

OCTOBER 2010

STAY FOR A DAY GAZETTE



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HALLOWEEN



SPOTLIGHT ON OUR FRIEND LILA

Lila Handy was born April 11th 1930. She was born in Bland county Virginia. When Lila turned 5 she moved to Detroit Michigan. In 1986 Lila moved to Deltona with her husband. Lila was a "Colorist" painting black and white photos for photography studios. Once color film became popular she began oil painting portraits and landscapes. She was a paint instructor for ten years, now she paints for pleasure. Lila is an amazing woman. Lila is 80 years old, a widow two times, born with Cerebral Palsy and she lives alone takes care of herself. She still drives a van and rides a tri-cycle. To pass the time she loves to watch shows about oil paintings and spend the day at Stay for A Day.



"The Gateway" painting on the left for sale for only \$150.00.

To view more of her beautiful artwork please visit Lila's website at www.angelfire.com search for Lila's art room. Lila can be reached by email at ubandal@webtv.net



HAPPY BIRTHDAY TO...

Tata 10-17-1923
Ed fay 10-22-1930
lorena 10-03-1973



SAVE THE DAY!

Our hairdresser Debbie will be here to make us all even more beautiful on October 4th and October 25th!!!



PACK YOUR BAGS WE ARE TAKING A ROAD TRIP TO ALASKA!!

SILLY LAWS

If you visit Alaska it is illegal to...

Push a live moose from a moving airplane

Feed a moose alcoholic beverages

Wake a sleeping bear just for a photograph

MORE RANDOM FACTS

The cost of an Alaska vacation

Flight & Hotel \$2,315.67

Juneau is the State Capital it is the only state capital that can only be reached by air or sea.

Population 607,007

Home of the longest day when the sun rises on May 10th it does not set until November 18th.

Their largest cabbage was 98 pounds!

WHAT DO THEY MEAN?
Alaska slang what they said and what they mean are two different things.

Dog = Salmon

Cache = Corner Store

Southeast sneaker = brown leather boot

Breakup = Ice is melting

Termite Dust = The first snow

Quiviut = Wool from the Musk Ox

ALASKA FACTS

State Flower: Forget me-not

Longest Lake: 1,000 sq mi called Iliamna

Alaska was purchased from Russia in 1867 for under 2 cents an acre.

Moto: North to the future

Alaska has 29 volcanoes



The ONLY state to have a coastline on three different seas the Arctic, the Pacific, and the Bering Sea.

UPCOMING EVENTS DON'T MISS OUT ON THE FUN !!!

NEW NEVER BEFORE EVENTS !!!

Every Friday Thank God its Friday Party !! Music, Dancing, Wheel Chair Races & Walker Waltzing. Come and strut your stuff with us.



Daily at 2:00 Exercise circle. We will be exercising our minds, bodies, & smiles.



CAREGIVER TIP

William says "if you are the primary caregiver make sure you take a day off at least once a week. You can't go 24/7 without some time off your health will ultimately fail if you try to be a superman or superwoman!"

If you need time off please contact us. There are many options we can discuss with you.

HEALTH TIP

Its flu season get your flu shot. If your too busy for the doctor stop by your pharmacy. Make washing and drying your hands properly a habit. This is the best way to prevent the spread of germs. You can be sick even if you don't feel it.

VERONICA & VIVIAN

Thank you so much for everything you have done for everyone here. You have touched many lives on you journey. Good luck with your new endeavors. We all wish you well. You will both be missed.



Special Thank you to... Lila for sharing her stories and ideas.

OCTOBER ACTIVITIES

COME AND PICK YOUR TREAT !!!

10-05-2010 & 10-18-2010

Dollar Store @ 1:00

10-11-2010 at 12:00

Red Hat Society

10-12-2010 at 1:00

Shopping at K-mart

10-13-2010 at 10:30

Diamond Lil performs

10-14-2010 Cookout come and toast marshmallows with us!

10-15-2010 October Fest

10-15-2010 Bowling Trip 10:00

10-19-2010 Picnic in the park @ 10:00

10-20-2010 BINGO!

Savannah Court at 10:00

10-25-2010 Out to eat at the Fish House YUMMY @ 11:00

10-26-2010 at

Alley Cats perform

10-27-2010 Trip to the Farmers Market at 10:00

10-06-2010 & 10-28-2010 Ice Cream Trip

10-29-2010 HALLOWEEN PARTY Costume Contest!!

Our Open house

Poem of the month

October by Robert

Frost

O hushed October morning
 mild,
 Thy leaves have ripened to the
 fall;
 Tomorrow's wind, if it be
 wild,
 Should waste them all.
 The crows above the forest
 call;
 Tomorrow they may form and
 go.
 O hushed October morning
 mild,
 Begin the hours of this day
 slow.
 Make the day seem to us less
 brief.
 Hearts not averse to being
 beguiled,
 Beguile us in the way you
 know.
 Release one leaf at break of
 day;
 At noon release another leaf;
 One from our trees, one far
 away.
 Retard the sun with gentle
 mist;
 Enchant the land with
 amethyst.
 Slow, slow!
 For the grapes' sake, if the
 were all,
 Whose leaves already are
 burnt with frost,
 Whose clustered fruit must
 else be lost--
 For the grapes' sake along the
 all.



The **Randolph** family want to thank everyone who attended our open house. It was a pleasure to meet with all of you. We realize with all of you having busy schedules we didn't get a chance to meet with all the families. Please feel free to stop in any-time just to say hello or address any questions or concerns you may have. As always if you are to busy to call or stop in we can be reached by e-mail www.stayfortheday@yahoo.com



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www.stayfortheday.com



Lets all give a big
warm welcome to
our newest friend.



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