

Orchard

HEIGHTS

Gracious Retirement Living

3650 South Highway 27 • Clermont, FL 34711 • Phone (352) 242-2235 • www.seniorlivinginstyle.com

FEBRUARY 2021

ORCHARD HEIGHTS STAFF

Managers..... DAVE & BJ DREW
Assistant Managers STEVE
& KIMBERLY ROGERS
Executive Chef..... OSCAR M. GUZMAN
Activity CoordinatorYVONNE KECK
MaintenanceJOE O'FARRIL
TransportationED PREMO

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping

Tuesday, 9 a.m.-3 p.m.: Appointments

Wednesday, 9 a.m.: Outing

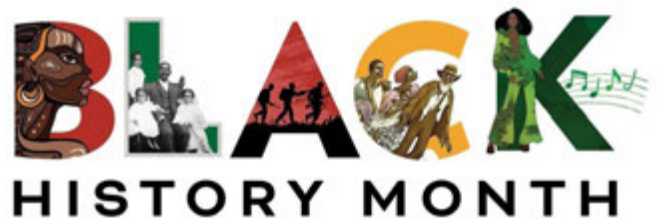
Thursday, 9 a.m.-3 p.m.: Appointments

Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

Black History Month

When it comes to pioneers in African American history, Dr. Martin Luther King Jr., Rosa Parks, Maya Angelou,



James Baldwin and Muhammad Ali are often mentioned, and rightfully so, but what do you know about other Black history heroes like Claudette Colvin, Alice Coachman or Shirley Chisholm? If their names don't immediately ring a bell, you're not alone. Educators, activists and historians have long been attempting to shine a light and pinpoint why so much African American history is missing from our nation's curriculum.

"Those that populated the colonies were free people from communities in Africa with large scale civilizations that had tax systems, that had irrigation systems, that had universities — they came from civilized nations that were advanced," University of Texas at Austin history professor, Dr. Daina Ramey Berry, told NBC. "That's where the curriculum should begin, that's the biggest omission from my perspective. It's an erasure of culture and heritage so that identities of African Americans for some are that of slaves and those fighting for their freedom."

We're shining a long-overdue spotlight on the hidden figures of untaught history who deserve to be celebrated for their contributions to civil rights, politics, the arts and beyond. Remember to acknowledge their impact outside of Black History Month, as they've made way for many of the 21st century's most famous faces to shine today.



All You Need Is Love

Love is an essential ingredient in all our lives. It's what we thrive on, depend on and live for. What melts your heart might not melt mine because we all have our own love language. We show our love in so many different ways. For those of you who are caregivers, you demonstrate your love through all the caring acts you do for your loved ones. But do they hear you? Do they feel the love? Are you speaking their language?

What are Love Languages?

How do you like to receive love and appreciation? Discovering your "Love Language" empowers you to ask for love in the ways that you enjoy receiving it and encourages you to question how the people you care about prefer to receive love and appreciation from you. Dr. Gary Chapman's renowned book "The Five Love Languages" breaks down the different preferences of giving and receiving love into five main forms:

1. Acts of Service

If your relative or friend's love language is Acts of Service, they deeply appreciate the ways you help them out, big or small. They may not feel comfortable asking for help; taking the initiative to help them will go a long way. Ask yourself "what is something I could do that would make their life a little bit easier?" "Let me do that for you" is the magic phrase for this love language.

2. Words of Affirmation

When someone is fed by Words of Affirmation, they feel most valued when you express your heartfelt feelings in words. Telling your parents you love them, acknowledging them for something they've done and sharing a quality you appreciate about them are all ways to show you care — and it only takes a minute to say. Leaving them an encouraging note or writing them a loving letter are simple but meaningful ways to leave them elated.

3. Quality Time

Someone whose love language is Quality Time feels most loved when you make space in your schedule to spend time with them and offer your undivided attention, really listening to them and showing genuine interest in how they are doing. Going out of your way to call and chat, take a walk with them or eat a meal together will help them feel loved.

4. Physical Touch

Loving and gentle Physical Touch often gets rarer as someone ages, which is particularly difficult for elders who speak this love language. Hugging, holding hands, gentle touch on the hands and arms, even something as simple as sitting close to them are warmly welcomed as signs of love and care.



Take the Love Language test on Wednesday, February 3rd, at 11 a.m. or 2 p.m., in the AR.



5. Receiving Gifts

Those who most enjoy Receiving Gifts are appreciating that you thought about them — that you put effort into knowing their taste and went out of your way to get them something. It isn't about the grandiose gifts, but the fact that they were on your mind makes them feel special. As you go about your daily life, simply keep them in mind; the next time you're in a store and see a book that you think they might enjoy or their favorite flower, pick it up for them. Homemade gifts are just as treasured as the costly ones, so don't feel you need to spend a lot or any money to make them feel loved.

The Five Love Languages can take your relationships to the next level with this deeper understanding of yourself and your loved ones.

What is your Love Language? Come and discover your Love Language by taking Gary Chapman's 5 Love Language Test on Wednesday, February 3rd, at 11 a.m. or 2 p.m., in the Activity Room. Don't miss it!

Maori Culture in New Zealand: Three Favorite Maori Legends

From legends of star-crossed lovers to the creation of light and dark, these myths form an oral history of our people and have been passed down through the generations. Many of the legends form the basis of Maori beliefs, revealing how pre-European Maori saw the world. We've got fond childhood memories of sitting with our elders, enraptured as we listened to stories of the bonds between the human, natural and spiritual world.



Hinemoa and Tutanekai, Rotorua's star-crossed lovers

The love story of Hinemoa and Tutanekai has been told around the shores of Lake Rotorua for centuries. Maori legend has it that Tutanekai lived on Mokoia Island in the middle of Lake Rotorua. Every evening, Tutanekai would play his flute, and the sound of the music could be heard across the lake on the mainland at Owhata. Here, it charmed the beautiful and noble-born Hinemoa who lived there. When Tutanekai paddled his waka (canoe) to visit the mainland, he met Hinemoa face to face, and they fell in love.

From then on, every evening Tutanekai would serenade Hinemoa with his flute from across the water. But Hinemoa's people did not approve of the match, so they hid all of the wakas. However, this wasn't about to stop Hinemoa — instead, she went about finding six large, dry, empty gourds as floats and decided to swim to the island. Arriving at Mokoia Island, Hinemoa stumbled across a hot spring, jumping in to warm up and refresh herself after the long journey. At that moment, Tutanekai's slave came over to collect water and Hinemoa lured him over, smashing his gourd and sending him back to his master. Tutanekai flew into a rage and came to investigate, only to find Hinemoa waiting for him in the hot pool. Like all good stories, the Maori legend of Hinemoa and Tutanekai ends with the couple living happily ever after.

(Continued on page 6.)

FEB 2021

Birthdays

Mary Anne Daniels, 2nd
 Thomas Donchez, 2nd
 Gloria Head, 3rd
 Michael Bradfield, 14th
 Barbara Gallas, 20th
 Marcia Tetrault, 26th

Locations

Activity Room, AR
 Atrium, AT
 Billiards Room, BR
 Bistro, BISTRO
 Chapel, CH
 Computer Center, CC
 Dining Room, DR
 Fire Pit, FP
 Fitness Center, FC
 Front Lobby, LOBBY
 Grand Piano, GP
 Grandma's Kitchen, GK
 Library, LIB
 Main Entrance
 Canopy, Canopy
 Movie Theater, MT
 Raised Bed
 Gardens, Garden
 Shuffleboard Court, SC
 Sitting Arbor, SA
 Swimming Pool, POOL
 TV Room, TV

Dining Schedule

8 a.m. — Breakfast
 12:30 p.m. — Dinner
 5:30 p.m. — Supper
 (Unless otherwise announced)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Welcome to New Zealand 1 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro 10:45 New Zealand Tourist Information Center, AT 2:00 The Poker Club, BR 2:00 Mah Jongg, TV 2:00 Learning the Haka, AT 3:00 Penny Poker, BR	8:00 Walking in the Sunshine, Lobby 2 9:00 Our Daily Bread, CH 10:30 Catholic Hour of Prayer, CH 11:45 Residents' & Managers' Meeting, DR 1:30 Bridge, BR 2:00 Mexican Train, TV 2:00 Bike Trail, FC 3:00 "T" for Tuesday Bingo, AR 7:00 Evening Show: Lord of the Rings, DR 	8:00 Walking in the Sunshine, Lobby 3 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 9:30 Hard Rock Cafe & Casino, Lobby 10:00 Let's Go Tracking, Lobby 11:00 DIY: Hobbit Homes, AR 2:00 The Poker Club, BR 2:00 Golf Day at Queenstown, AT  3:00 Rummikub, Bistro	8:00 Walking in the Sunshine, Lobby 4 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:15 Kiwi Smoothies, GK 10:30 Blood Pressure Screening with Four Corners, AR 11:45 Residents' & Chef's Meeting, DR 12:00 Team Spirit Day, DR 2:00 Golf, Anyone?, AT	8:00 Walking in the Sunshine, Lobby 5 9:00 Our Daily Bread, CH 10:00 It's All About Sheeps, AR 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 3:00 Sheep Races, AT 7:00 Evening Show: The Hobbit, DR	8:00 Walking in the Sunshine, Lobby 6 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippiity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR
8:00 Walking in the Sunshine, Lobby 7 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR	8:00 Walking in the Sunshine, Lobby 8 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro 2:00 The Poker Club, BR 2:00 Mah Jongg, TV 3:00 Penny Poker, BR	8:00 Walking in the Sunshine, Lobby 9 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring, Bistro 12:00 Hawthorn Adventure Wrap Up, DR 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR	8:00 Walking in the Sunshine, Lobby 10 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro	8:00 Walking in the Sunshine, Lobby 11 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 3:00 Orchard Heights' Derby, AR	8:00 Walking in the Sunshine, Lobby 12 9:00 Our Daily Bread, CH 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR	8:00 Walking in the Sunshine, Lobby 13 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippiity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR
VALENTINE'S DAY 14 8:00 Walking in the Sunshine, Lobby 9:30 Non-Denominational Sunday Service, MT 12:00 Valentine's Day Celebration, DR 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB  3:00 Bingo Resident Volunteer, AR	PRESIDENTS DAY 15 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro 2:00 The Poker Club, BR 2:00 Mah Jongg, TV 3:00 Penny Poker, BR	8:00 Walking in the Sunshine, Lobby 16 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring, Bistro 11:30 Mardi Gras Parade, DR 1:30 Bridge, BR 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR	ASH WEDNESDAY 17 8:00 Walking in the Sunshine, Lobby 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro	8:00 Walking in the Sunshine, Lobby 18 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 10:30 Chef's Corner: Flavors of the Season, GK 3:00 Orchard Heights' Derby, AR	8:00 Walking in the Sunshine, Lobby 19 9:00 Our Daily Bread, CH 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR	8:00 Walking in the Sunshine, Lobby 20 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippiity Popcorn Hour, AT 4:00 Men's Bible Study, LIB  4:00 Sit N Stitch, AR
8:00 Walking in the Sunshine, Lobby 21 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR	8:00 Walking in the Sunshine, Lobby 22 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 10:30 Blood Pressure Checkup with Angels, Bistro 2:00 The Poker Club, BR 2:00 Mah Jongg, TV 3:00 Penny Poker, BR	8:00 Walking in the Sunshine, Lobby 23 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:30 Catholic Hour of Prayer, CH 10:30 Adult Coloring, Bistro 1:30 Bridge, BR 2:00 Relation Chips & Dip, GP 2:00 Mexican Train, TV 3:00 "T" for Tuesday Bingo, AR	8:00 Walking in the Sunshine, Lobby 24 9:00 Our Daily Bread, CH 9:30 Chair Exercise with Ben, AR 2:00 The Poker Club, BR 3:00 Rummikub, Bistro	8:00 Walking in the Sunshine, Lobby 25 9:00 Our Daily Bread, CH 9:30 Fit-Beat Drumming, AR 10:00 Happy Hour, GK 10:30 Blood Pressure Screening with Four Corners, AR 3:00 Orchard Heights' Derby, AR	8:00 Walking in the Sunshine, Lobby 26 9:00 Our Daily Bread, CH 11:00 Zumba with Yvonne, AR 1:30 Canasta, BR 2:00 Bean Bag Baseball, AR 2:00 The Poker Club, BR 4:15 Monthly Birthday Celebration by Angels Care, AR 	8:00 Walking in the Sunshine, Lobby 27 9:00 Our Daily Bread, CH 2:00 Bridge, BR 2:00 Penny Poker, BR 3:00 Kim Poppins' Hippiity Popcorn Hour, AT 4:00 Men's Bible Study, LIB 4:00 Sit N Stitch, AR
8:00 Walking in the Sunshine, Lobby 28 9:30 Non-Denominational Sunday Service, MT 2:00 Penny Poker, BR 2:00 Women's Bible Study, LIB 3:00 Bingo Resident Volunteer, AR						



Maori Culture in New Zealand: Three Favorite Maori Legends (Continued)

Te Ika a Maui, the creation of the North Island

Take a look at a map of New Zealand — doesn't the North Island look a heap like a fish? According to Māori history, the North Island of New Zealand is known as Te Ika a Maui — “Maui's fish.” Maui appears in many Maori and Polynesian legends; he was the clever, gifted demigod of supernatural parents. But one of his most impressive achievements was fishing up New Zealand's North Island.

The story goes that because Maui's brothers weren't too fond of him, they decided to leave him behind when they went out fishing one day. Maui overheard them chatting and secretly made a fishhook from an ancestral jawbone before hiding under the floorboards of his brothers' canoe.

Once the canoe was far off shore, Maui jumped out from under the floorboards and threw his fishhook over the side of the canoe. Suddenly, Maui felt the hook touch something, and it dug in fast. With the help of his brothers, Maui hauled the fish to the earth's surface. Right away, before Maui could appease Tangaroa, the god of the sea, his brothers began to carve out bits of the fish — these are the mountains, lakes, valleys and rocky shorelines of the North Island. The fish's head is in the south of the island, and the tail is at the top. New Zealand's South Island is known as Te Waka a Maui, or “Maui's canoe,” and the Stewart Island is Te Punga a Maui — Maui's anchor stone.

The First Woman

According to Maori legend, the world as we know it was formed when Tane Mahuta — the god of the forest — prised apart Ranginui, the father of the sky, and Papatuanuku, the mother of the earth. Afterwards, Tane Mahuta and his brothers slowly went about making all things on earth and in the sky. When they were done, they had created a dazzling and beautiful world, but there were no people to enjoy it.

Tane Mahuta went about convincing the gods that they should make a woman, who could then go on to have children. The gods agreed, so Tane Mahuta took red earth from Papatuanuku and shaped it into the form of a woman. Impressed, Tawhiri Matea, god of the winds, whispered “Take my breath. Give her life.” And so Tane Mahuta bent over the woman he had created, placed his nose against hers and breathed deeply. Her chest moved, and she sneezed — “Tihei!”

The gods were ecstatic, and together they gave her the gift of life — mauriora — and the first woman, Hineahuone, was made.

Today, the hongi is the traditional greeting of the Maori people. It is known as the “breath of life” and is performed by pressing noses — just like Tane Mahuta did to breathe life into Hineahuone. This greeting makes the visitor at one with the tangata whenua or hosts.

We love sharing the legends of our people, and a part of the Tamaki Maori Village experience is the telling of authentic stories that have been handed down through generations, just like these ones. Beneath the canopy of an ancient tawa forest, guests get to enjoy many of the most colourful myths of New Zealand's Maori culture.



This-n-That, Here-n-There



The Chairman of the Board enjoying his exclusive drink.



Bob doesn't know what to think about his drink.



Lunch served to our Health Dept. in gratitude for all they do.



Better when we are together!



To all our residents, your staff is honored and grateful to serve you. Thank you!



Residents' Staff Party



Our beautiful Bernadette rolling out our first Happy Birthday Cart.



The Do Nothing Committee New Year's Pow Wow



3650 South Highway 27
Clermont, FL 34711



It's always Warm at



We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

352-242-2235