



*Floridean Nursing  
& Rehabilitation Center*

# The *Floridean*



Winter 2005

## Our Team

**Kelley Rice-Schild**

**Monica Calonge**

Administrator

**Carmen C. Fernandez**

Medical Director

**James Hutson**

Medical Director Emeritus

**Barbara Dreyer**

Administrative Assistant

**Luis DeSocarraz**

Director of Environmental  
Services

**Carol O'Dell**

Director of Social Work

**Deborah Suarez**

Director of Case Management

**Evangelina Viguera**

Directory of Dietary

**Ricky Somintac**

Business Office Manager

*Simply the Best!*



## Results from our Satisfaction Survey

### What makes a rehabilitation center the best?

**A** dedicated, professional and qualified staff are very good indicators of quality care and makes The Floridean better than the rest. According to results of our recent Satisfaction Survey, patients and families at The Floridean note their very high satisfaction with the "Quality of Life" and "The Care Received From Nurses". The friendliness, professionalism and responsiveness of staff were rated at the highest level possible. In fact, The Floridean's staff received the highest marks, with 97% indicating that they "Strongly Agree" to the five questions in that area. The questions asked for opinions regarding the competence, attitude, and responsiveness of the staff.



### The good, the bad and the ugly

Constructive criticism is just as important as the accolades. One way to continue to be the best is to ask for an honest opinion regarding things that should improve. The management team records each suggestion and takes action to address the concerns. Last year, there was a concern regarding the security of personal belongings, so The Floridean joined the Senior Crime Stoppers program, and have locked boxes installed at a resident's request.

Testimonials get to the heart of care giving at The Floridean: "I want to tell you how absolutely wonderful the nurses are. They have been so sweet, kind, funny and understanding." Another family's sincere thoughts, "I consider the place the pearl of the nursing homes in Miami" and "From all the nursing homes I've seen, this is the best."

Satisfaction surveys are a valuable tool to understand what is done right, where improvement is needed and to offer positive feedback for a job well done.

## Nurses Notes

Department of Nursing

### Cultural diversity

It is not expected for nurses and health care providers to be experts in all cultures; however, it is very important to understand the culture of the residents who live in your facility. At Floridean Nursing and Rehabilitation Center, we usually have a cultural diverse group who live in our facility, so we are obligated to provide a culturally diverse care for our residents.

Culturally diverse nursing care refers to the variability of nursing approaches needed to provide culturally appropriate care. Cultural values are very strong and people do not let them go unnecessarily. For some culture, it is extremely hard to come to the decision to place their love ones in a nursing home. They worry about the care, the attention and most of all what is acceptable and not acceptable in their culture. So, it is important for the residents and their family to know that their culture and beliefs will be incorporated in their care.

The team at Floridean is a culturally diverse group, which greatly assists in providing the care expected from our residents. By recognizing our personal biases, we become more cultural sensitive and more aware of our residents' cultural issues. It requires to have an open mind and also an honest examination of our own values and beliefs in order to understand another culture. As health care professionals, we are obligated to think out of the box and provide the care to our residents in a holistic manner.

*Amina Dubuisson*  
Interim Director of Nursing

## Success Stories

Department of Rehabilitation

### SHIP SHAPE – Be the Best You Can Be

“Exercise More” is American’s #1 New Year’s Resolution. It helps with other annual pledges like loose weight and get in shape. To enhance our Rehab Program we will be incorporating “Ship Shape!” a daily afternoon exercise class. The goals of the class are to assist patients in their strengthening program, increase their cardio output and attain their rehab goals faster and easier. The class will be held in the therapy room each afternoon, will use a variety of equipment and techniques such as; hand weights, music and exercise videos. This upbeat class will be lead by our therapists and help motivate all those participating to become stronger, healthier and independent. For those who have individual therapy in the morning, this is the perfect compliment and a great way to make new friends and have fun while doing something positive for yourself. Make those New Year’s Resolutions stick and join us on January 17, 2005.

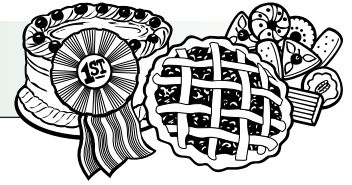
**Ship Shape**  
**Monday – Friday**  
**1:30 pm**  
**Therapy Department – 2nd Floor**

*Debbie Suarez*  
Director of Case Management



## Serving Spoon

Department of Dietary



The Pillsbury Bake-Off has judged “The Best” recipes from amateur cooks for 54 years. Since their first competition in 1949, more than 4,000 finalists have vied for the Grand Prize. The first winner took home \$50,000. The 2004 winner walked away with \$1 million.

To honor “The Best of The Best” recipes – and their creators – that have most touched Americans' lives, Pillsbury established the Bake-Off Hall of Fame as part of the contest's 50th anniversary celebration. Chosen based on consumer popularity throughout the years, the Hall of Fame recipes represent a slice of American cooking history.

The following Hall of Fame recipe was created by Edna M. Walker from Eden Prairie, Minnesota at the 20th Bake-Off Contest in 1969.

### Magic Marshmallow Crescent Puffs

Refrigerated crescent rolls magically transform into luscious sweet rolls.

#### Ingredients:

- Rolls
- 1/4 cup sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon cinnamon
- 2 (8-oz.) cans Pillsbury® Refrigerated Crescent Dinner Rolls
- 16 large marshmallows
- 1/4 cup butter or margarine, melted

#### Glaze

- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla
- 2 to 3 teaspoons milk
- 1/4 cup chopped nuts

#### Preparation Directions:

1. Heat oven to 375°F Spray 16 medium muffin cups with nonstick cooking spray. In small bowl, combine sugar, flour and cinnamon; mix well.
2. Separate dough into 16 triangles. For each roll, dip 1 marshmallow in melted butter; roll in sugar mixture. Place marshmallow on shortest side of triangle. Roll up, starting at shortest side and rolling to opposite point. Completely cover marshmallow with dough; firmly pinch edges to seal. Dip 1 end in remaining butter; place butter side down in sprayed muffin cup.
3. Bake at 375°F for 12 to 15 minutes or until golden brown. (Place foil or cookie sheet on rack below muffin cups to guard against spills.) Cool in pan 1 minute. Remove rolls from muffin cups; place on wire racks set over waxed paper.
4. In small bowl, blend powdered sugar, vanilla and enough milk for desired drizzling consistency. Drizzle glaze over warm rolls. Sprinkle with nuts. Serve warm.

**16 rolls**

## Where Patients Are Guests

Administration

Here at The Floridean, each and every employee strives to do the best for our residents. We've become known as the best (nursing home) in South Florida because of our high level of care and family-like atmosphere – we're appealing to all, no matter which cultural background our resident's have. Our Mission is to provide a caring family environment while addressing each resident's unique and individual needs.

So how do the residents feel about living here? All you have to do is ask . . . they love it. People choose to live in the home because of its high quality of care and home-like environment.

*Monica Calonge, Administrator*

### Some facts about Americans and America

- America has twice the number of shopping malls as it does high schools
- The divorce rate per thousand in the United States is 6.2
- The average days of paid vacation an American worker gets is 10. Germany and Spain average 30. Britain, Australia and the Netherlands average 25. Japan averages 18, China 15
- The average American produces 1,637 pounds of garbage per year
- The percentage of U.S. households with three or more vehicles: 18.3
- The number of lawyers per thousand in the United States: 3.11

## The Heartbeat

Department of Activities

Sending a special thanks to everyone who helped us celebrate our Holiday Season here at the Floridean: St. Michael's Carolers, The Isola Salina Lodge, Ibiley School, Epiphany School, First United Methodist Church of Coral Gables Carolers, Dedication Dance Group, and our own Suzan DeGooyer & Flute Ensemble.

### Special Events for January

- **New Year's Celebration** will be held on January 1st at 12pm. We are going to ring in the Year with a countdown, lunch and a party complete with noisemakers, hats and confetti.
- Lunch out on the Town on January 4th at Noon
- **City of Miami Community Outreach Program Petting Zoo** Featuring all different farm animals. Visiting with animals can help people feel less lonely, and less depressed. Visits from animals can provide a welcome change from routine, or the renewal of old friendships. People become more

active and responsive both during and after visiting with animals. The visits offer entertainment and a welcome distraction from pain and infirmity. People often talk to the animals, and share with them their thoughts and feelings and memories. Animal visits provide something to look forward to. Stroking a dog or cat can reduce a person's blood pressure. Petting encourages use of hands and arms, stretching and turning. Pets make it easier for two strangers to talk. It gives people a common interest and provides a focus for conversation. Many people in hospitals or group homes have had to give up pet ownership and they miss the casual acceptance a pet gives them. Animals pay little attention to age or physical ability, but accept people as they are. The benefits continue even after the visit. The visit leaves behind memories not only of the visit, but of past experiences. It offers something for people to share. January 12th at 10:30am.

### Some New Year's Symbols and Traditions

- People in the southern United States eat black-eyed peas for good luck.
- The baby and old man have been symbols of the new and old year since the time of the ancient Greeks.
- The Romans derived their name for the month of January from their god Janus, who had two faces, one looking forward and one looking backward.
- In Spain and Portugal, celebrants gather with 12 grapes in their hands. As the clock strikes midnight announcing the new year, a grape is eaten for each strike of the clock.
- In Greece, a special New Year's bread called vasilopita is served and in it is hidden a lucky coin or charm. The bread is served at midnight and whoever gets the charm will have good luck all year.
- Many Europeans eat cabbage or other greens to ensure prosperity for the coming year.
- In Asia, people eat dumplings, noodles and rice cakes whose names and appearances symbolize long life, happiness, wealth and good fortune.
- People gather for parties on the New Year because of the belief that what a person does on the first day of the New Year foretells what he will do for the remainder of the year.

#### Strange ways to celebrate

- Peruvians wear yellow underwear
- Italians wear red underwear
- Neapolitans throw pots and pans and sometimes furniture – out their windows into the streets
- Puerto Rican children throw pails of water out windows to rid their houses of evil spirits
- Muscovites gather at Red Square and throw empty vodka bottles into the air, often causing injuries to themselves

#### Just for luck

- The Swiss let a drop of cream hit the floor on New Year's Day
- Romanians wish their farm animals New Year's wishes, and then listen to see if their animals talk back
- Nepalese celebrate with a four-day parade

- **Parrot Jungle Outing** Austrian born Franz Scherr came to America in 1911, and 25 years later, he started a most unusual tourist attraction, Miami's Parrot Jungle. Parrot Jungle is now the home for 1,100 tropical birds, 2,000 varieties of plants and flowers, and the best trained bird show in the world. It is a place where exotic birds "fly free" everyday. For your total entertainment, Parrot Jungle Island offers memorable opportunities to Feed birds, fish and flamingos, Interact with trainers and animals as they stroll the park, Take Kodak photos with some our exotic and rare animals and watch the shows: Winged Wonders, Reptile Giants, and Wild Encounter. January 18th at 10am.
- **Chinese New Year Luncheon** Featuring an Oriental Menu of Beef Lo Mein or Orange Glazed Chicken, Steamed White Rice, Egg Rolls, Mandarin Orange & Pineapple Fruit Cup. Wednesday, January 19th at 12:00 pm.
- **Birthday Bash** on Friday, January 28th at 2:15 PM with the music of Chuck Palamera.

**Special Events for February**

- **Superbowl XXXVIII** Organization, discipline and physical and mental toughness. Every team talks about them, but few can actually attain them. Who will win? Join us at our Tailgate Party on Sunday the 6th at 12:00pm. Following the luncheon, the game will be playing in the Library.
- February has long been a month of romance. Across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. We will be celebrating Valentines Day with a **Sweet Heart's' Candlelight Dinner** on the 14th at 5pm.
- **Knaus Berry Farm Amish Bakery** located in the heart of Homestead. The Amish are well known for their knowledge in preparing wholesome food for their families, and the owners are proud to be able to pass this ancient tradition onto you and your family. Go back in time as you savor the bakery's bread, rolls, cinnamon, rolls, pecan cinnamon rolls, cookies, jams, noodles, cinnamon raisin bread, and twist breads...everything is made from scratch. Tuesday, February 15th at 11:00am
- Black History Month is the reaffirmation of struggle and determination to change attitudes and heighten the understanding of the African

experience. In the words of Ralph Crowder, "the observance must be a testimony to those African pioneers who struggled to affirm the humanity of African peoples and a challenge to the present generation to protect and preserve...the humanity of all peoples of African descent." We will be honoring Black History Month on Wednesday, February 16th with a special luncheon.

- **Birthday Bash** on Friday, February 25th at 2:15 PM with the music of Chuck Palamera.

**Special Events for March**

- Lunch out on the Town on March 1st at Noon
- The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston. We will be celebrating St. Patrick's Day with a Luck O' the Irish St. Patrick's Day Luncheon on March 17th at noon.
- **Coral Gables Farmers Market At Merrick Park**, located in front of City Hall at 405 Biltmore Way, in addition to just-picked produce, baked goods and plants, there are free activities for Market shoppers. Saturday, March 19th at 10:30am.
- **Birthday Bash** on Friday, March 25th at 2:15 PM with the music of Chuck Palamera

We have a full schedule...one that I hope everyone will participate in and enjoy. If there are any requests or suggestions, or if you are interested in volunteering your time here at the facility or on an outing, please notify the Activities Department.

*Birthdays*

| January                           | March                   |
|-----------------------------------|-------------------------|
| Nadine Bailey 1/7                 | Marie Pierre 3/2        |
| Virgilio P.Panizales 1/8          | Luz Oronea 3/6          |
| Miriam Perez 1/12                 | Aliette Saint-Aime 3/08 |
| Ruby Lawrence 1/13                | Ledese Jasmin 3/13      |
| Isaura Gonzalez 1/28              | Patricia Marrero 3/17   |
| Ruben Coronel 1/30                | Violeth Sanchez 3/18    |
|                                   | Esther Altidor 3/18     |
| <b>February</b>                   | Betty Mckenzie 3/23     |
| Purificacion (Fay) Nepomuceno 2/2 | Marie Leveille 3/25     |
| Milka Charles 2/06                |                         |
| Ruby Somintac 2/14                |                         |

## What is the Best Diet?

First it was “The Four Basic Food Groups”, then “The Food Wheel”, and for 14 years the U.S. Department of Health and Human Services has touted “The Food Guide Pyramid” to communicate how to eat right. But, this too will change in 2005.

Officials are looking for a new symbol to replace the Food Guide Pyramid, adopted in 1992, or at least a catchy slogan that would entice people to explore for further information on how to improve their diets.

The department's graphic pyramid as it exists now has a major shortcoming: "One size fits all" guidance does not fit all. For instance, the pyramid simply recommends 6 to 11 daily servings of bread, cereal, rice and pasta. One has to go to the guidelines themselves to learn that six servings are recommended only for sedentary women and some older adults while 11 servings are recommended for teenage boys, many active men and some very active women.

The base of the USDA Pyramid is made of complex carbohydrates, implying that all complex carbs are good. In fact, inside your body, refined complex carbs such as white bread, white rice, pasta and potatoes cause the same dramatic increases in blood sugar and insulin in the same amount of time as pure sugar. Also, in the era of “Atkins”, many have found the secret to weight loss is to limit carbohydrates.

Furthermore, the Food Pyramid fails to identify healthy sources of protein. The USDA guide includes red meat, fish, poultry, eggs, nuts and beans in the protein category, and it is true that all of these foods are great sources of protein. However, the lack of saturated fat in fish and poultry make them better choices than red meat and the extra vitamins and healthy unsaturated fats found in nuts and beans make them excellent choices as well.



## Safety Zone

Department of  
Environmental Services

### Too Much Garbage

American homeowners produce millions of tons of garbage each year. Garbage containing organic waste, plastics, paper, glass, metal, and all manner of toxic materials. Local sanitation departments and private haulers truck this garbage away, and for many homeowners that is the end of it.

Yet garbage continues to affect citizens as it is processed into the local environment and ecosystem. More than two thirds of our garbage goes into landfills, whose effluents pollute local soil and trickle down into the groundwater supply. Some garbage is burned, polluting the air with toxic emissions and creating potentially toxic ash residue. Sometimes garbage is illegally dumped into local waters.

#### Here are some things to help in dealing with pollution and polluters:

- Report polluters to the department of sanitation
- Always recycle. Some communities have laws requiring citizens to separate and recycle materials such as cardboard, colored paper, cans, glass, plastics and newspapers.
- Dispose of garbage properly, dumping materials such as mattresses or appliances not only pollutes, but may be illegal.
- Dispose of hazardous substances properly, find out the proper place to dump motor oil, paints, petroleum and pesticides.

If a neighbor or local business is polluting your area, it may be up to you to take action.

*Luis DeSocarras*

*Director of Environmental Services*

# January 2005 Calendar of Events

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|--|---|--|---|---|--|
|   |  |   |  |   |   | <b>1</b><br>12:00<br>New Year's<br>Countdown<br>Luncheon |
| <b>2</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish  | <b>3</b>   | <b>4</b><br>11:30 AM<br><b>Outing</b><br>Lunch out on the<br>town   | <b>5</b>   | <b>6</b><br>11:00 AM Mass by<br>St. Michael's<br>Catholic Church  | <b>7</b>  | <b>8</b>   |
| <b>9</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish  | <b>10</b>  | <b>11</b><br>2:00 PM<br>Food Committee<br>Meeting<br><br>3:00 PM<br>Resident Council  | <b>12</b><br>10:30<br>City of Miami<br>Police Community<br>Outreach Animal<br>Farm | <b>13</b>   | <b>14</b>   | <b>15</b>  |
| <b>16</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish | <b>17</b><br><i>Martin Luther<br/>King Jr. Day</i> | <b>18</b><br>11:30 AM<br><b>Outing</b><br>Parrot Jungle   | <b>19</b><br>11:30<br>Chinese New Year<br>Luncheon                                 | <b>20</b><br>11:00 AM Mass by<br>St. Michael's<br>Catholic Church | <b>21</b>   | <b>22</b>  |
| <b>23</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish | <b>24</b>  | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b><br>2:15 PM<br>Birthday Bash<br>with Chuck | <b>29</b>  |
| <b>30</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish | <b>31</b>  | <b>EMPLOYEE ANNIVERSARIES</b><br>Norma Agunod 1/02/03<br>Marie Calixte 1/9/99<br>Nohora Cely 1/12/01<br>Monica Calonge 1/18/99<br>Emmanuel Menard 1/20/03<br>Juliana Ayo-Ajayi 1/22/04<br>Robin Spaulding 1/24/91 |  |   |   |  |

# February 2005 Calendar of Events

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|--|--|---|-----------|
|   |  | <b>1</b><br>11:30 AM<br><b>Outing</b><br>Lunch on the town                           | <b>2</b><br><i>Gound Hog Day</i>   | <b>3</b>   | <b>4</b>  | <b>5</b>  |
| <b>6</b><br>12:00 Superbowl<br>Tailgate Party<br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish | <b>7</b>   | <b>8</b><br>2:00 PM<br>Food Committee<br>Meeting<br>3:00 Resident<br>Council Meeting | <b>9</b>   | <b>10</b><br><i>Lincoln's Birthday</i><br>11:00 AM<br>Mass with<br>St. Michael's<br>Catholic Church                                    | <b>11</b>   | <b>12</b> |
| <b>13</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish                                     | <b>14</b><br><i>President's Day</i><br>5:00 PM<br>Valentine's Day<br>Sweethearts<br>Candlelight Dinner | <b>15</b><br>11:30 AM<br><b>Outing</b><br>Knaus Berry Farm                           | <b>16</b><br>10:30 AM<br>Family Meeting<br>12:00<br>Black History<br>Lunch | <b>17</b>  | <b>18</b>   | <b>19</b> |
| <b>20</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish                                     | <b>21</b>  | <b>22</b>  | <b>23</b><br><i>Ash Wednesday</i>  | <b>24</b><br>11:00 AM<br>Mass with<br>St. Michael's<br>Catholic Church   | <b>25</b><br>2:15 PM<br>Birthday Bash with<br>Chuck | <b>26</b> |
| <b>27</b><br>2:30 - Religious<br>Services English<br>3:00 - Religious<br>Services Spanish                                     | <b>28</b>  |  |  | <b>EMPLOYEE ANNIVERSARIES</b><br>Isaura Gonzalez 2/1/93<br>Williams(Bill) Vigoa 2/6/95<br>Faye Jacques 2/26/71<br>Ruby Lawrence 2/9/00 |   |           |

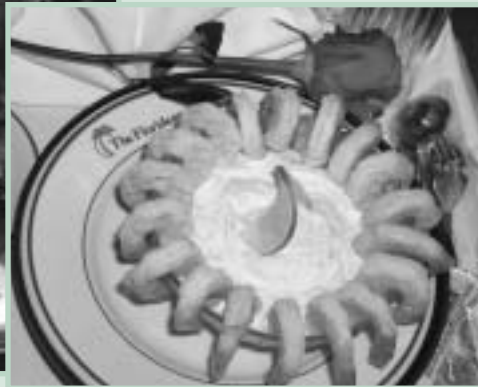


# March 2005 Calendar of Events

| SUNDAY  | MONDAY    | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|-----------|--|--|---|---|--|
|   |           | <b>1</b><br>11:30 AM<br><b>Outing</b><br>Lunch on the town                         | <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>   |
| <b>6</b><br>2:30 - Religious Services English<br>3:00 - Religious Services Spanish  | <b>7</b>  | <b>8</b><br>2:00 PM<br>Food Committee Meeting<br><br>3:00 Resident Council Meeting | <b>9</b>   | <b>10</b><br><i>Lincoln's Birthday</i><br><br>11:00 AM<br>Mass with St. Michael's Catholic Church | <b>11</b>   | <b>12</b>  |
| <b>13</b><br>2:30 - Religious Services English<br>3:00 - Religious Services Spanish | <b>14</b> | <b>15</b>  | <b>16</b><br><i>St. Patrick's Day</i><br><br>12:00<br>Luck O' Irish Luncheon | <b>17</b>   | <b>18</b>   | <b>19</b><br><i>Spring Begins</i><br><br>11:30 AM<br>Coral Gables Farmers Market |
| <b>20</b><br>2:30 - Religious Services English<br>3:00 - Religious Services Spanish | <b>21</b> | <b>22</b>  | <b>23</b>  | <b>24</b><br>11:00 AM<br>Mass with St. Michael's Catholic Church                                  | <b>25</b><br>2:00 PM<br>Birthday Bash with Chuck Palamera!  | <b>26</b>  |
| <b>27</b><br>2:30 - Religious Services English<br>3:00 - Religious Services Spanish | <b>28</b> | <b>29</b><br><i>Doctor's Day</i>   | <b>30</b>  | <b>31</b>   | <b>EMPLOYEE ANNIVERSARIES</b><br>Stacy Whiter's 3/3/03<br>Estrella Jimenez 3/13/00<br>Argentina Medina 3/13/00<br>Ema Avendano 3/28/1996<br>Marie Auguste 3/30/95 |  |



*Floridean's fish tank in a bright sitting area, is a popular attraction. There is a "Nemo", hermit crabs, exotic living corals and even shrimp! (photo courtesy of Sister Ana Iris)*



*Special request – Shrimp Cocktail (and we promise these shrimp are not from The Floridean's fish tank!) This is one example how the dietary team goes above and beyond to meet and exceed everyone's expectations.*



**Our Team** – *The Floridean Team makes sure that our patients are happy and safe – (Top Row, from left to right) Dr. Carmen Fernandez, Medical Director, Kelley Rice-Schild, Amina Dubuisson, Interim Director of Nursing, Barbara Dreyer, Administrative Assistant and Luis DeSocaraz, Director of Environmental Services (Bottom Row, from left to right) Monica Calonge, Administrator, Deborah Suarez, Director of Case Management, Evangelina Viguera, Director of Dietary and Diana Gonzalez, Director of Activities.*



**Mr. and Mrs. Santa** – *"The best Christmas Party ever!" was the overall sentiments from all those that attended. And this year, Mrs. Claus joined her husband in the celebration.*



**Seaquarium** – *The guys enjoying the wonderful fall weather during an outing at the Miami Seaquarium. Richard Kohn, Jim Fields and Andres Soto.*



**Bird** – *Just like home, The Floridean has pets too. For nearly six years Floridean's resident parakeets have delighted residents and visitors alike. (photo courtesy of Sister Ana Iris)*

# Super Duper

- AMAZING
- ASTOUNDING
- AWESOME
- BLISSFUL
- BRILLIANT
- DELIGHTFUL
- EXCELLENT
- FABULOUS
- FANTASTIC
- GORGEOUS
- GRAND
- GREAT
- GROOVY
- HEAVENLY
- INCREDIBLE
- MAGICAL
- MAGNIFICENT
- MARVELOUS
- NEAT
- PHENOMENAL
- SPECTACULAR
- SPLENDID
- SUPERB
- TERRIFIC
- TREMENDOUS
- UNBELIEVABLE
- WONDERFUL



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## Postscript

*“Better to do something imperfectly than to do nothing flawlessly.”*

– Roy Blount Jr.

Another year is upon us, which gives us time to reflect on the past and plan for the future. It is the perfect opportunity for a fresh start and accomplish new goals. Learn to dance Salsa, take Spanish lessons or vow to finish a 5K run in 2005. When we push ourselves to the limit, it is amazing that we are able to change and improve ourselves, at any age. Eastern mysticism embraces the following philosophy; “The more you are, the more you can become, and the more you can become, the more you can yet to be.”

At Floridean we are constantly in a forward moving direction making changes for the better.

Each January the Floridean Team spends an entire day planning for the coming year. We brainstorm and discuss areas that need improvement and how we can all exceed our patient’s expectations. Examples of changes for the coming year include the “Ship Shape” exercise group (see page 2) and reaching out to embrace the cultural diversities of our community.

Whatever this coming year brings you, challenges or triumphs, remember it the journey that matters. It is up to each of us to live our lives to the fullest, and be the most you can be.

*Kelley Rice Schild*



## The *Pulse*

The Floridean Nursing & Rehab Center  
47 Northwest 32nd Place  
Miami, FL 33125-4914

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PAID  
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Permit No. 4182

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Rehabilitation Center  
47 Northwest 32nd Place  
Miami, FL 33125-4914  
(305) 649-2911  
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e-mail: [office@floridean.com](mailto:office@floridean.com)  
[www.floridean.com](http://www.floridean.com)