



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
 Environmental Services Director Nicole Jared
 Admissions Coordinator Jordan Phillips
 Activities Director Christina Bohler
 Wellness Director Lisa Hernandez

Important Dates in February

10 Strawberry Shortcake Social
 12 Pink Pancake Party
 13 Community Center Dance Outing
 16 Pavilion Cookout
 17 Ladies' Luncheon Outing
 19 Men's Breakfast Outing
 26 Friends & Family Sweetheart Party

Birthdays in February

2 Nancy S.
 4 Darien H.
 7 Eleanor C.
 14 Edna H.
 23 Linda L.
 25 John Y.
 25 Donald S.



February 2026

Resident Spotlight - Larry Hamilton



Larry Hamilton

Larry was born in Ft. Wade, Indiana. He moved to California when he was six weeks old and that became his home for seventeen years. At age seventeen, he joined the Navy and served there for three and a half years. Then, he returned to California and got married. He has three children, two sons and a daughter. He retired from 3M Business Center where he worked for forty years.

In 2000, he moved to Alaska to be near some of his family. In 2003, both he and his daughter moved to Florida together. His daughter found Hidden Lakes this past September, and Larry now lives in a studio in the Clubhouse. He said he enjoys all the new friends he has made here and is glad to call this his new home.

Event Info in February

February 13 - Dancing Outing at the Vero Beach Community Center with Al's Live Band from 10:00am-12:00pm. Admission Cost is \$2.

February 16 - Presidents Day Pavilion Cookout with Live entertainment by Guy Lee.

February 17 - Ladies' Luncheon Outing at Nick's Family Restaurant.



Employee of the Month



Lashell Carter

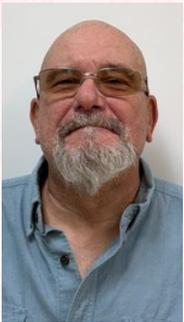
Congratulate Lashell on being the Employee of the Month for February! She has worked in our

Nursing

Department for

almost four years! She is a reliable and compassionate CNA who consistently goes above and beyond for our residents. Her dedication, kindness, and strong work ethic make a meaningful difference. Her smile brightens the day of everyone she comes in contact with. We are grateful to have her as part of our team!

Welcome Our New Hidden Lakes Driver!



Ed Mangino

Ed will be available to drive residents for medical reasons on Mon., Tues., and Thurs. from 9:00am - 2:30pm.

If your appointment is outside those

business hours, please make other transportation arrangements. He will also reserve Wednesdays to drive to Publix and other planned group outings. Transportation will not be provided on Fridays. If you have an emergency, please call the office between 9:00am - 4:00pm, Monday - Friday. If it is outside office business hours, please call the security guard, (aka Dan).

Wildlife Resident Spotlight by Gail Reiss



American White Ibis

Have you seen the white birds with the curved orange bills that stroll across our lawns pecking the ground? The **American White Ibis** move in flocks that seem calm and relaxed, but beneath that gentle appearance lies an incredibly specialized bird perfectly adapted to Florida life. Their long, downward curved bill is a highly evolved feeding tool. It is built not just for grabbing food, but for feeling along the ground and through soft soil. Inside their bill are nerve receptors that detect movement. This allows them to probe into sand, wet soil, marsh grass, and shallow water to sense tiny creatures hiding beneath the surface. Ibises cover ground methodically because every slow step increases the chance of finding food beneath the soil. Their steady pacing helps them scan the ground efficiently while staying relaxed, alert, and united as a flock. When one Ibis finds a rich feeding area, others follow. When one senses danger, the entire flock reacts instantly. They have a physical and social connection. You can see this when they rest closely together, feed in synchronized lines, or suddenly lift into flight at the exact same moment.

Wildlife Resident Spotlight (Cont.)

Ibises have learned that most Florida residents ignore them or simply watch quietly. They are rarely chased, harmed, or attacked. Over time, generations of ibises learned trust in human-populated spaces.

Brain Bender: Poetic Pairs

Each answer to the following clues is a two-word phrase that rhymes. For example: A sleepy winter ride = sled bed. How many can you solve?

1. A chameleon caught in a snowstorm
2. Game pieces in the freezer
3. William is shivering
4. Superior knitwear
5. The value of an icicle
6. Beautiful evergreen
7. How cats keep their paws warm
8. Frozen assets
9. A cozy caterpillar
10. Rethinking your January goals

(Answers: 1. blizzard lizard; 2. ice dice; 3. chilly Billy; 4. better sweater; 5. frost cost; 6. fine pine; 7. kittens' mittens; 8. cold gold; 9. snug bug; 10. resolution revolution)

Welcome Our New Nursing Employees!

- Eloise Pauleus, RN
- Bevona Plunkett, CNA
- Flore Etienne, CNA
- Marie Pierre, CNA
- Marie Victor, CNA



Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

Good Times With Good Friends



Tunes by Twosomes

When two voices combine to sing a love song, the sentiment is doubly sweet. Spin through this record collection of popular duets.

Year	Song	Duo
1956	"Let the Good Times Roll"	Shirley & Lee
1965	"I Got You Babe"	Sonny & Cher
1967	"Ain't No Mountain High Enough"	Marvin Gaye & Tammi Terrell
1976	"Golden Ring"	George Jones & Tammy Wynette
1981	"Endless Love"	Lionel Richie & Diana Ross
1987	"(I've Had) The Time of My Life"	Bill Medley & Jennifer Warnes
1997	"It's Your Love"	Tim McGraw & Faith Hill
2004	"My Boo"	Usher & Alicia Keys
2018	"Shallow"	Bradley Cooper & Lady Gaga

"Then & Now"

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1994: At the Winter Olympics in Norway, 13-year-old South Korean Kim Yun-Mi won the gold medal in the 3,000 meter speed-skating relay.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.

2022: Queen Elizabeth II celebrated her Platinum Jubilee, marking 70 years as queen. She passed away seven months later at the age of 96.