

THE Lake Wylie Lifestyle



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
4878 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

Department Heads

Janice Eagles, LPN - Executive Director
Maggie Zeitvogel - Health & Wellness Director
Alyssa Salisbury - Sales Director
Valarie Elliott - Business Office Director
Kay G. Lee - Resident Program Director
Frank West - Dietary Director
Justin Payne - Maintenance Director
Savanna Byrd - Resident Care Coordinator
Jenna Fatula - Resident Care Coordinator

FROM THE DESK OF . . .

Dear Residents, Families, and Friends,
I want to wish you all a Happy New Year!

As we celebrate the new year, it is out with the old and in with the new! I hope everyone has a wonderful start to the new year and it brings new and exciting things. I would like to express our sincerest gratitude to everyone who generously donated to the employee appreciation fund. So many gifts and greetings came through our front door. Thank you to all who gave in any way to our residents and staff.

We are so excited to see what the year 2025 brings for each of us! Be on the lookout for some exciting things we have in store for the community!!

Thank you for making LWALF your home. We love and care about every one of you—it wouldn't be the same without you. My wish for all of us is good health, great happiness, and lots of fun and laughs in 2025.

From all of us at LWALF, Happy New Year!!

Janice Eagles, ED



JANUARY 2025

A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. "Paws" for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means "sea bear," and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet's largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means "an animal worthy of great respect."
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.



JANUARY 2025

Memory Care Location Key

- **AR- Activity Room**
- **LR- Living Room**
- **OB- Outside Patio**

Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous people of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.

Starting a New Chapter

“The new year stands before us, like a chapter in a book, waiting to be written.” — Melody Beattie

“The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams.” —Robert Brault

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| Residents' Birthdays 1- 2 - Evelyn Freeman 1- 2 - Osvaldo Rodriguez 1- 7 - Bobby Curtis 1- 7 - Joanne Gordon 1-12 - Barbara Oulette 1- 29 - William Thompson |  | Employees' Birthdays 1-4 - Christopher Charles 1-8 - Kay Lee 1-10 - Lorenzo Miller 1-28 - Beverly Coleman | New Year's Day 1 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Noodle Ball- AR 1:00 Quiet Time 2:00 Crafts & Fun w/Kerry-AR 2:30 Snack and Hydration-LR 3:00 Puzzle and Folding Time 6:00 TV Time-LR | 2 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:00 Time with Terry, the Chaplain 1:00 Quiet Time 2:30 Hot Chocolate & Cookie Social-AR 3:00 Noodle Ball - LR 6:00 Wind Down Music-LR | 3 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Snow Ball Toss- AR 1:00 Quiet Time 2:30 Snack and Hydration-LR 3:00 Game of Choice- LR 6:00 Movie Time and Relax-LR | 4 9:00 Daily Chronicles & Coffee-AR 10:00 Snack and Hydration-AR 10:30 Music Time- Oldies But Goodies-LR 1:00 Quiet Time 2:30 Snack and Hydration-LR 3:00 Beanbag Twister - LR 6:00 Game Show Watching Time-LR |
| 5 9:00 Morning Prayer & Devotion-LR 10:00 Snack and Hydration-AR 10:30 Faith/Spiritual Based TV Show or -Movie - LR 1:00 Quiet Time 1:30 Music - Hymns- LR 2:30 Snack and Hydration-LR 3:00 Noodle Ball-AR 6:00 Wind Down Music - LR | 6 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Exercise Class with Therapy-AR 1:00 Quiet Time 1:30 Beanbag Twister 2:30 Snack and Hydration-LR 3:00 Art Activity-AR 6:00 Relaxing Music -AR | 7 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Game of Choice - AR 1:00 Quiet Time 1:30 Fancy Nails - AR 2:30 Snack and Hydration-LR 3:00 Snow Ball Toss -LR 6:00 Movie Time - LR | 8 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Noodle Ball- AR 11:00 Pet Therapy With Jack and Dianne 1:00 Quiet Time 2:00 Crafts & Fun w/Kerry-AR 2:30 Snack and Hydration-LR 3:00 Puzzle and Folding Time 6:00 TV Time-LR | 9 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:00 Time with Terry, the Chaplain 1:00 Quiet Time 2:30 Hot Chocolate & Cookie Social-AR 3:00 Noodle Ball - LR 6:00 Wind Down Music-LR | 10 9:00 Devotion & Hymns-LR 10:00 Snack and Hydration-AR 10:30 Snow Ball Toss- AR 1:00 Quiet Time 2:30 Snack and Hydration-LR 3:00 Game of Choice- LR 6:00 Movie Time and Relax-LR | 11 9:00 Daily Chronicles & Coffee-AR 10:00 Snack and Hydration-AR 10:30 Music Time- Oldies But Goodies-LR 1:00 Quiet Time 2:30 Snack and Hydration-LR 3:00 Beanbag Twister - LR 6:00 Game Show Watching Time-LR |
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Having Fun at Our Breakfast With Santa Event!



January Employee of the Month



We would like to announce Dina Alvarenga as the Employee of the Month for January. Dina is one of our cooks

whose consistent dedication to providing great meals and attention to our resident dietary needs truly makes a difference. Dina has been a cook at Lake Wylie for one and a half years. Dina's favorite thing about working at Lake Wylie is the residents and always making sure they are happy and are enjoying their meals. When she is not at work, she enjoys spending time with her two fur babies, her dog Buddy and cat Tiger. Dina's hobbies are hiking, running, or spending time gardening in her flower gardens. Congratulations and thank you for being a part of the team!



HEALTHY
new year

