



SENIOR LIVING COMMUNITY

1006 33rd Street • Vero Beach, FL 32960 • 772-567-5248

### Hidden Lakes Administration

Executive Director .....	Dan Bohler
Administrator .....	Mary Anne Sherry
Business Office Manager/HR .....	Joelly LaPaz
Director of Nursing .....	Jasmine Bucklin
Director of Therapy .....	Caitlin Roush
Dietary Director .....	Elaine Weisse
Environmental Services .....	Nicole Jared
Admissions Coordinator .....	Jordan Phillips
Activities Director .....	Christina Bohler
Wellness Director .....	Lisa Hernandez

### January Birthdays

2 .....	Marion M.
3 .....	Willa W.
6 .....	Lorna P.
11 .....	Margie L.
11 .....	Glynne C.
17 .....	Kathryn R.
21 .....	Elsbeth E.
23 .....	Joleen T.
28 .....	Carol R.

### Important Dates in January

2 .....	Toasting & Trivia
6 .....	Movie Outing
9 .....	Ice Cream & Cocoa Social
13 .....	Ladies' Luncheon Outing
15 .....	Pancake Breakfast
16 .....	Pavilion Movie
20 .....	Brevard Zoo Outing
22 .....	Men's Breakfast Outing
27 .....	Beads & Besties
28 .....	Resident Council
29 .....	Friends & Family Dinner

### January 2026

#### Resident Spotlight - Sharon Grayko



Sharon Grayko

Sharon was born in Rochester, New York. She worked as a medical secretary for thirty-five years in St. Mary's Hospital. She has six children; one daughter and five sons. In 2012, she retired in New Hampshire to live closer to her daughter. In 2021, she and her husband, John, moved to Sebastian, Florida. After a year they decided to move to the Villas at Hidden Lakes. Sharon says moving to Hidden Lakes was the best decision they could have made because of all of the caring residents and staff. Sadly,

in June 2025, John passed away. During that time, Sharon feels she found peace because of all the support she received from everyone at Hidden Lakes. She is very involved in the community here and was instrumental in helping to start the Mahjong Club. Their group started with two residents and now has twelve residents playing Mahjong! Recently, Sharon and her two dogs moved over to the cottages and is enjoying her new neighbors and surroundings!

#### Bringing Good Cheer

"I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer." —George Matthew Adams

## Employee of the Month



Diane Powell

Everyone congratulate Diane, our January Employee of the Month! Diane has worked in multiple

departments in her approximately eighteen years at Hidden Lakes! She was most recently our Admissions Coordinator and is now our Assistant Activity Director! She goes above and beyond to meet the needs of our residents at every level of care! Her work ethic and the speed at which she gets goals accomplished are unmatched! Diane is loved by all who know her, both at Hidden Lakes and throughout the Vero Beach community! As she is stepping away from her role at Hidden Lakes, she will be missed and always hold a special place in our hearts!

## Elvis' Aloha From Hawaii

On Jan. 14, 1973, Elvis Presley made history when he took the stage at a sold-out arena in Honolulu. "Aloha From Hawaii" was a cancer benefit and billed as the world's first satellite broadcast of a live concert by a solo entertainer. While fans in more than 40 countries across Asia and Europe could tune in for the special, Americans had to wait until April for an edited version of the King's concert since the show took place on the same day as that year's Super Bowl.



## Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

*Daily journal.* This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

*Gratitude journal.* Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

*One-line-a-day journal.* Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

*Dream journal.* Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often.

## Wildlife Resident Spotlight



By Gail Reiss

When Dean and I moved to Hidden Lakes, the first animals we saw were all the **Eastern Gray Squirrels** that inhabit the beautiful oak trees in our community. We purchased a wooden squirrel platform and have so much fun feeding them peanuts and photographing them. The large oak trees are habitats for these tree-dwelling rodents and they are very territorial. If there is something that kills a squirrel more than anything else it is other squirrels. Females that are building a nest, called a drey, are the most aggressive. They use the Spanish moss and oak twigs as the main elements of their nests in the canopy of the tree, the acorns as one of their main food sources, and the oak limbs as transportation highways within their range. Grey squirrels are one of the most playful animals, and they spend a good part of their time having fun, but can get into trouble sharing their habitat with people. Anything outside is fair game and may get chewed on or played with. It helps to supply them with antlers, bones and other natural materials to chew. Squirrels are quite vocal and have distinct distress calls when a predator is near. In Florida, wild squirrels live one to six years.



## Come Join Some of Our Resident-Led Activities...

Mahjong Club - On Mondays and Saturdays from 1:30-2:30pm in the Clubhouse. If you are interested in learning or playing Mahjong, we have several games going during the week. Contact Barbara Reyes or Sharon Grayko for details.

Beads & Besties - On January 22, at 1:30 in the Clubhouse, if you are interested in making seasonal jewelry & other items with Jolene and friends. Check the calendar each month for the date and time.

Cards with Glenn - If you are interested in getting a card game together call the office to sign up so Glenn can make

arrangements with anyone that is interested.

Prayer Club - Every Mondays at 10:00am in the Clubhouse. If you are interested in meeting to pray or have prayer requests to share, contact Doris Holcomb for details.

Chair Exercises - On Mondays - Thursdays at 9:30am in the Assisted Living.

Clubhouse Bingo - 4x a week at the Clubhouse, Tuesday, Thursday, Saturday at 10:00am and Friday at 10:30am.

Color & Conversation - Every Monday at 1:30 in the Clubhouse, if you are interested in coloring and conversing, join us! Contact Delilah for more information.

## Give A Warm Welcome to Some of Our New Employees!



Lisa Hernandez  
- Wellness Director



Careen Merz -  
Front Desk Receptionist

## Unfamiliar Idioms

January ends with Idiom Week, celebrating the funny figures of speech that make language interesting. A common English idiom is "It's raining cats and dogs" to describe a heavy downpour. Idioms differ by culture, so enjoy these idioms that are common in other countries:

Spain: "A lot of noise and no walnuts" = All talk and no action.

France: "The carrots are cooked" = It's too late to change a situation.

Thailand: "Ride an elephant to catch a grasshopper" = Do a lot of work for little reward.

Egypt: "Put a watermelon in your belly" = Relax, don't worry.

## Good Times With Good Friends....





## In the Kitchen

Home cooks use a menu of appliances and gadgets for making meals. Look back at what was cooking in popular kitchen trends from decades past.

<u>Decade</u>	<u>Kitchen Appliance/Gadget</u>
1940s	electric blender, refrigerator
1950s	nonstick pans, Tupperware
1960s	electric can opener, dishwasher
1970s	Crock-Pot, fondue set, salad spinner
1980s	microwave oven, food processor
1990s	George Foreman grill, bread machine
2000s	juicer, Magic Bullet, single-cup coffee brewer
2010s	Instant Pot, air fryer, spiralizer

## "This Month In History" JANUARY

**1892:** On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

**1901:** In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

**1915:** An act of Congress creates the U.S. Coast Guard.

**1920:** The Treaty of Versailles, the peace document that ended World War I, goes into effect.

**1932:** Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

**1946:** The first of almost 78 million baby boomers are born.

**1959:** Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

**1962:** Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

**1977:** Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

**1985:** New York begins enforcing its mandatory seat belt law, the first in the nation.

**1997:** Madeleine Albright is sworn in as America's first female secretary of state.

**2001:** Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

**2005:** Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

**2016:** "Star Wars: The Force Awakens" breaks box office records, becoming one of the highest-grossing installments in the film franchise.