

Lake Howard Heights

INDEPENDENT LIVING

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

Director's Corner

Dear Residents,

Happy 4th of July! I hope you will all join us for the fun things we have planned this month as we celebrate our nation's independence and visit the wonderful country of the USA!

As we focus on our country's independence this month, I would encourage each of you to think about your own independence and what you can do to personally support your independence in the future. One way that you can absolutely do this is to be pro-active when you feel you are nearing the point of needing some extra help. If you are beginning to feel like you could benefit from some support from our clinical team, please come see me and let's talk through what next steps would look like. So many times we tend to think that if we ask or admit we are needing just a little help in some areas, that we are giving up independence, when in all reality, we are actually ensuring we keep it! So don't hesitate to come see me if you have any questions a

I hope you have an incredible month! Thank you for choosing LHH as your home and for joining our family!

With much love & respect.....

Glenda

July 2025



Meet Beverly Moore

Meet Beverly Moore... Beverly is one of our most recent members of our LHH family. She was born in Omaha, Nebraska and has two sisters. She attended Rockford College where she received her Degree in Education. She was married for 41 years to Bob, and they had one son and one daughter. She is the proud grandmother to three grandchildren. Beverly and Bob owned a bicycle shop for a number of years. They also sponsored a BMX Team. They traveled to the BMX circuit, with the team in their motor home and she would cook and care for the team. She enjoyed riding her three-wheeler around her Lake Alfred neighborhood, meeting and greeting neighbors. She says that keeps her in shape. She and her dog Marshall enjoy living here at LHH, she says "it's the people" that has made her relocation easy. Beverly...Welcome to our LHH family.

Resident of the Month

Associate of the Month



Meet Rajai Henderson

Meet your July “Employee of the Month” Rajai Henderson. 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 16 years old. His favorite food to cook is “curry lobster” Of course, living in the islands, he learned to cook a lot of fish. He has lived in Winter Haven with his mom and grandmother for 3 years. At some point Rajai plans to attend culinary school, but for now he is learning from LHH own Chef Ricky. Rajai has wonderful smile and a great disposition, at our staff meetings he’s the one we turn to lead our in-house auctions. He is good at that also. In his spare time, he enjoys playing video games and just hanging out with friends. Rajai we are happy you’re part of our LHH family.

Popular Baby Names

Take a look at how the most popular baby names have changed over the years. Names are listed from the most popular on.

Decade	Names
1930s	Girls: Mary, Betty, Barbara, Shirley, Patricia, Dorothy, Joan Boys: Robert, James, John, William, Richard, Charles, Donald
1940s	Girls: Mary, Linda, Barbara, Patricia, Carol, Sandra, Nancy Boys: James, Robert, John, William, Richard, David, Charles
1950s	Girls: Mary, Linda, Patricia, Susan, Deborah, Barbara, Debra Boys: James, Michael, Robert, John, David, William, Richard
1960s	Girls: Lisa, Mary, Susan, Karen, Kimberly, Patricia, Linda Boys: Michael, David, John, James, Robert, Mark, William
1970s	Girls: Jennifer, Amy, Melissa, Michelle, Kimberly, Lisa, Angela Boys: Michael, Christopher, Jason, David, James, John, Robert
1980s	Girls: Jessica, Jennifer, Amanda, Ashley, Sarah, Stephanie, Melissa Boys: Michael, Christopher, Matthew, Joshua, David, James, Daniel
1990s	Girls: Jessica, Ashley, Emily, Sarah, Samantha, Amanda, Brittany Boys: Michael, Christopher, Matthew, Joshua, Jacob, Nicholas, Andrew
2000s	Girls: Emily, Madison, Emma, Olivia, Hannah, Abigail, Isabella Boys: Jacob, Michael, Joshua, Matthew, Daniel, Christopher, Andrew

“Then & Now”