so don't forget to take a look at the calendar for a few new things we are adding this month for some fun!

As always, thank you for choosing LHH as your home! We don't take it lightly and truly want to make the community the best it can be for you and all of our future LHH family!

With much love & respect....

Glenda

HAPPY
Fourth of July

July 2024

Resident of the Month.... James "Jim" Boterf



James "Jim" Boterf has been a part of our family here at LHH for about a half a year now. He is a very kind man and is well known by many. His birthday is September 26th, which makes him a Libra. This is why he is well known for being kind, generous, and hard-working. James is one of four siblings. He has 1 brother and two sisters.

He was born in Sarasota.

Growing up he attended Riverview High School. He got into football and played for the high school team. He then met his high-school sweetheart, Carol, and eventually quit football to marry his love. They then were married for 30-plus years and had 4 lovely children. Their children then went on to bless their parents with six beautiful grandchildren. Mr. Boterf worked in highway construction most of his life and maintained that career for 50-plus years. He has done many of the interstates here in Florida such as I-4, and has even constructed at Disney World, FL. Outside of working, James also loved to travel. He's been to Hawaii, Grand Canyon (Arizona), Texas, Missouri, and many more. James is a family man, who strives off hard work and dedication. He enjoys life and working hard.



July 2024

Employee of the Month...Rajai!!!



Rajai was born in Kingston, Jamaica and is the middle child with two brothers. Rajai learned to cook watching his dad cook since he was sixteen years old. His favorite food to cook is "curry lobster". Living the islands he learned to cook a lot of fish. Rajai has lived in Winter Haven with his mom and grandmother for 2 years. Rajai plans to attend culinary school at some point. For now he's learning "on the job". And what better teacher could he ask for other than our own "Chef Ricky". When Rajai isn't cooking he enjoys playing video games, especially "ARK", that's sort of like a survival game. When asked what he likes about LHH he states...it's a great environment and the residents make you feel like family. Although Rajai is working and has some family here he misses his dad and friends in Jamaica. Rajai may miss Jamaica, but we are glad that he's part of our LHH family.

"This Month In History" JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball's All-Star Game ends in a 7-7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.