



## LETTER FROM THE ADMINISTRATOR



Welcome February! So I want to know how everyone is doing with their New Year's

Resolution. Have you already given up or are you going strong? Did any of you pick up a plant to take care of? Please pay attention to our JIW Board that Sharon put back together for us. Throughout your day this is the way you can recognize any employees going above and beyond and how they accomplished it. If you need help with it please let us know.

Some interesting things during the month of February, the 1st is No Politics Day, what would be on the news without that, right? The 7th is Wave all your fingers at your Neighbor Day. On the

11th it's make a friend Day. Of course we all know February 14th is Valentine's Day. Do a Grouch a favor Day is on the 16th. On the 20th we all get to celebrate Love your Pet Day. Leap year is not until 2020 and occurs every four years.

Some interesting thoughts for you during your day: No matter how good or bad you think life is, be thankful, someone somewhere is fighting to survive. Sometimes bad things happen to make the good things even sweeter. Every day is another chance to make someone happy. It's important to make someone happy and it's important to start with yourself. Let's make it a great month.

Warm Regards,

*Mary Rush*  
**ADMINISTRATOR**

### Dates to Remember

#### Superbowl Sunday

is February 3rd

#### Boulder City Library Mobile Service

February 1st at 12:30pm

#### Meet The Local Author: Vicki Ann Bush

Saturday February 2nd  
at 3:00pm

#### Caregiver Support Group

Tuesday February 19th  
at 2:00pm

#### Michael's Angel Paws

Friday February 15th  
at 2:00pm







## Happy Birthday

### RESIDENT BIRTHDAYS

Dena S.	Feb. 7th
Marlene B.	Feb. 7th
John S.	Feb. 14th
George S.	Feb. 26th

### STAFF BIRTHDAYS

Juven A.	Feb. 10th
Sharon K.	Feb. 13th
Sherry H.	Feb. 14th
Ron S.	Feb. 16th

## Marketing Corner

Happy Valentine's Day! I am excited to share my Birthday with 2 of our valued team members, Ron (16th) and Sharon (13th) I would like to share a poem that was written by a resident in a community in Alabama:

### REMINISCING

I have a secret buried deep down inside...  
And nobody knows it but me.  
My life flowed like a river... so deep and so wide...  
And nobody knows it but me.  
Yesterday's dreams seem to linger and linger  
Of when I was young, barefoot and free...  
Yet I look back and sigh...but the years still speed by...  
And nobody knows it but me.  
My mind travels back thru days sweet and sublime...  
And nobody knows it but me.

I pause and reflect thru space and thru time...  
And nobody knows it but me.  
I dream now and then and recall once again  
All the promises that were destined to be...  
They're still on my mind...all those memories left behind...  
And nobody knows it but me.  
I've gone thru the dusk of my twilight years...  
And nobody knows it but me.  
I reminisce time and again without fright...without fear...  
And nobody knows it but me.  
Grateful for living my life until now...  
When the best things in life were free...  
My deep secret then...is to live over and over again  
At Lakeview Terrace ...where nothing ever seems to grow old.  
— Paul S.

## What's New in the Kitchen

*Greetings from the Kitchen!*  
Happy February everyone.

Our nutrition topic for February "Protein Consumption"

Eating protein every day is important for good health. While it can come from animal and/or plant sources, the amount of protein we need is rather small, just 5 to 7 "ounce equivalents," daily according to the U.S. Department of Agriculture.

An ounce equivalent can be one ounce of meat, poultry or seafood; one large egg; a quarter-cup of cooked beans or lentils; a half ounce of nuts or seeds; or one tablespoon of peanut butter.

**Positive Quote:** "Don't let anyone ever dull your SPARKLE"

## Photo Highlights



*A Touch of Elvis*



*Edwardo and resident for Art class*



*Joe Vinito entertains our residents*



*Martin Mancusso's performance at our Sangria Happy Hour*







## Putting the Spotlight on Our Featured Resident: Lilly

The resident in our Spotlight just also happens to be our newest resident, Lilly. She was born on April 24th 1937 in Overton Nevada. She had 3 brothers and no sisters.

When she was about 6 years old, her father decided that they would move to Las Vegas. Lilly mentioned that the streets were not even paved yet!

Lilly was married to her first husband for 9 years and had 4 children, 3 girls and 1 boy. Then in 1963 she married James and he also had 4 children. Between them they have 20 grandchildren who gave them 30 Great Grandchildren! Besides raising children Lilly had a variety of jobs; she worked at the old "Boulder City Hospital" as a nurse's aide. She made certain to mention that being a nurse's aide back then was way different than it is now-a-days. You were taught the position while working alongside the nurse. She also worked as a Weight Watcher "weigher" and she cleaned hotel rooms as well. She is anxiously awaiting the arrival of her "Roll-Top Desk" and her many pictures, so that her apartment can look more like her own home! Make certain to introduce yourself to our newest resident Lilly and ask her the details of her 10 day Mediterranean cruise! Welcome to Lakeview Terrace we are happy that you call this beautiful community your new home!

### Lakeview Terrace of Boulder City Valentine's Day Prom

Lakeview Terrace is hosting a "King and Queen Prom" on Thursday February 14th at 3:00pm. We will be voting to crown our King and Queen on February 5th. This is not meant to be a popularity contest in any way. I am hoping for all the Ladies and Gentlemen to be dressed in Sundays best. A Touch of Elvis and Patsy will be helping us "set the mood" with some great music and I have a special treat for all the residents at the King and Queen prom. If curiosity is getting the best of you please be sure to attend on February 14th at 3:00pm.

### Employee of the Month

This month we are celebrating two employees due to their dedication filling in and doing overtime when asked. Nicole Valle, and Arlene Jennings, thanks for helping out in Health Services our Residents definitely appreciate you.

### New Family Fun at Lakeview Terrace

Come and have some fun with your family and friends at Lakeview Terrace playing Family Feud! The questions and answers will have you roaring with fun and laughter. 3:00pm on Fridays

### Jewelry Show with Rachael

Just in time for Valentine's Day, we are hosting a Jewelry Show right in our community! Rachael has several beautiful handmade selections that are sure to meet your budget. Flyers will be posted.

## ACTIVITIES UPDATE

The Boulder City Library will be here on Friday February 1st with a variety of books for you to check out. If you don't have a library card, you will be able to get one at that time.

The idea for an "In-House" Lunch Bunch is to enjoy a variety of restaurants in and around Boulder City. Plus we have the opportunity to all **eat together** in the Bistro and get to know each other over lunch.

Please order by Thursday evening with Sharon, sign up in the Sign-In book and be certain to pay ahead for your lunch. Lunch Bunch is on Fridays at 11:00/11:15

We will be going to the Casino on Mondays, but we are changing our location to Railroad Pass & Hoover Dam Lodge. We generally have shopping on Wednesdays to 99store & Walmart.

Our plan is to begin the Saturday Albertsons shopping trip during the 3rd week of February.

Please let Sharon know if you would like to suggest restaurants, scenic drives, or places of interest to you, or even a new game you would like to learn how to play.





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## *Your Team*

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Sharon Kilian



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## MAINTENANCE

Happy February dear residents!

This month, instead of being all serious I decided to try and be funny instead. But rest assure, I have no plans on "quitting my day job" to pursue being a stand-up comedian!

### GETTING OLDER CAN BE FUN!

Three older ladies were discussing the travails of getting older.

One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm glad I don't have that problem; knock on wood," as she rapped her knuckles on the table, then told them "That must be the door, I'll get it!"