

Fuel the Brain

Use the visual clues in the puzzle to figure out what it says.

DASHOTRK	<i>Sticking it it</i>	enough = enough	GET THING
1. _____	2. _____	3. _____	4. _____
CARRY luggage	GLASS	A effort effort effort effort	S N E
5. _____	6. _____	7. _____	8. _____
fresh i i	SOCIETY	WHAMMY WHAMMY WHAMMY	dofooter
9. _____	10. _____	11. _____	12. _____

1. A shot in the dark 2. Sticking to it 3. Enough is enough 4. Get one thing clear 5. Carry-on luggage 6. The glass is half full 7. A for effort 8. Shaking things up 9. A fresh pair of eyes 10. High society 11. Triple whammy 12. A foot in the door



ALF # 13252

THE PLAZA AT PARKSQUARE

January 2023

January is named for the ancient Roman god Janus who is thought to have presided over the dawning of each new year. He was often referred to as the “god of beginnings.” The image of Janus is often symbolized by a face that looks both backward and forward at the same time— a reminder to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.

Regular Events

Social Hour w/ Life Entertainment

Every Day at 4:00pm

Tai Chi with Rafael

Every Sunday at 10:30am

Art & You w/ Norberto

Every Wednesday & Saturday at 2:00pm

Shabbat Services with Zipora and Evelyn

Every Friday at 3:00 (New time)

Errands: Wednesdays

Chair Yoga with Janet

Every Saturday at 10:30am

Walking Club

Saturdays and Mondays

This Month Outings Fridays

1/6 Festival Flea Market

1/13 Country Lion Country Safari

1/20 Lunch at Margaritaville

1/27 Ride by Wynwood

Upcoming Events

Short Story Circle with Glenda & Marilyn

Monday, Jan. 2

FIU Lifelong Learning Institute

New Year's at the Philharmonic, The Nutcracker

Suite and Handel's Messiah

Monday, Jan. 9

Resident Council Meeting

Monday, Jan. 23

Lunar New Year's Birthday Bash

Sunday, Jan. 22

FIU Lifelong Learning Institute

All the News that's fit to discuss

by: Dr. Alan Mason

Monday, Jan. 23

Activities Professionals Week

Spirit Week: Jan. 22-27

Happy New Year
2023



Your Community Staff

Mimi Israel

Executive Director

Jodi-Ann Coombs

Director of Administration

Barry Ger

Director of Sales & Marketing

Odalys Fernandez

Assistant Director of Resident Care

Kamran Zabihi

Director of Food Service

Brenda Siino

Director of Activities

Rita Collazo

Director of Resident Relations

Milourine Orange

Dining Room Manager

Jose Cabral

Director of Maintenance
& Housekeeping

From the Executive Director



Dear Residents,

Dear Residents and Families,
During this Season of New Beginnings, one often reflects on the moments from the past year for which we are most thankful. Friends and Family come to mind, but all of us at Plaza at Parksquare are reminded of how thankful we are for our Residents.

This past year has been a most difficult year for Plaza at Parksquare, Residents have come and mostly gone. We have undergone many changes to staff, protocols, and leadership. I am very positive that 2023 will bring a closure to the moratorium and we will see a very robust and thriving community once again.

This coming year will bring us Demys Gonzalez as the new Director of Resident Care to work alongside Odalys. Demys is an Advanced Practice Registered Nurse (APRN) who brings many years of experience with Senior Living, as well as hospice experience. Kamran Zabihi, Director of Food and Beverage will be introducing new menus in order to improve the dining experience. There will also be more interactive activities added to an already robust calendar.

As we bid farewell to 2022 and welcome a New Year, I would like to take this moment to thank you for choosing Plaza at Parksquare and hanging in there with us during this difficult past year. We are truly grateful to have you as a Resident and member of the Royal Integra Family.

Much health, wealth, and happiness for 2023!
Many blessings,

Mimi Israel
Executive Director

Month in Review



The History of New Year's Resolutions

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.



From the Director of Activities



Happy New Year!
 Let's keep roaring through the 20s with more action and fun!
 I am so grateful to have spent another year with all of you. Also, I am grateful for my activities team- they are awesome and they help bring the activities to life.
 We will be celebrating Activities Professionals week in January with a spirit week for all to participate in. Show your support for our Activities Team by participating.
 Closing out the year with our Choral Group show and our New Year's Eve Cruise party, we made some lasting memories.
 Coming up in the January, we have some fun outings to Wynwood, Lion Country Safari, and more. Please sign up for all outings. Also, we will be having Resident Council nominations. You can nominate anyone (including yourself) and if someone seconds the nomination, it's officially on the ballot.
 Who will be our next Resident Council? I look forward to finding out, and to all the fun we have to come.
 On behalf of myself and the entire Plaza Team, I want to extend our gratitude to all of our Residents and Families for the generous gifts and wishes for the Holidays.



January Happenings

January Zodiacs

Capricorn (Sea Goat)

January 1–19

They are often polite, but have strong opinions, direct, and rarely smile easily.

Aquarius (Water Bearer)

January 20–31

An Aquarian is very much a communicator but also likes to be alone. According to the Zodiac Society, Aquarians want to follow their own path and are truth seekers.

What's Lucky?

Lucky Color: **Purple**
 Lucky Animal: **Rabbit**
 Lucky Letters: **S and L**
 Lucky Day: **Tuesday**
 Lucky Plant: **Ivy**

Birthstone – Garnet
Flower – Carnation



January Birthdays

Eliezra F. Jan. 14
Richard Y. Jan. 15
Arlene G. Jan. 15
Janet B. Jan. 21
Bruce J. Jan. 30
Ronald B. Jan. 31



Special Days

- 1st Hot Tea Day
- 3rd J.R.R. Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 16th Martin Luther King Day
- 19th International Flower Day
- 21st International Hug Day
- 22nd Chinese New Year
- 25th Robert Burns Day
- 26th Australia Day
- 27th Mozart's Birthday
- 28th Jackson Pollock's Bday
- 29th Sundance Film Festival



History of National Activity

Professionals Day

Nationally active associations were surveyed in November 1980 to determine if there was an interest in forming a national association. The results of the survey, a letter sent out on February 2, 1981, and an expedition meeting were announced. On Saturday, March 21, 1981, the meeting happened at the Regency Nursing Center in Niles, Illinois. Attending the meeting were twenty active professionals from eleven states. With this small but dedicated group, the National Association of Acting Professionals (NAAP) began.

By February 1982, the NAAP began its first political action campaign against federal deregulation of threatened long-term care and operations. That same month, national members elected a Board of Directors from a select group at its third holding meeting. The first NAAP President was Sister Pat Murphy, who held the office for the next four years. The first annual NAAP Convention was held on April 29 and 30, 1983 in Cincinnati, Ohio.

Professional Activity Day was held on January 27, 1984. The fourth Friday in January is designated to celebrate Acting Professionals yearly and then it is expanded to include the whole week.