

# 2019

## HAPPY NEW YEAR!

*The Sunland Beacon* 

JANUARY 2019

With a new year comes beginnings. New beginnings position us for new horizons, new experiences, and new opportunities. As we transition into 2019, we are also transitioning into a change of leadership at Sunland Center. While we will continue to celebrate our accomplishments, we will embrace the future and the wonderful opportunities that lie ahead.

It has been said that with every end comes a beginning. It's one of those powerful and persistent rhythms that drive our lives. For us as individuals, each day ends with a well-deserved rest to prepare us for the beginning of a new tomorrow. Every New Year's Eve, we usher out the old year with a celebration and reflection and welcome a new one filled with possibility and renewed ambition.

Such is life in the workplace. We celebrate and reflect on past accomplishments, yet we don't remain there. We look forward to what lies ahead. A new year presents new hope, an opportunity to start afresh. When we look to the future with fresh eyes, we can embrace a new perspective, a fresh look at the future and all the wonderful possibilities it holds.

With the new year comes 365 new and exciting days to pursue your destiny.

Seize the day!

# Sunshine Shootout

The annual "Sunshine Shoot-Out" took place on January 16 with a large crowd on hand to cheer on the participants. We had a great turnout, with a total of 30 residents participating. The Sunshine Shootout is a basketball skills event open to all residents, with three different skill levels assigned to those participating. Each skill level takes part in different basketball skills drills. Congratulations to the following are the top three finishers for the three skill levels:

**Level 1:** 1st Place – Lonnie F. 2nd Place – Gaye G. 3rd Place (tie) – Susan F. & Billy Joe O.

**Level 2:** 1st Place – Dezmon B. 2nd Place – Johnny C. 3rd Place – Michael B.

**Level 3:** 1st Place – Marcus H. 2nd Place - Antoine H. 3rd Place – Francoise P.

Contributed by: Clint Cox



## Emerald Coast Music Alliance Performs for Sunland

Sunland was happy to host a performance by two world class pianists associated with the Emerald Coast Music Alliance on Thursday January 17. The event took place at the Sunland Auditorium. Alon Goldstein and Regina Tanujaya delighted a crowd of about 50 residents and 25 staff with classical piano performances as well as a question and answer session. The mission of the Emerald Coast Music Alliance is to bring exposure of classical music to populations who would otherwise not have access to such. The goal is to increase appreciation for classical music and enrich lives by bringing professional classical musicians to perform for these populations, at no charge, in accessible community venues. Mr. Goldstein is an Israeli-born pianist and Ms. Tanujaya is a Chinese-Indonesian born pianist. Both have played concerts all over the world.



A special thanks goes out to Mr. Goldstein, Ms. Tanujaya and the Emerald Coast Music Alliance for their continued partnership with Sunland Marianna.



Contributed by: Clint Cox

## Sunland Honors "Diamond D"

On Sunday January 20th Sunland joined hundreds of others from the community at a benefit for Derwin Hazelton at Madison Street Park in Marianna. Derwin, better know to most of us as Diamond D, is battling cancer and this benefit was to help raise funds to assist with the medical expenses in his battle. Diamond D is the #1 DJ for our Sunland dances and has been for over ten years. Sunday's large turnout demonstrated that Diamond D is loved in the community just as much as he is at Sunland.

Residents from Sunland's FUEL (Faith Used in Everyday Living) program assisted in gathering signatures from around the center on an oversized card (prepared by the Sunland Print Shop) thanking Diamond D for all he has done for Sunland. During the program at the benefit this card was presented to Diamond D by the FUEL team and Sunland staff on hand. In addition, a special award was presented to Diamond D on behalf of Sunland. The award, which included a depiction of a microphone, a music symbol and a keyboard, was to express Sunland's deep appreciation for his many years of dedicated service.

To wrap up Sunland's portion of the program Johnnie Mae W. did her trade mark "Your Welcome" speech and Arnaldo M. delighted the crowd with a vintage Michael Jackson dance routine to the song "Billie Jean." The benefit helped raise over \$11,000 dollars for Diamond D. Thanks to all who contributed and continue to support Diamond D and his family.



Contributed by: Clint Cox

## FUEL Team Helps Ronald McDonald House

The Sunland F.U.E.L. (Faith Used In Everyday Life) team recently made a trip to Tallahassee to the Ronald McDonald House. The purpose of the trip was two-fold. The primary reason was to donate two large containers of aluminum can tabs to the Ronald McDonald House. These can tabs have been collected from around the center over the past few months and the donation will be used by the Ronald McDonald House to assist in buying groceries or paying utility bills.

The other purpose of the trip was to educate the four individuals from the F.U.E.L. program (Lonnie F., Cheryl D., Kenny C., Josh B.) and the staff that attended with them (Ruth Moore, Johnny Hodges, Clint Cox) as to the mission of the Ronald McDonald House. That mission is to provide a place for families to call home so they can stay close by their hospitalized child at little to no cost. After a tour of the home by House Operations Manager Tammy Bollhoefer and getting their photos with Ronald McDonald on the porch, the F.U.E.L. team enjoyed lunch in the capital city before heading back to Marianna.

Thanks to all who've donated can tabs over the past months and be on the lookout for the tab containers set up around the center. Remember, every little tab goes to a great cause.



Contributed by: Clint Cox

## Suntown Mall Hosts Social Gathering

The Suntown Mall is always the place to be if you're looking for excitement! On Tuesday, January 29, the Mall hosted a social gathering and sing-along. Residents and staff gathered for an exciting time of fellowship and entertainment. Residents performed their favorite songs, many showing off some fancy dance moves much to the delight of the standing room only crowd! Following the show, residents enjoyed delicious refreshments prepared and served by the Mall staff. Hats off to Tonya Kelly and her staff for making this a wonderful occasion to celebrate and highlight the amazing talents of our residents!

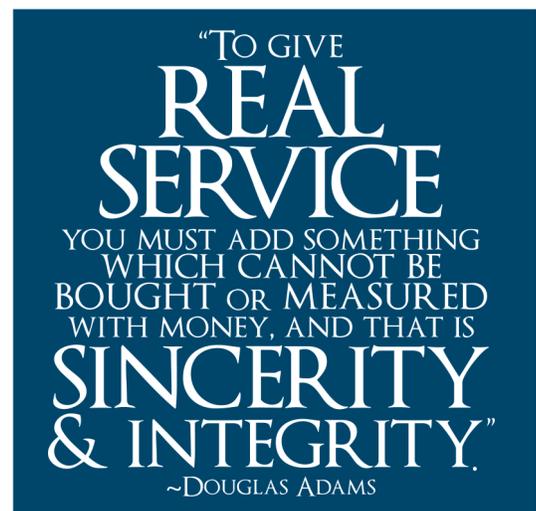


## Character Matters...



**This month we examine the character quality of Sincerity** ~ Merriam-Webster defines sincerity as “the quality or state of being sincere, honesty of mind, freedom from hypocrisy.” Sincerity shows. You can’t fake it. Have you ever had to deal with someone who hates his or her job? When someone isn’t happy, they can’t help but reveal their true feelings. No matter how hard you try, a fake smile, laugh or statement is usually more noticeable than you think. So what are you supposed to do if you can’t hide your feelings? Being sincere comes from within. Changing your attitude about a situation is the best way to overcome it. Don’t sweat the small stuff, do your absolute best and know that even during hard times, you can get through it. Be it to receive it. Sincerity isn’t a one-sided track. You have to give sincerity if you want to get sincerity in return. Do you believe it? Don’t say it or do it unless you believe it in your heart. Stop the gossip. Much of the time, gossip comes from spur-of-the-moment impulses and thoughts instead of carefully thought-out conclusions. Not only can your words negatively impact your co-workers or residents, you’ll simultaneously damage your own reputation. Negativity is a virus. We all have bad days every once in a while, but negativity is negativity. Like gossip, a negative attitude can result in saying things before you have thought them through. Worst of all, negativity is a vicious circle and spreads like wildfire. When you wear your emotions on your sleeve and pass on negative energy, it can easily affect those around. Before you know it, the entire office can become completely enveloped in a tangled mess of negative energy! Care about your work and actions. A sincere person takes pride in their work, and is careful of the ramifications their actions can have on others. Be mindful, conscientious and respectful of the quality of work you’re producing and how what you do can affect your co-workers or the residents we are privileged to serve.

Do what you love, and love what you do. This is perhaps the most important lesson of all. When you do things that you’re interested in and passionate about, it carries over into all aspects of your work. If you take pride in your work and enjoy what you do, you can’t help but show it. When you love what you do, you’re much more likely to create the best work for your ability to yield the best results for your client or organization. The next time you’re in the office, really think about it – how is your character is being displayed at work?



Borrowed in part from Sarah Burgess, Obsidian Public Relations

## January Star Awards

Star Awards are a big deal at Sunland! The Employee Recognition Committee works hard to make sure that employees who go above and beyond the call of duty receive due recognition for their hard work and dedication to the residents we are all privileged to serve!

During the month of January, five employees were honored with Gold Star awards. These employees were recognized for demonstrating a number of positive character qualities, to include: Availability, Determination, Enthusiasm, Benevolence, Compassion, Dependability, and Gentleness. Congratulations to the following employees: Suzanne Laramore, Nursing Department; Sam Brunson, Unit 1/Harrison House; Sandra Perry, Unit 1/Buchanan House, and a Gold Star Team Award that went to Cananea Staley and Keisha Williams, both of Unit 2.



Pictured L-R: Franklin Williams, Unit 1 RSD, Sandra Perry Gold Star Award recipient, and Tom Rankin, APD Deputy Director/ Interim Sunland Superintendent



Pictured L-R: Lucious Williams, Unit 1 POA, Zena Kelly, accepting Gold Star Team Award on behalf of Cananea Staley and Keisha Williams, and Tom Rankin, APD Deputy Director/ Interim Sunland Superintendent



Pictured L-R: Danielle Moss, Nursing Supervisor, Suzanne Laramore, Gold Star Award recipient, and Tom Rankin, APD Deputy Director/ Interim Sunland Superintendent

Not pictured: Sam Brunson, Unit 1 Harrison, Gold Star Award; Cananea Staley and Keisha Williams, Unit 2 Gold Star Team Award