

And, this happened...

PICTURED RIGHT
Residents and staff had a great time at Family Night this past December



THE
encore

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Sonata
ASSISTED LIVING | MEMORY CARE
BOCA RATON

2017
HAPPY NEW YEAR

Happy New Year!

As the Holidays come to a close, I wanted to take a moment to thank each of you for your generous donation to the staff holiday fund. More than two thousands dollars was raised and divided amongst the staff.

We also hope you enjoyed our Family Night in December! Kudos to Marcia Butler (Lifestyle Director), Pat Coury (Lifestyle Director of Serenades Select), and Eddy Jallal (Food & Beverage Director), for preparing and planning such a wonderful event. I look forward to our next Family event in February!

As always, my staff and I are committed to providing the highest quality senior living services with sensitivity and compassion to our residents, team members and guests at all times. We actively seek new ways of exceeding the expectations of residents, co-worker, colleagues and guest on an ongoing basis by placing customer service and resident choice at the center of everything we do.

Michael Graham
Executive Director

JANUARY EVENTS
1/1 New Year's Day
1/18 Martin Luther King Day

RESIDENT BIRTHDAYS
1/6 Estelle Widfeuer
1/14 Donald Stone
1/17 Naomi Kraft

STAFF BIRTHDAYS
1/7 Michael Graham
1/15 Louis Smith
1/17 Kaymar Bossous
1/30 Maria Carbonneau

WINTER HEALTH TIPS FOR SENIORS

KEEP EATING HEALTHY!

Eat to support your immune system! This includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

LET THE SUNSHINE IN!

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day. Don't forget your sunglasses with UV protection, and protect yourself from windburn as well.

KEEP IN TOUCH :)

Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months.

{Excerpted from SeniorAdvisor.com. Visit their website for more winter tips}