

Lake Howard Heights

INDEPENDENT LIVING

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



Director's Corner

Dear Residents,

As we continue to walk through this exceptionally hot season and time, it is important 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



July 2024

July Resident of the Month



Meet Peter Palovchak

Peter Palovchak has been at LHH since 2023. He is 1 of 5 children from Wilkes-Barre, PA. Peter was born on July 13th, making him a Cancer. Cancers are nurturing, loyal, and protective of their loved ones. He has lived in Florida for 10 years.

Peter earned his degree, became active Navy, and served in the Army National Guard.

Peter primarily traveled the east coast and to the states of Ohio, Texas, Maryland, and Virginia. He worked as a security agent for Pinkerton and as a contract cleaner.

Peter enjoys hunting and catching rainbow trout while fly fishing. He also enjoys cooking, his favorite dish being Meatloaf. Peter's favorite literary works are nonfiction. When watching movies, he turns to gothic horror (*Dracula*, *Frankenstein*), sci-fi (*Starship Troopers*), and John Wayne in *McLintock!* ... but his favorite movie is *Rollerball* (1975 with James Caan). Peter likes The Beach Boys, The Beatles, AC/DC, and KISS, but his favorite album is by CCR - Creedence Clearwater Revival.

Peter is a very friendly person and easy to talk to. He is a man of many hats.

HAPPY
Fourth of July

Associate of the Month



Rajai Henderson- Dining Services/Cook

Rajai Henderson has been named “Employee of the Month.” 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 in 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.

“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.