

November
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Villas at Sunset Bay

7423 Kauai Loop
New Port Richey, FL 34653



Finding Zen in the Garden

Imagine a quiet, calm place where you can focus on the sights and sounds of nature. That serenity is at the heart of a Zen garden.

Also called rock gardens or dry landscape gardens, Zen gardens originated centuries ago in Japan with Buddhist monks, who built the gardens as peaceful places to spend time and contemplate their studies. Today, these gardens are popular throughout the world.

A Zen garden can be an outdoor space or a small section of a garden. Miniature versions, made to sit on a table or desk, are also common. No matter the size, there are shared elements.

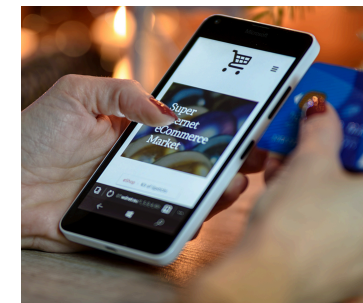
Groupings of stones are the focal point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

Some Zen gardens include plants and statues, but they are never cluttered. The simplicity and symmetry of the garden's features promote relaxation and reflection. Many people use a Zen garden as a place to meditate or simply feel a peaceful connection to nature.

People You Might Want to Know

Ronnie Shakir -Executive Director
Tina Megletti-Director of Health and Wellness
Betsy Olson-Business Office Director
Dana Ratliff-Sales and Marketing Director
Anthony Corson- Food Service Director
Michelle Lauletta-Memory Support Director
Gary Blanchet-Maintenance & Housekeeping Director

Watch for information from these directors in future newsletters



Today's Trend Online Shopping Tips!

Shopping via the internet offers convenience and a tempting array of products. Keep your shopping spree safe by taking a few precautions. Before making an online purchase, make sure the website is secure.

The absence of a physical address or contact phone number is a red flag. If you are dealing with an unfamiliar company, check its online rating with the Better Business Bureau at www.BBB.org, or use another consumer feedback website. Be vigilant in keeping your personal information safe by choosing strong passwords that contain a random series of upper and lowercase letters, numbers and punctuation marks. Don't use the same password across multiple websites, and change your passwords frequently.

Spotlight on Alvin E.

The Villas at Sunset Bay are very proud to have Mr. Alvin as a part of our family. Alvin is a veteran of the Marine Corp. who served in Vietnam. Alvin was a registered nurse who worked in the ICU for over 20 years. We can always count on Alvin for a wonderful smile and some pretty smooth dance moves. We're incredibly lucky to Alvin as a part of our community. We're thankful for his service in the military and years of care as a nurse.



We are Proud to have Alvin E in our community