



MARTIN LUTHER KING JR

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=[Yi Se[eb[dWTkfZW df[YeaX Wk6ShVFZadSg a` Uh[VeaTW[WUWHe graduated as the valedictorian of
his class in 1951.

King pursued his Ph.D. in theology at Boston University, which he completed in 1955.

He was deeply influenced by the teachings of Mahatma Gandhi.

King's dissertation explored the teachings of Paul Tillich and Henry Nelson Wieman.

He met Coretta Scott, his future wife, while studying in Boston.

His professors recognized him as an exceptional student with a passion for social justice.

King was fluent in several languages, including Latin.

He often cited philosophers such as Hegel and Kant in his sermons.

His time in Boston exposed him to diverse racial and cultural experiences.

King wrote extensively about the intersection of theology and social change.

He received numerous academic awards for his scholarship.

His first published article appeared in a theological journal during his Ph.D. studies.

King gave lectures on theology while still a student.

Civil Rights Leadership

Martin Luther King Jr. became the pastor of Dexter Avenue Baptist Church in Montgomery, Alabama, in 1954. At age

26, he led the Montgomery Bus Boycott after Rosa Parks' arrest.

The boycott lasted 381 days and led to the desegregation of Montgomery's buses.

King was arrested over 20 times during his lifetime.

He co-founded the Southern Christian Leadership Conference (SCLC) in 1957.

King's leadership emphasized nonviolent resistance.

He delivered over 2,500 speeches during his career.

King worked with Presidents Kennedy and Johnson to advance civil rights legislation.

The March on Washington in 1963 drew over 250,000 people.

King's "I Have a Dream" speech was delivered on the steps of the Lincoln Memorial.

He received the Nobel Peace Prize in 1964 at the age of 35, the youngest recipient at the time.

King's efforts led to the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

He campaigned for economic justice through the Poor People's Campaign.

King supported striking sanitation workers in Memphis in 1968.

His final speech, "I've Been to the Mountaintop," was delivered the night before his assassination.



INDEPENDENT IN ROOM ACTIVITIES

If you would like any books, cards, word search, crossword or sudoku puzzles, adult coloring pages etc., please call ext 2162 with your name, room number and what you would like and we will bring it to your room.

REHAB
&
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NEWSLETTER

Oak Manor

SENIOR LIVING COMMUNITY



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SPOTLIGHT ON A RESIDENT

Debra was born on July 17, 1956, to parents Genevieve and Leo Cook. She grew up as an only child and spent her early years in Greensboro, North Carolina.

As a baby, Debra moved to Punta Gorda, Florida, and has proudly called Florida home ever since.

Throughout her career, Debra worked as a bank teller and later found great success in advertising sales with the Yellow Pages. Her dedication and strong work ethic truly stood out—Debra achieved the highest sales for five years in a row.

She also enjoyed selling crystals and sharing her passion with others.

Debra has always loved animals and spent many years taking horse lessons every week, something she still fondly enjoys talking about.

In her free time, Debra enjoys coloring, painting, playing bingo, listening to music, and dancing. She is also known for her caring nature and truly enjoys helping others and talking with people.

When asked what she likes most about living at Oak Manor, Debra shared that she loves nice people, the activities, and going on bus outings.

Debra, thank you for being part of the Oak Manor family!!!



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OAK MANOR DEPARTMENT MANAGERS

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CO-ASST. DIRECTOR OF NURSING

Bo Ornduff ext. 2104

CO-ASST. DIRECTOR OF NURSING

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Bradley Schurman 3330 PHYSICAL THERAPY

Jenny Zirbel, ext. 2128

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Holly-Greene-Stephany, Ext. 2216

SECURITY

Robert Tippit 2200 or (727) 482-3930

SOCIAL SERVICES

Jessica Sewell ext. 2117

SOCIAL SERVICES

Mikayla Hearn ext. 2114

RELIGIOUS SERVICE



Suncoast Community Church will take place on the 11th & 25th this month. Mount

Caramel Church is here the 2nd Sunday of each month. Please check your calendar for dates.



OUTINGS

16th Olive

Garden

30th Applebee's



COOKING

8th Making

Yogurt Parfaits

15th Making

Oatmeal Cream

Pie Cookies

22nd Making

Banana Pudding

29th Making

Waffles



ALTERNATE MENU FOR MEALS

If you do not like what is on our menu, you may order any of these

alternatives:

Cottage Cheese & Fruit Plate

Grilled Cheese

Cheeseburger

Hamburger

Chef Salad

Hot Dog

Chicken Tenders

Baked Fish

Tuna Salad

Chicken Salad

Egg Salad

Chef Salad

Grilled Chicken Sandwich

Spaghetti & Meat Sauce



SOCIALS

1st New Year's Day Social

2nd Mini Meatball Subs

5th Monthly Birthday Party

9th Caprese Skewers

12th Soup & Sandwich

16th Scone Social

19th Martin Luther King Jr.

Social

23rd Quiche

26th Hot Cocoa Bar

30th Baked Apples





NEW YEAR FUN FACTS



Drink Your Wishes
In Russia, a popular New Year's tradition is drinking your New Year's wish! Throughout the country, those who practice this ritual write their desires on a piece of paper before lighting it on fire, gathering the ashes, sprinkling them into a glass of Champagne, and guzzling it down!

Smash Pomegranates
Take a cue from Turkey this New Year's Eve by smashing a pomegranate outside your front door, all in the name of good luck! Since the red seeded fruit is seen as a symbol of health, prosperity, and abundance, throwing it onto your doorstep or banging it against the door will unlock all the auspicious powers. The more seeds that scatter, the more luck you'll have!

Wear Polka Dots
Here's a New Year's clothing tradition that doesn't involve sparkles! In the Philippines, wearing dresses, shirts, or pants with a polka-dot pattern is said to bring good fortune into the new year. That's because each round dot symbolizes coins and wealth.

Watch the Sunrise
Watching the first sunrise of the New Year is called "hatsuhinode" in Japan. This practice isn't just an awe-inspiring sight, though—it's thought to promise a year brimming with prosperity and blessings. It's such a powerful New Year's tradition that many people rise early to scope out a picturesque spot, such as the top of a hill or on the beach.

Clean Your House Before Midnight
Another special New Year's tradition in Japan is "osoji" or "o-souji," which involves giving the house a thorough cleaning before the clock strikes midnight. This practice stems from the belief that a tidy home removes the bad luck from the past year, purifies the stale air, and creates more space for ample blessings to arrive.

Make a List of Resolutions
Believe it or not, New Year's resolutions are said to have been around since ancient Babylonian times. So, when writing out this year's goals, remember that for approximately 4,000 years, people have been working toward achieving their resolutions

Jump Seven Waves
In Brazil, it's considered good luck to start the new year by jumping over seven waves. You get one wish for each wave, so be ready with your list for 2025!

Tuck Mistletoe Under Your Pillow
Mistletoe isn't just a Christmas tradition. The Irish believe that if you put a sprig of mistletoe, holly, or ivy under your pillow on New Year's Eve, you'll dream of your future love.

Carry an Empty Suitcase
Want to go places in 2025? Take a cue from the Colombians, who walk around the block carrying empty suitcases on New Year's Eve to bring a year filled with travel.

Watch Fireworks
Across the world, fireworks are a central part of celebrating the new year. But where did the tradition begin? Well, historians point to seventh century A.D. in China where the big bangs were used to ward off evil spirits. You can find displays across the country to enjoy on NYE or light your own. In some cultures, different colors even correspond to various types of luck, including love and health.

Smash a Peppermint Pig
Have you heard of the tradition of the Peppermint Pig? It all began in the 1880s with candy makers in Saratoga Springs, New York. To bring good health, happiness, and prosperity in the new year, place the candy pig in a velvet bag and smash it with a small hammer, then eat a piece of peppermint. This one will be fun for the whole family!

Bang Some Bread
You've heard of breaking bread, but how about banging it? Families in Ireland have a New Year's tradition of banging loaves of Christmas bread against the walls and doors to ward off evil spirits and pave the way for a healthy and prosperous new year.

Take a Polar Bear Plunge
All around the world, people will be kicking off 2025 by running into freezing cold lakes and oceans. The tradition was started in Vancouver, Canada in 1920 by a group of swimmers who called themselves the Polar Bear Club. In the U.S., these events are usually held to raise money for charity.

Throw Water Out of the Window
In Latin America, one New Year's tradition involves throwing a bucket of water out the window to signify cleansing and renewal. What better way to prepare for a new year than by leaving the past behind you?

January Birthstone
• Garnet •

Most commonly known as red, Garnet comes in all colours except blue. They are known to stop hemorrhaging, cure inflammatory diseases and manage anger. Garnets symbolize fidelity, loyalty, sincerity, grace and faith.

ALT. BIRTHSTONE:
EMERALD

FLOWER:
CARNATION

ALT. FOWER
SNOWDROP

COLORS ARE:
DARK BLUE,
BLACK &
DARK RED



The Beauty Shop is open every Tuesday & Wednesday from 9:30-4:00 To schedule an appointment, call Michelle @ ext. 2102



- 3rd Theodore Straley
- 4th Helen Massey
- 5th Dorothy Mieczkowski
- 5th Tracy Glass
- 7th Gregory Kobin
- 8th Michael Macdonald
- 10th Jane Smeal
- 12th Elaine Corkery
- 12th Miguel Perdigon
- 17th Henry Debona
- 19th Mary Newman
- 19th Marie Zaragoza
- 23rd Bobby Coogler
- 23rd Carole Lee
- 26th Shirley Roberts
- 26th Judy Ventimiglia
- 27th Peggy Patrick

Happy New Year
Word Search

Y N E A H X W K T I Y N J B I W L Q J Z K B W
I R X S A Z Q S L C Z F V W P U D L C V O Y E J
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GLASS FIREWORKS MIRROR BALL TIME HOURGLASS RESOLUTIONS

Balloons

GOALS BEGINNING YEAR PARTY JANUARY

CONFETTI CHEERS CELEBRATION BABY NEW YEAR COUNTDOWN CLOCK

HAPPY CHAMPAGNE NEW FIRST MIDNIGHT CALENDAR

OAK MANOR REHAB & NURSING JANUARY &\$&6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THEME FOR THE MONTH: "WARM HEARTS, COZY STARTS"	ROOM KEY O=OUTSIDE IR=IN ROOM CDR=CENTRAL DINING ROOM EDR=EAST DINING ROOM WDR=WEST DINING ROOM CY=COURTYARD AR=ACTIVITY ROOM WW=WEST WING CW=CENTRAL WING H=HALL			1 NEW YEAR'S DAY 8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 NEW YEAR'S DAY SOCIAL & TRIVIA-CDR	2 8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:45 Appetizing Stimuli-CDR 12:00 DINE-IN FROM TACO BELL 2:00 Bingo-CDR 3:00 MINI MEATBALL SUBS & TRIVIA-CDR	3 8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Painting-CDR
8:30 1:1 Visits-IR 9:00 TELEVISED CHURCH SERVICE-CDR 2:00 Manicures-CDR 10:30 Sensory Programs-CDR 10:45 Appetizing Stimuli-CDR 2:00 Bingo-CDR 3:00 Movie-CDR 3:15 ACTIVITY CART VISITS-IR 4	8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MONTHLY BIRTHDAY PARTY W/ STEVE-CDR 3:00 Guess The Words-CDR 5	8:30 1:1 Visits-IR 10:00-11:00 COMMUNION-IR 10:00 ROSARY-CDR 2:00 Baking Cookies-CDR 2:15 Would You Rather Game-CDR 3:00 Bingo-CDR 4:00 Movie-CDR 6	8:30 1:1 Visits-IR 10:00 Noodleball-CDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING SNOWMAN-CDR 3:00 Bingo-CDR 7	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING YOGURT PARFAITS-CDR 3:00 LRC-CDR 8	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:45 Appetizing Stimuli-CDR 12:00 DINE-IN FROM LATIN BOWL 2:00 Bingo-CDR 3:00 CAPRESE SKEWERS SOCIAL & TRIVIA-CDR 9	8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Ice Breakers Game-CDR 10
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8:30 1:1 Visits-IR 9:00 TELEVISED CHURCH SERVICE-CDR 10:00 Manicures-CDR 10:30 Sensory Programs-CDR 2:00 SUNCOAST COMMUNITY CHURCH-CDR Bingo-CDR 3:00 Movie-CDR 25	8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 HOT COCOA BAR W/ FLAVORED TOPPINGS-CDR 3:00 GUESS THE CHRISTMAS WORD-CDR 26	8:30 1:1 Visits- IR 10:00-11:00 COMMUNION-IR 10:00 ROSARY-CDR 2:00 Baking Cookies-CDR 2:15 Would You Rather Game-CDR 3:00 Bingo-CDR 4:00 Movie-CDR 27	8:30 1:1 Visits-IR 10:00 Bowling-CDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING SNOWFLAKE BOOK MARKS-CDR 3:00 Bingo-CDR 28	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING WAFFLES -CDR 3:00 LRC-CDR 29	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 11:00 OUTING TO APPLEBEE'S 2:00 Bingo-CDR 3:00 BAKED APPLE SOCIAL & TRIVIA-CDR 30	8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Ice Breakers Game-CDR 31