

# *From me to you!*

January 22, 2010

What is your interpretation of the 'basics of life'? One of my all time favorite inspirational songs is, "The Basics of Life." With the most recent horror that our neighbors in Haiti are enduring, this is yet another opportunity to be reminded truly of the "Basics of Life."

A few of my favorite lines of this song are: "We've turned the page for a new day has come," "We need to get back to the Basics of Life, where Love is blind and Hope endures for all time and a faith that is fervently ground in ... " (this is where you insert what or who you believe in). Roughly 70% of our employees here at Abbey are Haitian American. Last week, while the relief efforts in Haiti were underway, our staff continued to come to work and do the best they could under the circumstances. Many did not hear from their family until just a few days ago. Some of our staff still have not heard from their family even today. We have helped the staff to register their loved ones so that search and rescue can look for them.

As we cared for our staff through the initial heart-wrenching days of this horror, Dick Lewallen conducted a few services to offer up our care and compassion. These are times when people feel so helpless -- you can't just get in your car and drive to the place to start your own search, or get on the phone and call. Instead you must grasp onto the "Hope that endures for all time." It is amazing to me how our employees have done this and are able to maintain some sense of faith. I have had several employees express their gratitude for your donations. They really do feel like you are their extended family. We took two truckloads of medical supplies and food earlier this week to the Toussaint L'Ouverture Haitian Chartered School and have collected over \$1,500 in cash and checks, all of which has been given for Haiti relief. Thank You for your continued support and efforts to help with the Haiti relief efforts. And Thank you for your caring and compassion -- it is vital to the health and wellness of our employees!

We will continue to collect and deliver items for Haiti relief. The donation box will remain in the main lobby. At this time they are still preferring medical supplies, feminine supplies, non-perishable food items and water be donated.

**Insurance Request:** As a reminder, and according to your Residency Contract, you are required to maintain the following: Medicare Part A, Medicare Part B, and one Medicare supplemental health insurance policy or an HMO equivalent to the aforementioned. Depending on when you moved in, the new contracts now require you to have Medicare Part D, too. If you are uncertain of your insurance or need to verify what is covered, please give me a call and we can work together to obtain this information. I can be reached at 454.2005. When your supplemental insurance does not cover the co-pay, the beneficiary (most likely you) will be responsible for payment.

*Continued on the other side*

**Delray Fire Offers Training:** I was notified that Delray Beach Fire-Rescue is gearing up for a new Community Emergency Response Team "CERT" class. All Delray residents and business owners are welcome to get involved in this free disaster response team class. Following a major disaster, first responders who provide fire and medical services will need valuable information to meet the demand for these services. CERT training provides Delray citizens and business owners the tools to effectively report hazardous situations and provide basic first aid in the event of a natural disaster or terrorist event until Fire-Rescue can arrive. CERT uses a hands-on approach that not only teaches the necessary skills, but also provides an excellent opportunity for volunteers to meet and get to know their neighbors.

The CERT classes will be held on February 3<sup>rd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 24<sup>th</sup>; March 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>; and April 7<sup>th</sup> from 6:00-9:00 p.m. Please note that attendance is required for ALL 8 sessions. Applications are available at Fire-Rescue headquarters or online at [www.mydelraybeach.com](http://www.mydelraybeach.com). If you have an interest and would like assistance with completing or accessing the application, please contact me @ 454.2005. This is a great way to give back to the Delray Beach community.

**Other Items of Importance:**

- Thanks to the cold snap, we need to replace several plants that were killed as a result of the record low 32 degree temperature. Please be patient with us as we pull the dead ones out and replace them.
- A person recently gave me some information that she thought you would like regarding the "GO" phone. It's a cell phone that she purchased at WalMart for \$35.00. For three months of coverage she paid \$25.00 which gave her 100 minutes. And then you can renew every three months for approximately \$25.00, so for approximately \$8.33 a month she had phone coverage with her where ever she went. If you are interested in hearing more about this, please contact Kathleen Cronin at 274-9226.
- As a reminder, please KNOW that Abbey can provide you transportation home from the hospital at any hour. Just call the Front Desk. If your call is during normal business hours, one of Abbey's drivers will pick you up. If your call is in the evening, it will be transferred to the Health Center who will contact Security to pick you up.
- While using a scooter here at Abbey please, please place the speed on the lowest setting. You are putting pedestrians at risk by driving fast. I'm told that on many of the models, this is the "Turtle" setting.
- This past November/December we gave our employees a 30<sup>th</sup> Anniversary T-Shirt. After seeing these t-shirts, many residents asked if they could be purchased. For your review, they are on display on the bulletin board next to the in-house mailboxes and may be purchased from the card sellers in the main lobby for \$10.00. All proceeds will benefit the Volunteer Resident Fund.
- I will be attending a meeting next week in Orlando, so I will not see you until Friday at our General Resident Meeting. I will be presenting the results of our Satisfaction Survey.