

# 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! It seems like a blink and this past year has just flown by!

As we start this new year, we are looking forward to a lot of exciting things happening this year. One thing is that instead of Atlas around the world this year, we will be visiting "Around the Decades" we have some exciting things planned for this so stay tuned because you will not want to miss this! Also, as we start this new year, I want each of you to know how glad we are to have you here with us and we look forward to making LHH the best it can be for you this year!

With much love & respect....

Glenda



January 2026

### Resident of the Month

#### Resident of the Month



Everyone knows Mary Hession from her brilliant love, character, and honesty. She was born in Lafayette, Indiana and is the oldest of twelve siblings, five of which has left to be with God. As a child, Mary attended a Catholic school, which gave

her the admiration and inspiration to become a nun herself because of the sisters who taught her. Her goal was to do mission work in China, but God had other plans and sent her to Chicago instead. Since then, Mary has gone all over the U.S. teaching in 25 different schools and Parent education on the side bringing her to Florida about 40 years ago. Now that she is retired, she is here at LHH, but close to St. Josephs where they still offer a nun run once a year to support the school and nun sisters, also where she met two very important people in her life Kim and Gary meeting them through the youth ministry at St. Josephs. Mary is such a delight to be around, and we all enjoy her here with us at LHH!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>HELLO JANUARY</div>		<b>Happy Birthday Residents</b> 1/9 Betty Allen 1/13 Cay Busam 1/17 Arthur “Art” Herbert 1/21 Linda Myers 1/23 Grace Allen 1/27 Larry Umstadter 1/29 Edwina “Winnie” Jenkins		<b>New Year's Day</b> 1 9:00 Sittercise 10:15 Bingo with Prizes-MPR 1:00 Movie and Popcorn-Clubroom 3:00 Braintonic Word Find Contest	2 8:30 Shopping at Publix- Must Sign Up 9:00 Sittercise 10:00 Candy Pokeno- MPR 1:30 Mindful Trivia- MPR 2:45 Happy Hour w/ Eddy Rivers 7:00 Moonlight Bingo- MPR	3 9:00 Sittercise 10:00 Watercolor Art Class 10:15 Crafts and Planting <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR
4 10:00 Community Puzzle Time <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR 2:00 Community Card Games	5 8:30 Shopping at Walmart- Must Sign Up 9:00 Sittercise 10:00 Manicure Monday- Beauty Shop <b>1:00 1900’s Movie “A trip to the Moon” Clubroom</b> 2:45 Brain Tonic Word Game- Lanai	6 9:00 Sittercise <b>10:30 Resident Council Meeting- MPR</b> 1:30 Bingo with Prizes-MPR 2:45 Trivia- MPR	7 9:00 Sittercise 10:00 Classic Trivia- MPR <b>1:30 Bean Auction with Brandi</b> 2:45 Wine and Cheese- Lobby	8 9:00 Sittercise <b>10:00 Trip to the Dollar Tree- Must Sign Up</b> 10:15 Bingo with Prizes-MPR <b>1:30 1900" Inventions-Plane Making- MPR</b> 2:45 Slushies and Popcorn for Staff and Residents with Phyllis- Lobby	9 8:30 Shopping at Publix- Must Sign Up 9:00 Sittercise 10:15 Candy Pokeno- MPR 1:30 Classic Trivia- Clubroom 2:45 Happy Hour w/ Debra Mims- Dining Room 7:00 Moonlight Bingo- MPR	10 9:00 Sittercise 10:00 Watercolor Art Class <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR
11 10:00 Community Puzzle Time <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR 2:00 Community Card Games <b>3:00 Sing Along w/ Joe Jones - Lobby</b>	12 8:30 Shopping at Walmart- Must Sign Up 9:00 Sittercise 10:00 Manicure Monday- Beauty Shop 1:30 Visit to Spring Lake- Must Sign Up <b>2:45 Karaoke in the Clubroom</b>	13 9:00 Sittercise 10:00 Blood Pressure Checks w/ Amedisys - LA <b>10:15 1900’s Instant Coffee and Donuts- MPR</b> 1:30 Bingo with Prizes-MPR <b>3:00 St. Joseph’s Catholic Service &amp; Communion - MPR</b>	14 9:00 Sittercise <b>10:00 Town Hall w/ Glenda Hanley</b> 11:00 AL Lunch Out “Old Man Franks” Must Sign Up 2:45 Wine and Cheese with Gary- Dining Room	15 9:00 Sittercise <b>10:00 Trip to the Book Shelter-Must Sign Up</b> 10:15 Bingo with Prizes-MPR <b>1:30 1900’s Inventions- Mens Shave-clubroom</b> 2:45 Slushies and Popcorn for Staff and Residents with Phyllis- Lobby	16 8:30 Shopping at Publix- Must Sign Up 9:00 Sittercise 10:00 Candy Pokeno- MPR 1:30 Mindful Trivia- MPR 2:45 Happy Hour w/ Bill Pascali 7:00 Moonlight Bingo- MPR	17 9:00 Sittercise 10:00 Watercolor Art Class <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR
18 10:00 Community Puzzle Time <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR 2:00 Community Card Games	19 <b>Martin Luther King Jr. Day</b> 8:30 Shopping at Walmart- Must Sign Up 9:00 Sittercise 10:00 Manicure Monday- Beauty Shop 10:15 Tribute to MLK -MPR 1:00 Movie and Popcorn “Casablanca” -Clubroom 2:45 Brain Tonic Puzzle Competition-Lanai	20 9:00 Sittercise <b>10:15 Hearing Life with Kelsey- Must sign up</b> 10:15 Mindful Trivia- MPR 1:30 Bingo with Brandi-MPR <b>2:30 1900’s Fashion of the Decade- clubroom</b>	21 9:00 Sittercise <b>10:30 AL &amp; IL Day Trip to “Port 27"-Shopping and Lunch</b> 1:30 Mandala Coloring-Lanai 2:45 Birthday Bash with Bill Pascali- Dining Room	22 9:00 Sittercise 10:15 Bingo w/ Brandi-MPR <b>1:30 1900’s Inventing Crayons</b> 2:45 Slushies and Popcorn with Phyllis for Staff and Residents	23 8:30 Shopping at Publix- Must Sign Up 9:00 Sittercise 10:00 Candy Pokeno- MPR 1:30 Classic Trivia- Clubroom 2:45 Happy Hour w/ Ella- Dining Room 7:00 Moonlight Bingo- MPR	24 9:00 Sittercise 10:00 Watercolor Art Class <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR
25 10:00 Community Puzzle Time <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR 2:00 Community Card Games	26 8:30 Shopping at Walmart- Must Sign Up 9:00 Sittercise 10:00 Manicure Monday- Beauty Shop 1:30 Classic Trivia-Clubroom <b>2:45 Karaoke in the Clubroom</b>	27 9:00 Sittercise <b>10:15 1900’s Famous People Discussion- Do you Remember?</b> 1:30 Bingo with Brandi-MPR <b>3:00 St. Joseph’s Catholic Service and Communion - MPR</b>	28 9:00 Sittercise <b>10:15 1900’s Painting Class</b> 1:00 Qualimed Wheelchair and Walker repair- Must Sign Up 1:30 Balloon Volleyball-Clubroom 2:45 Wine and Cheese- Lobby	29 9:00 Sittercise 10:15 Bingo w/ Brandi-MPR <b>1:30 1900’s Jewelry Making-MPR</b> 2:45 Slushies and Popcorn for Staff and Residents with Phyllis- Lobby	30 8:30 Shopping at Publix- Must Sign Up 9:00 Sittercise 10:00 Candy Pokeno- MPR 1:30 Mindful Trivia- MPR 2:45 Happy Hour with Pablo-Dining Room 7:00 Moonlight Bingo- MPR	31 9:00 Sittercise 10:00 Watercolor Art Class <b>1:15 Resident-Hosted Bingo - MPR</b> 1:30 Movie Matinee - CR



# January 2026

## Employee of the Month



Meet Pam Jackson.. Pam has been at Lake Howard Heights for six years, serving as host, cook, and sometimes placing orders for dining services. She enjoys interacting with all the residents and says they are like family to her. Pam is proud grandmother to a 3-year-old, which keeps her busy when she is not at work. Pam is still highly active in the same church that her father preached at. Helping wherever she can, whether in the Sunday classroom or at the piano or even on the drums if needed. And if you have not heard her sing yet you are in for a major surprise. She has a powerful yet beautiful voice where on occasion she will perform a song or two at our happy hour. She has even helped us out singing the National Anthem when called upon. She is constantly striving to improve herself in every aspect. Drawing, music, church, and her work here keeps her remarkably busy.

I'm *thankful* for....

Monthly  
GRATITUDE