



Dear Residents, Families, & Friends,

My how the time does fly! August is here and with it another Wesley Haven Villa Anniversary! This year we'll be celebrating 17 years of service to the Pensacola senior community. We're proud of the life that we've created here for both our residents and those who serve them. Together we've built a life that is filled with goodness and joy! It's not unusual for visitors to make a statement about how happy everyone has smiles on their faces and is happy- and it's true. While we've had our challenges over the past couple of years, we've continued to value life and relationships and have been committed to not just promoting but defending the independence of our residents.

We know that too often residents arrive at WHV not because they really want to make a move to senior living but because their circumstances require it. We understand that that decision is very difficult and the adjustments that come with it are often really hard. It's been our goal to help ease the process as much as is possible with lots of love and kindness. We look forward to many more days of picnicking on the beach, sitting by the bay for a sunset dinner, touring our magnificent downtown and watching our favored Blues as they take to the sky. Here's to 17 years and endless days ahead! May the LORD continue to bless WHV!

Jennifer Colley

August 2022
Volume 17
Issue 8



AUGUST BIRTHDAYS

MARY MCKINNEY 8/15



Wellness Tip:

START YOUR DAY
WITH A GLASS OF
WATER.

Your body goes quite a few hours without hydration as you sleep. Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health and give you an energy boost

ALL AMERICAN BANANA SPLITS!



COME AND GET IT!
FRIDAY
AUGUST 26TH
3:00PM

- 1 medium banana, peeled and split lengthwise
- 1 scoop each vanilla, chocolate and strawberry ice cream
- 2 tablespoons sliced fresh strawberries or 1 tablespoon strawberry ice cream topping
- 2 tablespoons pineapple chunks or 1 tablespoon pineapple ice cream topping
- 2 tablespoons whipped cream
- 1 tablespoon chopped peanuts

FROM THE WELLNESS CENTER:

Hello Wesley Haven Family!

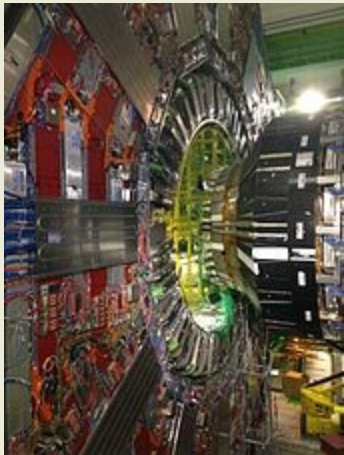
Wash you hands, wash your hands, wash your hands, wash your hands! We can't stress enough how important it is to wash and sanitize your hands throughout the day! This is the number one thing we can do to reduce the chances of picking up a communicable disease such as the flu or COVID. Please take advantage of the hand sanitizing stations located throughout Wesley Haven Villa! They are there for your use. Let us know if you are not feeling well. We are here to help. Soon we will be having our annual flu clinic and we hope to also be able to offer the latest COVID boosters. Stay tuned. Stay Well!

WHAT IS CERN? <https://en.wikipedia.org/wiki/CERN>

The **European Organization for Nuclear Research** (French: *Organisation européenne pour la recherche nucléaire*), known as **CERN** (/sɜːrn/; French pronunciation: [sɛʁn]); derived from the name *Conseil européen pour la recherche nucléaire*), is a European research organization that operates the largest particle physics laboratory in the world. Established in 1954, the organization is based in a northwest suburb of Geneva on the Franco–Swiss border and has 23 member states.^[3] Israel is the only non-European country granted full membership. CERN is an official United Nations Observer.

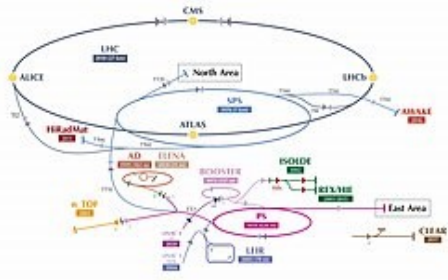
The acronym CERN is also used to refer to the laboratory, which in 2019 had 2,660 scientific, technical, and administrative staff members, and hosted about 12,400 users from institutions in more than 70 countries.^[6] In 2016 CERN generated 49 petabytes of data.

CERN's main function is to provide the particle accelerators and other infrastructure needed for high-energy physics research – as a result, numerous experiments have been constructed at CERN through international collaborations. CERN is the site of the Large Hadron Collider (LHC), the world's largest and highest-energy particle collider.^[8] The main site at Meyrin hosts a large computing facility, which is primarily used to store and analyse data from experiments, as well as simulate events. Researchers need remote access to these facilities, so the lab has historically been a major wide area network hub. CERN is also the birthplace of the World Wide Web.



CMS detector for LHC

CERN Complex



Current particle and nuclear facilities	
LHC	Accelerates protons and heavy ions
LEIR	Accelerates ions
SPS	Accelerates protons and ions
PSB	Accelerates protons
PS	Accelerates protons or ions
Linac 3	Injects heavy ions into LEIR
Linac4	Accelerates ions
AD	Decelerates antiprotons
ELENA	Decelerates antiprotons
ISOLDE	Produces radioactive ion beams



WHAT ARE THE BENEFITS OF FORGIVING? <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>

WHAT IS FORGIVENESS?

Forgiveness means different things to different people. Generally, however, it involves a decision to let go of resentment and thoughts of revenge.

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm. Forgiveness brings a kind of peace that helps you go on with life.

WHAT ARE THE BENEFITS OF FORGIVING SOMEONE?

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem



Nicole Vickers
Licensed Beautician
Tuesdays & Thursdays

MISSING

SOMETHING IS MISSING!

Extra! Extra! Read All About It!

The WHV Press seeks submissions from residents, families, and friends. Know someone with something to say, something to share? Send your news our way! Poems, quotes, stories, jokes, we want 'em!

BAD POETRY DAY –AUGUST 18TH

Some people say that there is no bad poetry. Some say that if you make an honest effort to communicate your feelings– in poetic form– you should be applauded and not compared. What do you think? We'll discuss this on Nat'l Bad Poetry Day August 18th at 10:00 in the library. Bring your best example of what you call "bad poetry".

Example of bad poetry

Hit by a truck

Lucky in love, lucky in love
Didn't forget me when I asked you to leave me
Didn't forget me
Now you're alongside me
You've brought luck to love
I've been hit by a truck in love.

Anonymous

NAT'L TELL A JOKE DAY!

STRESS RELIEF FROM LAUGHTER

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

SHORT-TERM BENEFITS

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

The Perfect
Love Poem?

Every time
I see Your face
It reminds me
of you!



Laughter
is the best
medicine, but if
you laugh for no
reason, you need
medicine.



111 E Wright St.
Pensacola, Florida
32501 850 434-1035
ALF #AL10688

Personal Services

Melinda Dyer RN
Erin Kanning MA
Vera Allen
Selina Dortch
Tamia Calhoun
Tyrah McDaniel
Mar'aja McKinstry
Angela Thomas
Trenicia Fails
Nykyria Washington
Maranda Gibbs
Macheel Carter
Lynnzey Miller
Karla White

Transportation

Mona English

Asst. Dining Services Director

Teresa Thomas

Dining Services

Arabia Emmons
Bryan Semple
Phyllis Sumler
Bernadette Hargrove
Jaelen Moorer
Andreka Hayes
Margaret Witherspoon

Environmental Services

Dashia Washington
Letitia Lewis
Daetrenell Brooks

Maintenance

First Impressions

Karen Knight
Ny'Keirra Montgomery

WESLEY HAVEN VILLA ASSOCIATES

Jennifer Colley

Courtney Wilkinson LPN

Donna Kent

Terri Bell

Molly Brewer

Nick Morrow

Administrator

Dir of Health Services

Administrative Asst. II

Dir of Dining Services

Life Enrichment

Facilities Manager

"Serving God's Older Children"

With a Gentle Hand
With a Warm Heart
With a Caring Spirit



Meeting our Resident's needs and
Exceeding their expectations with
Every service we perform every day.

