



ABERDEEN HEIGHTS

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February 2018 • AL

Team Members

Anita Beatt

Executive Director

Brenda Hoff

Business Director

Robin Brander

Marketing Director

Tonya Morris

Director of Nursing

Amber Lowrey

Lifestyles Director

Michael Reichlin

Culinary Director

Paul Taylor

Maintenance Director

It's Your Right!

The hustle and bustle of the holidays is behind us and we are halfway through the winter weather. Getting through February will lead us to thoughts of warm spring days ahead. To cut down on the cases of cabin fever, we are very fortunate to have a full calendar of indoor activities! The activity I would like to call your attention to only occurs once a month. It is our Resident Council Meeting. Aberdeen Heights has a long tradition of a very strong Resident Council. The council is led by an elected president, vice president, and secretary/ treasurer. This statement of purpose is taken from the council by-laws.

The purpose of the Resident Council is:

1. To create a sense of community by verbal and written communication on topics of common interest.
2. To promote activities which enhance getting acquainted.
3. To develop by democratic means policies and procedures for the common good.
4. To provide a collective voice to transmit agreed suggestions to management.

It is your right as a resident of Aberdeen Heights to make your opinion known. Attending the Resident Council meeting is your platform for voicing opinions and/ or concerns and for getting the latest information on community issues from all the department heads. The next Resident Council meeting is scheduled for Monday, February 26th at 2:00 pm in the activity room. Please mark your calendar and make this a must do monthly activity for 2018! We look forward to seeing you there!

- Anita



Exceptional Senior Living



was on an aircraft carrier for two years and when he was finally discharged, they moved to Shawnee. They had four children, Roy III, Ann, Christopher, and Patrick, along with many grandchildren and even more great-grandchildren! Jeane stayed in Shawnee up until the time she moved to Aberdeen Heights. She enjoys singing in the choir, playing bingo, going to happy hour, and of course all of our arts and crafts! You will never catch Jeane without a smile on her face! If you haven't met Jeane, stop by and say hi!



..... *Meet Jeane!*

Jeane was born in Bristow, Oklahoma, on February 26, 1929. Her family came to Tulsa frequently to shop and have fun. Her mother was a nurse and would help a doctor here in Tulsa when he needed her. Jeane and her husband grew up in Bristow, although they went to different grade schools, they attended the same junior high and high school. Jeane was also voted as Miss Dr. Pepper (see photo). After graduation, Jeane went to the Conservatory of Music in Chicago to study vocal music. Her future husband, Roy, went to OU- Pre-med.

After a year at the Conservatory, Jeane became homesick and went back to Bristow to be with her family. That's when Roy asked Jeane to marry him. Jeane worked as a music teacher in Bristow for a year or so. Then Roy and Jeane got married in June 1950.

The newlyweds then moved to St. Lewis while Roy did his residency. Jeane helped put Roy through school.

After he graduated and became a surgeon, he was drafted into the Navy, moving his family to Camp Pendleton in California. He

Baking Christmas Cookies!

Every year our residents get together and bake Christmas cookies. We make the batter, roll out the dough, and carve out our favorite holiday shapes. Once the cookies are done and cooled, we make homemade icing of all colors and let our imaginations go wild! It brings back many wonderful memories of past holidays, whether it be making cookies with your children, your parents, or even close friends... it is a magical time you never forget!!



..... *Holiday Pajama Bingo!*



All of Aberdeen was dolled up in their holiday pajamas ready to take on the day, and of course, BINGO!

..... *Spread a little Christmas Cheer!*



Our residents put together a basket of candy canes, and we took a trip to our sister community, Aberdeen Memory Care. We passed out the candy canes as we sang some of our favorite Christmas carols. We then hung up the rest of the candy canes on their beautiful tree. I am not sure who was touched more by this small gesture, us, or them. It is such a heartwarming feeling, being able to make someone else smile!



Aberdeen Heights AL Calendar

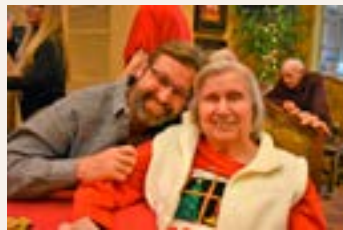
February 2018



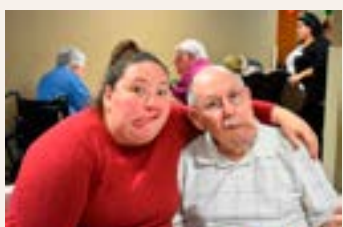
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AR.....Activity Room LR.....Living Room DR.....Dining Room PD.....Private Dining Room L.....Lobby C.....Chapel CY.....Courtyard CR.....Conference Room	Hula in the Coola 1 9:30 Build Muscles W/Mike/AR 10:00 Penny Poker Pals/Den 10:00 Coffee & Conversation/ L 10:30 Heart Craft W/ Amber/ AR 12:00 Hula Contest/ DR 1:30 Raising the Barre/ Exercise/C 1:45 Current Events W/ Christy/ AR 3:30 Dominoes/ AR 6:30 Bible Stories W/ Christy/ L	Groundhog Day! 2 8:45 Devotional & Prayer/PD 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:15 You be the Judge/ LR 10:45 Lunch Lovers/ Cheddars/Van 1:30 UNO w/Judy/L 3:00 Bingo Bunch W/Christy/AR 5:00 Silhouette Contests Winners announced/ DR 6:30 Trivia W/Linda/L	Homemade Soup Day! 3 9:00 Balloon Volleyball/AR 10:00 Coffee & Donuts W Judy/L 2:00 Mexican Dominoes/L 2:00 UNO Game / L 3:30 Snactivity W/JudyL 3:45 Table Talk/L 6:30 Saturday Night Flix/ Den
Super Bowl LII 4 10:00 Classic Movie Matinee/Den 10:00 UNO W/ Judy/L 2:00 Church W/Evergreen Baptist/C 3:30 Noodle Ball/ AR 5:30 Super Bowl Tailgate Party/ Den 6:30 Trivia W Linda/L	Early Bird Day! 5 9:30 Build Muscles W/Mike/AR 10:00 Shopping @ Walmart/Van 10:00 Coffee & Conversation/ L 1:30 Choir Practice W/Richard Hicks/AR 3:00 Bingo W/Amber/AR 6:30 Finishing Lines W/ Linda/ L	Night Owl Day! 6 9:30 Build Muscles W/Mike/AR 10:00 Penny Poker Pals/Den 10:00 Coffee & Conversation/ L 10:30 Gilcrease Slides / AR 2:00 Movie Matinee/ Den 3:00 Catholic Communion/ C 3:15 Dominoes/ AR 6:30 Wii Bowling / L	Alfredo Day! 7 9:30 Build Muscles W/Mike/ AR 10:00 Penny Poker Pals/Den 10:00 Book Club W/Robin/PD 10:15 Pathways Choir&Bingo/ AR 1:00 Aberdeen Bridge Club/ L 1:30 Wii Bowling/ L 2:30 Getting to the Core/C 4:00 Happy Hour w/ Richard Hicks/LR 6:30 Trivia W/Linda/L	Potato Lovers Day! 8 9:30 Build Muscles W/Mike/AR 10:00 Penny Poker Pals/Den 10:30 Heart Health Seminar with Encompass/ AR 11:00 MARY KAY By Daisy/ LR 12:00 Mike's Chef Showcase/ DR 1:30 Raising the Barre Exercise/ C 1:45 Current Events/ AR 3:30 Dominoes/ AR 6:30 Bible Stories W/ Christy/ L	Winter Olympic Games 9 8:45 Devotional & Prayer/PD 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:15 Chicken Soup for the Soul/ LR 10:45 Lunch Lovers/ Egg-it-on / Van 1:30 UNO w/Judy/L 3:00 Bingo Bunch W/Christy/AR 6:30 Trivia W/Linda/L	No Full Moon Day! 10 9:00 Balloon Volleyball/AR 10:00 Coffee & Doughnuts W/Judy/L 2:00 Mexican Dominoes/L 2:00 UNO Game/ L 3:30 Snactivity/ S'mores W/Judy/L 3:45 Table Talk/L 6:30 Saturday Night Flix/ Den
Make a Friend Day 11 10:00 Classic Movie Matinee/Den 10:00 UNO W/ Judy/ L 2:00 Church W/Evergreen Baptist/C 3:30 Noodle Ball/AR 6:30 Trivia W/Linda/L	Oatmeal Monday! 12 9:30 Build Muscles W/Mike/AR 10:00 Shopping @ Dollar Tree/Van 10:00 Coffee & Conversation/ L 1:30 Choir Practice W Richard Hicks/AR 3:00 Bingo W/Amber/AR 6:30 Mexican Dominoes/ L 6:30 BUNCO W/ Rebecca/ AR	Mardi Gras! 13 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:00 Penny Poker Pals/Den 10:30 Ragtime Bill on Piano/ LR 12:00 Fat Tuesday Parade / DR 2:00 Movie Matinee/ Den 3:00 Catholic Communion/ C 4:00 Mardi Gras Party w/ the Classics/ AR 6:30 Wii Bowling / L	Valentine's Day! 14 9:30 Build Muscles W/Mike 10:00 Book Club W/Robin 10:00 Penny Poker Pals/Den 12:00 Valentine's Celebration/ DR 1:00 Aberdeen Bridge Club/L 1:30 Wii Bowling/ C 2:00 Spouse Game/ LR 4:00 Valentine's Happy Hour w/John Southern /LR 6:30 Trivia W/Linda/L	Susan B Anthony Day 15 9:30 Build Muscles W/Mike 10:00 Coffee & Conversation/ L 10:00 Penny Poker Pals/ Den 10:30 Auction W/ Evergreen/ AR 1:30 Raising the Barre Exercise/ C 1:45 Current Events/ AR 4:00 Birthday Bash W/ Lighterside/ AR 5:30 PAWS Pets/ LR 6:30 Bible Stories W/ Christy/ L	Fact or Fantasy Day! 16 8:45 Devotional & Prayer/PD 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:15 You be the Judge/ LR 10:45 Lunch Lovers/ Marley's Pizza/ Van 1:30 UNO W/ Judy/ L 3:00 Bingo W/Christy/AR 6:30 Fact or Fiction W/Linda/L	Burgers & Beer Day! 17 9:00 Balloon Volleyball/AR 10:00 Coffee & Doughnuts W/Judy/L 2:00 Mexican Dominoes/L 2:00 UNO Game/ L 3:30 Snactivity/ Beer& Pretzels W/Judy/L 3:45 Table Talk/ L 6:30 Saturday Night Flix/Den
1st Ladies Day! 18 10:00 Classic Movie Matinee/ Den 10:00 UNO W/ Judy/ L 2:00 Church W/Evergreen Baptist/C 3:30 Noodle Ball/AR 6:30 Trivia W/Linda/L	US President's Day 19 9:30 Build Muscles W/Mike/AR 10:00 Shopping @ Walmart/Van 10:00 Coffee & Conversation/ L 1:30 Choir Practice W/ Richard Hicks/ AR 3:00 Bingo W/Amber/AR 6:30 Presidential Trivia W/ Linda/L	Cherry Pie Day! 20 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:00 Penny Poker Pals/Den 10:30 Cooking Crew w/ Amber/ AR 2:00 Movie Matinee/ Den 3:00 Catholic Communion/ C 3:30 Dominoes / AR 6:00 Family Night Bingo/ AR	Drink Wine Day! 21 9:30 Build Muscles W/Mike 10:00 Book Club w/Robin/PD 10:00 Penny Poker Pals/Den 1:00 Aberdeen Bridge Club/ L 1:30 Wii Bowling/ C 2:30 Getting to the Core/ AR 4:00 Happy Hour/Diana & Nancy/LR 6:30 Trivia W/Linda/L	Nat Margarita Day 22 9:30 Build Muscles W/Mike 10:00 Penny Poker Pals/Den 10:00 Coffee & Conversation/ L 10:30 Horse Races W/ Tom/ AR 1:30 Raising the Barre Exercise/ C 1:45 Current Events/ PD 4:00 Margarita Participation Party W/ the Guitar Boys/ AR 6:30 Bible Stories W/ Christy/ L	French Fry FRIDAY! 23 8:45 Devotional & Prayer/ PD 9:30 Build Muscles W/ Mike 10:15 Chicken Soup for the Soul/ LR 10:45 Lunch Lovers/ Steak-N-Shake/ Van 1:30 UNO w/ Judy / L 3:00 Bingo W/ Christy/ AR 6:30 Trivia W/ Linda/ L	Choco Peanuts Day! 24 9:00 Balloon Volleyball W/Residents & Associates/AR 10:00 Coffee & Doughnuts W/Judy/L 2:00 Mexican Dominoes/AR 2:00 UNO W/ Judy/ L 3:30 Snactivity W/Judy/L 3:45 Table Talk/ L 6:30 Saturday Night Flix/Den
Shhhhh Day! 25 10:00 Church w/ Bill Haynes/ C 1:30 UNO W/ Judy/ L 3:30 Noodle Ball/ AR 6:30 Trivia W/ Linda/ L	Blue Jean Monday! 26 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:00 Shopping @ Walgreens/ Van 2:00 Resident Council Meeting/ AR 3:00 Bingo Bunch w/Amber/ AR 6:30 Bunco W/ Rebecca/ AR 6:30 Mexican Dominoes/ L	Borrow a Book Day! 27 9:30 Build Muscles W/Mike/AR 10:00 Coffee & Conversation/ L 10:00 Penny Poker Pals/Den 10:30 Crafts W/Ann/AR 1:00 Tulsa Library/ Van 2:00 Movie Matinee/ Den 3:00 Catholic Communion / C 3:15 Dominoes/ AR 6:30 Wii Games W/Linda/L	Short Day! 28 9:30 Build Muscles W/Mike 10:00 Book Club w/Robin/PD 10:00 Penny Poker Pals/Den 1:00 Aberdeen Bridge Club/ L 1:30 Wii Bowling/ C 2:30 Getting to the Core/ AR 4:00 Happy Hour/ Danny Miller/LR 6:30 Trivia W/Linda/L			

..... Oh, What a Joyful Night!

Everyone had such a great time at our annual holiday party! With great food, wonderful music, and excellent company, what's not to like!? Thank you to all the residents, families, and friends who attended this special event, and a BIG thank you to all the associates who helped make for one spectacular evening!



Our associates definitely clean up good!!!



Jimmie, why the long face?



Harriet, you're supposed to smile! haha!



Jackie and Jerrie sure make twinning look good!



Our Culinary associates were ready to get the party started!



We are so thankful that families come back year after year to help us make the night special! Jose, Audrey, and Lisa... you are all amazing!



The Party Continues-
Dance the Night Away



Birthdays

Resident Birthdays

Billie F	11
Betty Bo.....	11
Irene Mc.....	11
Mary J.....	12
Linda F.....	22
Jeane K.....	26
Neva P.....	28

Associate Birthdays

Theresa C.....	03
Dan N.....	06
Diana W.....	14
Brenda Com.....	25
Alice L.....	28
Sabrina Y.....	29

Welcome

Welcome New Residents

Rod S

Love Your Heart

February is American Heart Month—a time to reflect on the sobering fact that heart disease remains the number one killer of both women and men in the United States. The good news is you have the power to protect and improve your heart health.

To protect your heart, the first step is to learn your own personal risk factors for heart disease. Risk factors are conditions or habits that make you more likely to develop a disease. Risk factors can also increase the chances that an existing disease will get worse.

Certain risk factors can't be changed. But you do have control over some important risk factors such as high cholesterol, high blood pressure, smoking, excess weight, diabetes and physical inactivity. Many people have more than one risk factor. To safeguard your heart, it's best to lower or eliminate as many as you can because they tend to "gang up" and worsen each other's effects.

To tackle your heart risk factors, it helps to know your numbers. Ask your health care provider to measure your blood cholesterol and blood pressure. Then determine if your weight is in the healthy range.

Regular physical activity is another powerful way to reduce your risk of heart-related problems and enjoy a host of other health benefits. To make physical activity a pleasure rather than a chore, choose activities you enjoy. Take a brisk walk, play ball, lift light weights, dance or garden. Even taking the stairs instead of an elevator can make a difference.

"At least 2-and-a-half hours a week of moderate-intensity physical activity can lower your risk of heart disease, stroke, hypertension and diabetes—a winner on multiple counts," says Dr. Diane Bild, a cardiovascular epidemiologist at NIH.

Finally, don't forget that you can influence your loved ones' heart health by setting an example. Do you have children, grandchildren or other young people who look up to you? If you follow a heart-healthy lifestyle, it's more likely that they will, too. Because heart disease begins in childhood, one of the best things you can do for those you love is to help children build strong bodies and healthy habits.

The bottom line is, it's never too late to take steps to protect your heart. It's also never too early. Start today to keep your heart strong. Talk to your doctor about your risk and to create an action plan.

<http://newsinhealth.nih.gov/>



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