

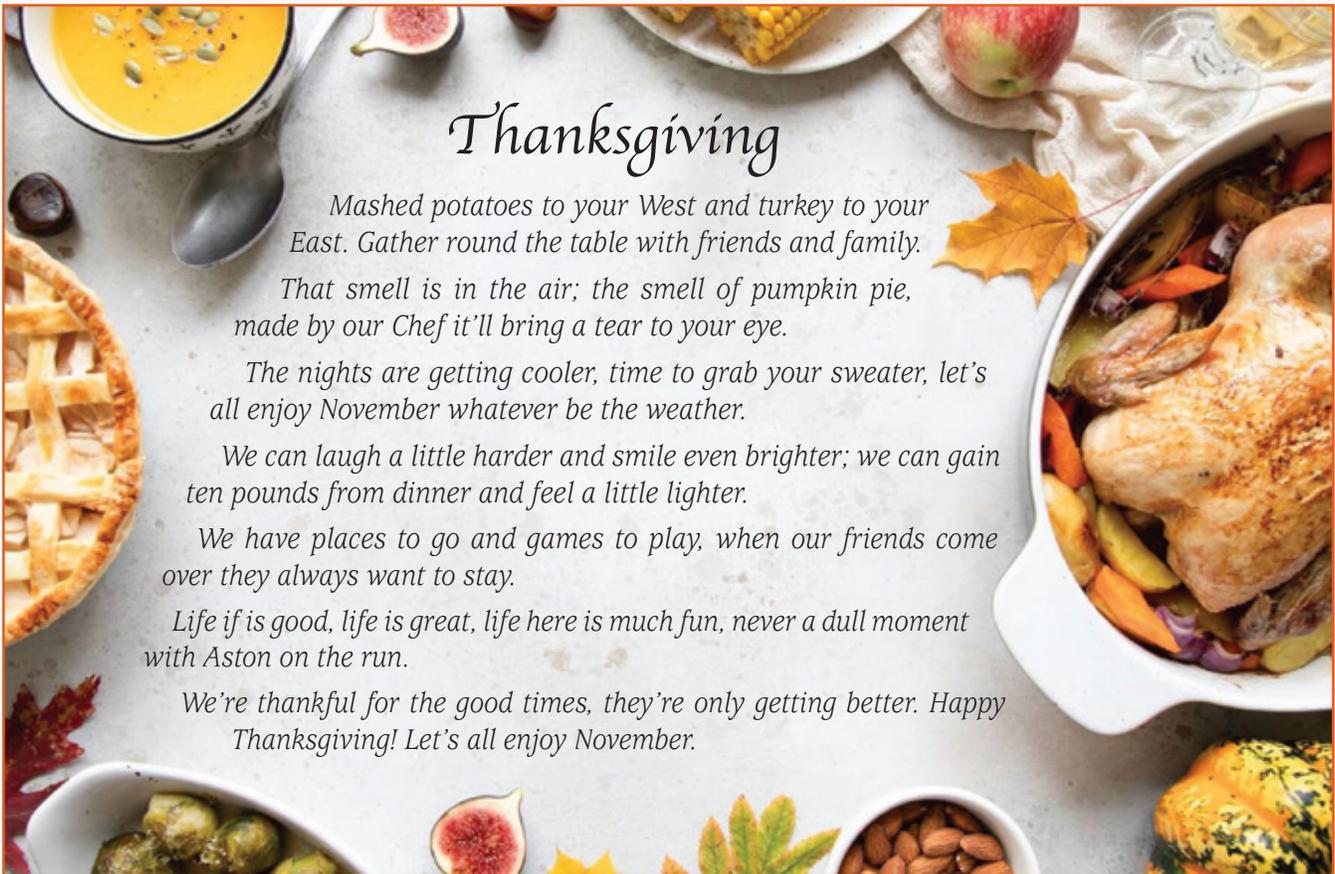


Sights & Sounds

A Newsletter for the Residents of Aston Gardens at Parkland Commons

NOVEMBER 2019

I.L.



Thanksgiving

Mashed potatoes to your West and turkey to your East. Gather round the table with friends and family.

That smell is in the air; the smell of pumpkin pie, made by our Chef it'll bring a tear to your eye.

The nights are getting cooler, time to grab your sweater, let's all enjoy November whatever be the weather.

We can laugh a little harder and smile even brighter; we can gain ten pounds from dinner and feel a little lighter.

We have places to go and games to play, when our friends come over they always want to stay.

Life is good, life is great, life here is much fun, never a dull moment with Aston on the run.

We're thankful for the good times, they're only getting better. Happy Thanksgiving! Let's all enjoy November.

We Are Spicing Up Happy Hour Monday - Wednesday - Friday - 3:30pm in Lounge

\$2 Drink Specials

Spice Up Your Aston Smoothie for just \$1

Welcome our new bartender Miguel, have some snacks, listen to good music, get to know other staff and residents and be sure to keep your eye on our Bar Board in the Lounge for daily drink specials!



5999 University Dr. | Parkland, FL 33067 | 954.255.0906 | Independent Living | Assisted Living | Memory Care | AstonGardens.com

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A Note from your Director

Sue Butler



November is one of my most favorite months simply because I love the tradition of the Thanksgiving Holiday. I love that we come together as families to be grateful for all the blessings in our lives. It's something I think we should be reminded of much for frequently! **Be grateful!!**

The Leadership Team just celebrated our Team Members last month with one of our Aston Auctions!! In case you really don't know what becomes of your feathers – let me explain. About three times each year we host auctions for the team members to participate in. They take all the money they earn with your feathers of appreciation and get the opportunity to “purchase” large screen TV's, Apple Air Pods, Gift Certificates to Shopping and Restaurant and many other items. Aston typically spends about \$3,500 on each of the auctions to ensure we have about 35 winners at each event. The staff **LOVE** the auctions! We offer a themed meal and party atmosphere on the day of the event and we all take some time to laugh and enjoy one another. This is a time when the leadership team can show their gratitude to the staff.

In addition to the auctions, we look forward to handing out a Gift Certificate to be used for the purchase of a Turkey or Ham every year in November. It's a little something to help our team members enjoy the Thanksgiving Holiday. December allows us to throw a fun and fabulous Holiday party for the team which includes Dinner, Dancing, Games, DJ and Gift Card Raffles. We are grateful for the work that each of our team members provide and we do our very best to celebrate them as often as possible.

During this time of year, when the holiday gift committee is in full swing collecting your generous donations to be dispersed to the hourly team members, I often hear residents saying – **Aston should be the ones to take care of the team members...** which is why I thought I would share just a few of the things we do to celebrate and show our gratitude to our team. I will thank you now – in advance – for your generosity to the team! It really does mean a lot to each of them.

Until next time,
Sue Butler

News at the Inn

by Allyson Katz



Thanksgiving is defined as an expression of gratitude. Since Thanksgiving is this month, it brings to mind the fact that there is so much to be grateful for. I am grateful for my family, my friends, my health, and to be here at Aston Gardens sharing time with all of you. What are you thankful for?

At the Inn, there is so much to be thankful for. We asked a few of our residents what those things were and they said...

Pauline Armbrust- “My Religion, the most important thing in my life”

Renee Muskin- “I'm still here living and enjoying life. Hoping to have a lot of joy with my family”

Jeanne Arnold- “living the years

I'm living and hope to keep going. I am fortunate to have a very good husband, son and daughter in law”

Sammye Jackson- “My beautiful family from one end of Florida to the other”

Lucille Garelick- “My family”

Helen Smith- “Being Here”

At the Inn, we cannot believe the holiday season is approaching. Where does the time go? As the holidays are near, we have many fun activities planned. Stay tuned... We can't wait to see what is in store for us next!



The Wellness Corner



Medication Safety Tips

- Do not take medications that are prescribed for someone else.
- Create a complete list of current medications (including prescription and over the counter medications, herbal remedies and vitamins), and keep this list with you at all times in the event of emergency situations. Review the list for discrepancies and make changes immediately as they occur. Show the list to your doctor or pharmacist to keep from combining drugs inappropriately.
- Know the name of each of your medicines, why you take it, how to take it, potential side effects and what foods or other things to avoid while taking it.
- Report medication allergies or side effects to your healthcare provider.
- Take medications exactly as instructed. If the medication looks different than you expected, ask your healthcare provider or pharmacist about it.
- Drug names can look alike or sound alike. To avoid errors, check your healthcare provider if you have questions.
- Do not use alcohol when you are taking medicine.
- Do not stop or change medicines without your doctor's approval, even if you are feeling better. If you miss a dose, do not double the next dose later.

- Use a chart or container system (washed egg carton or medi planner) to help you remember what kind, how much and when to take medicine.
- Take your medicine with a light on so you can read the label.
- Read the medicine labels (including warnings) carefully.
- Store medication safely in a cool, dry place according to instructions on the label of the medication.
- Keep medicines away from children and confused adults.
- Federal disposable guidelines for medications: Follow any specific disposal instructions on the prescription drug labeling or patient information insert. Do not flush medications down the sink or toilet unless this information specifically instructs you to do so. If your community has a pharmaceutical take-back program, take your unused drugs to them for proper disposal. If no such program is available, remove drugs from their original containers. Mix the drugs with an undesirable substance like coffee grounds or kitty litter. Place the mixture in a sealable bag, empty can or other container and place it and the empty, original containers in the trash.

The wellness center is available for any questions. The medication assistance program is available for those who need assistance 954-796-6108

Coming Soon... Spanish Classes

Taught by an Aston Gardens Resident



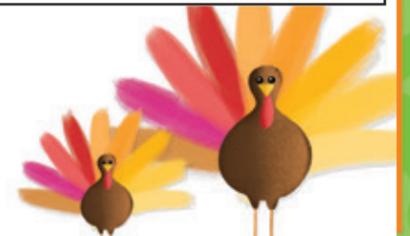
One month ago our community was blessed when Professor Arthur Smith decided to call Aston Gardens home. Mr. Smith is originally from Chicago, but in 1968 received national recognition when he was one of the first African Americans to graduate with a Masters Degree from FSU! His major was Foreign Language Education and he would like to share his knowledge with us. Classes begin on Tuesdays in November at 11:00 am. Professor Smith says he has two passions in life, “language and music”. I think Arthur is going to fit right in at Aston Gardens, so to you Professor Smith we say, “Bienvenidos!”.

SUN	MON	TUE	WED	THUR	FRI	SAT
BR Ballroom CR Cardroom DR Dining Room L Lounge P Pool V Veranda W Waterford Room		Spanish 101 & Ballroom Dance Classes!		ZUMBA now twice a week! Mondays & Thursdays	10:00 Chair Yoga (BR) 1 11:00 Coral Springs Mall Trip 1:00 World Events w Josh (L) 2:00 Biographics (BR) 3:30 Happy Hour w Gene Fabian (Ballroom) 7:00 Shabbat Service (BR)	9:00 Bus To Temple 2 11:00 Exercise Class (BR) 1:00 Movie Matinee (BR) 2:00 Canasta Club (CR) 7:15 An Educational & Entertaining Hour on the lives and music of Rodgers & Hammerstein by musicians & music historians: Marlene & Peter (BR)
10:00 Bus to Catholic Mass 3 11:00 Calvary Chapel BR 2:00 Group Family Feud hosted by Gameshow Entertainer, Doug Shannon (BR) 3:15 Mahjong Club (CR) 3:30 Sunday Movie Matinee	10:00 Chair Yoga (BR) 4 11:15 Zumba (BR) 1:00 History of Musical Composers w Judy Lanier (BR) 3:15 Salsa Lesson Part II (BR) 3:30 Happy Hour (L) 7:00 Monday Musical: A Little Night Music w Elizabeth Taylor	9:00 Wii Bowling (L) 5 10:45 Aquacise 11:00 Spanish 101 w resident Professor Smith (BR) 1:00 Dominoes Club (Veranda) 1:00 Outing to Trader Joe's Boca 2:00 BINGO (BR) 4:00 Geographics (BR) 7:00 Live Trivia (BR)	Prestige Jewelry 10-2pm: Veranda 6 10:00 Exercise Class (BR) 11:15 Coffee Talk (L) 12:30 Painter's Table (V) 12:30 Outing to Promenade Mall 3:00 Nickle Blackjack (BR) 3:30 Happy Hour (L) 7:00 BINGO Madness \$1 Card (BR)	10:30 Chorus Rehearsal (BR) 7 11:15 Coffee Talk (L) 12:30 Creative Writing (WR) 1:00 ZUMBA (BR) 2:30 Professor Leto - The Veteran: A Biography (BR) 4:00 True Crime Junkies (BR) 7:15 Singer, Musician & Songwriter: Mary Eiland	10:00 Chair Yoga (In Lounge Today!) 8 11:00 Boca Town Center 11:15 Art Paper Scissors (V) 1:00 World Events w Josh (L) 2:00 Biographics (BR) 3:30 Happy Hour (L) 7:00 Shabbat Service (BR)	BALLROOM CLOSED ALL DAY 9 9:00 Bus To Temple 1:00 NO Exercise Today 2:00 Canasta Club (CR) 7:15 NO SHOW TONIGHT (Ballroom Closed)
BALLROOM CLOSED ALL DAY 10 10:00 Bus to Catholic Mass 11:00 Calvary Chapel (In Library Today) 3:15 Mahjong Club (CR) 3:30 NO Movie Today (Ballroom Closed)	Veterans Day BALLROOM CLOSED UNTIL 3PM 11 10:00 Chair Yoga (L) 11:15 Zumba (In Lounge Today) 1:00 New IL Book Club (Library) 3:15 Ballroom Dance Class (BR) 3:30 Happy Hour (L) 7:00 Harry Getzov Presents Neil Diamond (BR)	BALLROOM CLOSED TIL 3PM 12 9:00 Wii Bowling (L) 10:45 Aquacise 11:00 Spanish 101 (L) 12:00 Movie Outing: Magnolia: \$9.51 1:00 Dominoes Club (Veranda) 2:00 Grace's Book Club (AL PDR) 3:00 BINGO (BR) 4:00 Geographics (BR) 7:00 Movie (BR)	10:00 Exercise Class (L) 13 11:15 Coffee Talk (L) 12:30 Painter's Table (V) 2:00 Patriotic Presentation (BR) 3:00 Blackjack (on Veranda Today) 3:30 Happy Hour (L) 7:00 BINGO (BR)	10:30 Chorus Rehearsal (BR) 14 11:15 Coffee Talk (L) 1:00 ZUMBA (BR) 2:00 Wellness Social: Medication Safety (BR) 3:00 Knitting Club (L) 4:00 Sci Fi Club (BR) 7:00 The Carol Burnett Show Special Collection DVD (BR)	10:00 Chair Yoga (BR) 15 11:00 Coral Springs Mall 1:00 World Events w Josh (L) 2:00 Biographics (BR) 3:30 Happy Hour (L) 7:00 Shabbat Service (BR)	9:00 Bus To Temple 16 11:00 Exercise Class (BR) 1:00 Movie Matinee (BR) 2:00 Canasta Club (CR) 7:15 Manon Robert: Enchanting Vocals & Piano (BR)
10:00 Bus to Catholic Mass 17 11:00 Calvary Chapel Worship Service (BR ALL INVITED!) 2:00 Sing & Dance a Long w singer Stone Silk (BR) 3:15 Mahjong Club (CR) 3:30 Sunday Movie Matinee	10:00 Chair Yoga (BR) 18 11:15 Coping w Life Changes w Michael, LCSW (Card Room) 11:15 Zumba (BR) 2:00 Town Hall Meeting (Ballroom) 3:15 Ballroom Dance Class (BR) 3:30 Happy Hour (L) 7:00 Movie (BR)	9:00 Wii Bowling (L) 19 10:45 Aquacise 11:00 Spanish 101 (BR) 12:00 Lunch at Toojays 1:00 Dominoes Club (Veranda) 2:00 BINGO (BR) 3:30 Flower Arranging w Judy (BR) 4:30 Geographics (BR) 7:00 Live Trivia (BR)	10:00 Exercise Class (BR) 20 11:15 Coffee Talk (L) 12:00 Monthly Birthday Luncheon (DR) 12:30 Painter's Table (V) 3:00 Nickle Blackjack (BR) 3:30 Happy Hour (L) 7:00 Hadassah Meeting: ALL INVITED (BR - Sign Up Please)	10:30 Chorus Rehearsal (BR) 21 11:15 Coffee Talk (L) 1:00 ZUMBA (BR) 2:00 ACTIVITIES MEETING Please Join Us! (BR) 3:30 BINGO & Board Games w MSD DECA students (BR) 7:00 Karaoke Night	10:00 Chair Yoga (BR) 22 11:00 COSTCO 11:15 Art Paper Scissors (BR) 1:00 World Events w Josh (L) 2:00 Biographics (BR) 3:30 Happy Hour (L) 7:00 Shabbat Service (BR)	9:00 Bus To Temple 23 11:00 Exercise Class (BR) 1:00 Movie Matinee (BR) 2:00 Canasta Club (CR) 7:15 Cabaret Performer: Wayne Libman (Ballroom Stage)
11:00 Calvary Chapel Service (BR) 24 2:00 Meet The Author: Al Carmen Guastafeste, Marilyn Monroe's former piano player (BR) 3:15 Mahjong Club (CR) 3:30 Sunday Movie Matinee 4:30 Dinner Outing to Nick's	Watch & Jewelry Repairman Terry 12-6pm 25 10:00 Chair Yoga (BR) 11:15 Zumba (BR) 3:15 Ballroom Dance Class (BR) 3:30 Happy Hour (L) 7:15 Musical Bingo (Ballroom)	9:00 Wii Bowling (L) 26 10:45 Aquacise 11:00 Spanish 101 w resident Professor Smith (BR) 12:00 Movie Outing: Magnolia: \$9.51 1:00 Dominoes Club (Veranda) 2:00 BINGO (BR) 4:00 Geographics (BR) 7:00 Movie (BR)	10:00 Exercise Class (BR) 27 11:15 Coffee Talk (L) 12:30 Painter's Table (V) 2:00 FOOD FORUM (Lounge) 3:00 Nickle Blackjack (BR) 3:30 Happy Hour (L) 7:00 BINGO (BR)	Thanksgiving Day 28 10:30 NO Chorus Rehearsal Today (BR) 7:00 Movie (Ballroom)	10:00 Chair Yoga (BR) 29 11:00 Festival Flea Market 1:00 World Events w Josh (L) 2:00 Biographics (BR) 3:30 Happy Hour (L) 7:00 Shabbat Service (BR)	9:00 Bus To Temple 30 11:00 Exercise Class (BR) 1:00 Movie Matinee (BR) 2:00 Canasta Club (CR) 7:15 Bob Folsie: Internationally Acclaimed Flamenco, Classical & Jazz guitarist

November 2019

Independent Living

9401 Aston Gardens Court, Parkland, FL 33067/954.323.6315



Independent Living Entertainers



Mary Eiland
November 7th – 7:15 pm

Multi – Mary Eiland was born to parents who were both musicians so it's no wonder she became a musician as well. She moved to New York City and quickly became active

in the music scene, recording with Jazz greats Gerry Mulligan, Max Kaminsky, Bucky Pizzarelli, Toots Thielemans and Ray Barretto.

Later she shifted into writing music for radio and television. Patti Austin, Michael Bolton, Vicki Sue Robinson and Jonathan Edwards have recorded her songs.

For many years she wrote and sang jingles working with the top musicians and singers in the country. Some of the more popular jingles you may know are "Wait'll we Get Our Hanes On You" ("Look Who We've Got Our Hanes On Now") and the commercial jingle Legomania.

Wayne Libman
November 23rd - 7:15 PM

Wayne has been entertaining audiences around the country for the past thirty years. His unique blend of musical comedy and audience participation make him one of the most sought after entertainers in the business.

Wayne was a finalist on the national televised show "Star Search" and he produced, directed and starred in his own television show called "Escape to Stardom". He currently has the longest running show at the Jungle Queen

Dinner Cruise in Fort Lauderdale and has been a headliner on many cruise ships. Wayne also has his own corporation south Florida that operates in the Motion Picture and Tape Distribution Industry.



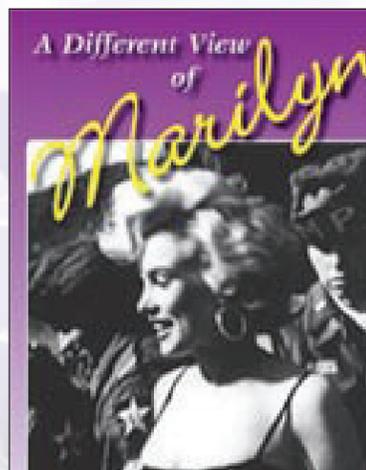
Bob Folse
November 30th
7:15 PM

Originally from New Orleans, Louisiana, Bob Folse is based out of South Florida. While his

first love is Flamenco, Bob's music also includes classical, jazz, rock and world influences. The star of many stages in South Florida and around the world, Bob performs solo and with an ensemble. His performances include popular themes as well as original music and he dazzles his audiences with his fingers of fire!!!!

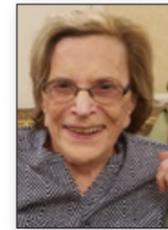
Meet The Author on Sunday November 24th Al Carmen Guastafeste

Al Carmen Guastafeste, is a writer, composer, recording artist, lecturer, teacher and Master Pianist. Much of Al's past was spent rehearsing and performing with Marilyn Monroe! In his detailed memoir, "A Different View Of Marilyn" Mr. Guastafeste shares about his time with probably the most iconic star to have ever been in Hollywood.



ROVING REPORTER

This month we went around the clubhouse and asked 3 people what family favorite dish was a "must have" during their Thanksgiving dinners. Try not to get hungry while reading about these incredible dishes!



Frances Donahue made a stuffing which was famous among family and friends where she began by cooking her onions in butter and her celery in water. After she was done boiling the celery she would use the same water and the leftover butter from the onions and have the bread soak in it and give a wonderful flavor. After that, she salted and peppered the stuffing and put it directly in to her turkey and in to the oven it went. My mouth is watering just thinking about it. When's dinner?!

Cecilia Deluca made a delicious turkey that she would slow cook in her oven. She would wake up early in the morning where she basted her bird with butter, salt, pepper, and fresh garlic. Cecilia also placed plenty of onion and potatoes around her turkey to cook. She had the turkey sit in a bath of water while it was cooking so the steam would rise



and help the turkey not stick to the bottom. She also stuffed her turkey before placing it in the oven baking it at 350°F. This was indeed the highlight of her family's Thanksgiving feast and sounds absolutely delicious!

Norma Jean Payne makes a delicious Italian ravioli which she learned from her German mom. This special ravioli is made with flour, eggs, and water to begin the dough. As Norma says there is no exact measurements for this recipe; you just need make it "feel right" to get the perfect dough. She also made her own filling with eggs, ricotta, and parmesan cheese. Seasonings consisted of salt, pepper, as well as parsley and finished off with a homemade tomato sauce which is a family secret. This is definitely a true Italian Thanksgiving dish and Norma and her family are very happy to have it year after year.



IL Resident Spotlight



This Month our resident spotlight focuses on a very interesting individual who is very involved in our community. Charlotte Kesten was Born in Elizabeth NJ moved to Monticello NY at 7 years old; where she went to school.

After graduation she went to a teacher's college which was in Oswego NY which is now part of Suny where she pursued a career in childhood education. After her second year she transferred to Brooklyn college because her finance was attending law school in NY. She ended up marrying her fiancé Seymour between her 7th and 8th semester of school.!

When she graduated she took a position as a Kindergarten teacher since her family lived back in Monticello where she felt very much at home. Charlotte taught kindergarten for 7 years and during that time she had 3 beautiful children. After teaching she decided to retire and become a stay at home mom which didn't last very long because she missed working and having a set daily routine.

While her children were in school she worked as a book keeper at two different jobs. She also had the pleasure of working with her brother after taking over the family business which was a commercial laundry

business where she took care of many hotels and restaurants in the Catskill mountains, where she met many celebrities such as Judy Garland, Sammy Davis Jr., Robert Kline And Buddy Hackett. After the hotel industry in the Catskills was beginning to decline due to air travel to other popular destinations that were coming in to the spotlight they sold the business to a conglomerate of their customers.

Shortly after, Charlotte work as an office manager for a petroleum company that serviced homes. Charlotte's main job was to control the inventory of convenient stores like gas stations. She also researched and helped her company purchase the first computer system and worked for this company for an entire decade.

When her husband became ill she went back in to retirement to give him the best care possible. They moved to Florida as snowbirds and purchased a condo in Ft. Lauderdale where they spent the winters. While raising her children she was also heavily involved in volunteering for charitable organizations. Charlotte moved to Aston Gardens in 2018 from Boynton Beach and is so happy with the community and everyone who lives here. With such a very interesting and busy life, I'm sure that retirement must feel amazing her. If you see Charlotte in the clubhouse please give her a warm Aston smile and hello.

INN Resident Spotlight



Ivy Peterson has been living in Aston Garden for almost four years and wanted the community to meet her. Ivy was born on October 18, 1931 in Pottstown, Pennsylvania, where she also grew up, living with her

parents and older brother William. Growing up as a depression baby, Ivy started working at a young age selling eggs that her family raised and she was also worked as a nanny to a family. When she was in her teens and during college, she worked at the Jersey shore in the summers at local resorts because Ivy loved the shore. She still has fond memories of that time in her life.

Ivy attended Kutztown University and received a degree in education. She taught elementary school for about thirteen years. Ivy met her husband, James "Pete" in 1954, while attending Kutztown. Back then the students were assigned tables for dinner and Ivy was the table captain where James was assigned. They dated for only a short period of time, and were engaged before he was drafted and sent to Korea. They moved quite often because of James' career in sales and marketing, but spent the majority of their time raising their family in Pennsylvania and then Indiana. They have two children, Jay, and Amy who both attended Purdue University. Ivy also has seven grandchildren and four great grandchildren whom she loves very much!

Ivy stopped teaching to raise her family but as they got older, she attained her real estate and broker's license. She had a very successful career in real estate for ten plus years before retiring. In 1993, after retirement, Ivy and James relocated to Bradenton, Florida. Ivy always enjoyed playing cards, especially Bridge. She started a women's bridge and couples bridge group wherever she lived. She also loved music and still does. She grew up playing both the trumpet and the drums, as well as the piano. Her mom was a piano teacher so she got that musical talent from her. At the INN, Ivy is still able to participate in all the activities she likes, specifically poker and music.

Happy November Birthdays @ I.L.

11/1	Dorothy Greenberg
11/1	Marvin Moses
11/4	Ethel Ginsburg
11/5	Thomas Vincent
11/7	Vicki Kaufmann
11/8	Emory Johnson
11/9	Helen Schneider
11/9	Florence Frankle
11/10	Marcia Owings
11/12	Janis Leightman
11/14	Shirley Kruger
11/16	Gloria Murphy
11/17	Cecilia Deluca
11/19	Ann Rajib
11/20	Geri Dinter
11/21	Marion Agid
11/23	Joseph McLaughlin
11/24	Melvin Schiff
11/24	Irwin Opperman
11/26	Kemal Rajib
11/27	Sora Frankel
11/27	Charles Perkins
11/29	Bernice Rosenlicht
11/30	Fra Goldfarb

Move-Ins @ The I.L.

Elsie Sanchez	10-101
Susan Baker	6-102
Marianne Petersson	11-103
Irene Newman	11-109
Elliott Mandelbaum & Carol Marks	2-108
Irwin & Sandra "Sunny" Opperman	3-208
Monroe & Elaine Ruda	8-104
Gary and Jere Long	4-204

November Birthdays @ The INN

11/5	Daniel (Dan) Gauthier
11/10	Susan Delaney
11/11	Mildred Steckler
11/29	Ida "Nancy" Sanchez

Move-Ins @ The INN

Susan Delaney	205
Aileen Brown	7
Eugene Gilroy	207
Ruthann Maurer	200

In Loving Memory

Kittie Meit