



License #486803484

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#### MANAGEMENT TEAM:

**SHELLEY REYES** - Executive Director

**EIRA REA SANTOS** - Director of Resident Development

**IRENE HERYFORD** - Care Coordinator

**ALONDRA GARCIA** - Dietary Supervisor

**LOURDES DUNHAM** - Activity Director

**DIGNA MAGLALANG** - Medical Records

**RICH SALCIDO** - Driver/Maintenance

**LUZ PACHECO** - Housekeeping Supervisor



**Make Someone's Day**  
January 24th is National Compliment Day

## January 2022

### Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!



### Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—enjoying a night cap with a friend, or neighbor. Relaxing and having a nice conversation would be a great way to unwind. Our living room is one perfect spot to hang out before hitting the sack, don't you think? Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

### Rose Parade Watch Party

Please join us in the TV room on New Year's Day as we tune in to the annual Rose Parade. The brightly colored floral floats and marching bands are always a festive way to kick off the new year!

**Activities Department**  
**Lourdes and Jc**  
**(707) 999-5025**

## **Let Your Creativity Soar**

With New Year's resolutions and International Creativity Month both taking place in January, it's the perfect time to try a new artistic hobby, such as watercolor painting, woodworking or knitting. So, let's get the ball rollin' and start our new year with a bang! Check your activity calendar for this month's arts and craft classes.

## **Logical Lunges for Your Brain**

Happy World Logic Day, January 14th! Teasers and puzzles such as riddles, Sudoku, word problems, and rebus clues are all fun ways to challenge the brain. These types of puzzles involve creative problem-solving techniques that are different than everyday thoughts. Solving them is like taking your brain to the gym, ensuring that your mental muscles are stretched.



In the Picture (L-R) Edna A. and Margaret W., enjoying the jigsaw puzzle in the upstairs poker room.

**Show Your Gratitude**  
January is "Be Kind to Food Servers" month, and while a good tip goes a long way toward showing gratitude, take your appreciation one step further by making eye contact and genuinely thanking the server for taking care of you.



(L-R) Maria, Jennifer, Kelly, Tina, Reyna and Alonda

## **Laugh Away the Winter Blahs**

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

Welcome to our New Hairstylist

**ANNE MARIE RORKE**

**(707-771-1445)**

Please call her and make your next appointment.

**WELCOME ABOARD, Anne!**

## **Pretty Nails in the Activity Room: By Lordy and J**

We offer a full range of manicure treatments, including trimming, filing, and applying polish.

**Veterans Call for Coffee Led by Paul V.D.**



Veterans' Call for Coffee - Led by Paul Van D. on the 3rd Monday of the Month. Subject: Show and tell any memorabilia in your collections.

## **Resident Spotlight**

### **Bill's Birthday**

On December 6th, we had the honor of celebrating Bill's 98th Birthday. Friends and family gathered to celebrate our WWII veteran's big birthday. Bill's family travelled out of state to come and honor Bill on his special day. We hope that all your wishes come true, Bill, and we can't wait to celebrate more years to come. God bless Bill and all of his family!





## Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower risk of engaging in risky behavior.

As a senior, you have experiences, knowledge and skills that are extremely valuable

to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life.

Mentoring is often done through specific community programs, or you can find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!



## Face Mask Policy

When visiting our community, please wear a face mask and make sure it covers your nose and mouth. Wearing a mask reduces the risk of spreading infection and helps protect our residents and staff. Thank you for your cooperation.

## Seasonal Safeguard

Coughing and sneezing can spread germs up to 6 feet away. Be sure to cover a cough or sneeze with a tissue.

## Stay Sunny on the Inside

Wintertime is the season for citrus. If the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Join us for one fruity and citrus-filled day for everyone (check the activities calendar for time and date). Simply smelling their scents has been shown to be energizing.



## FRIENDLY REMINDERS

- Family Contact Information: We love our residents' families just as much as we love our residents! We want to stay in touch, so please take a moment to call or stop by the front desk and update your contact information with us.
- There will be no schedule for Hearing Aid Check this month. She will back in February, 1st Friday of the month.
- Catholic services - every 3rd Wednesday of the month at 10am

## FALL RISK SEMINAR

Available to all residents on Monday, January 3rd, in the living room.

This seminar/talk will help us learn strategies to prevent falls along with other safety precautions that we need to be aware of.

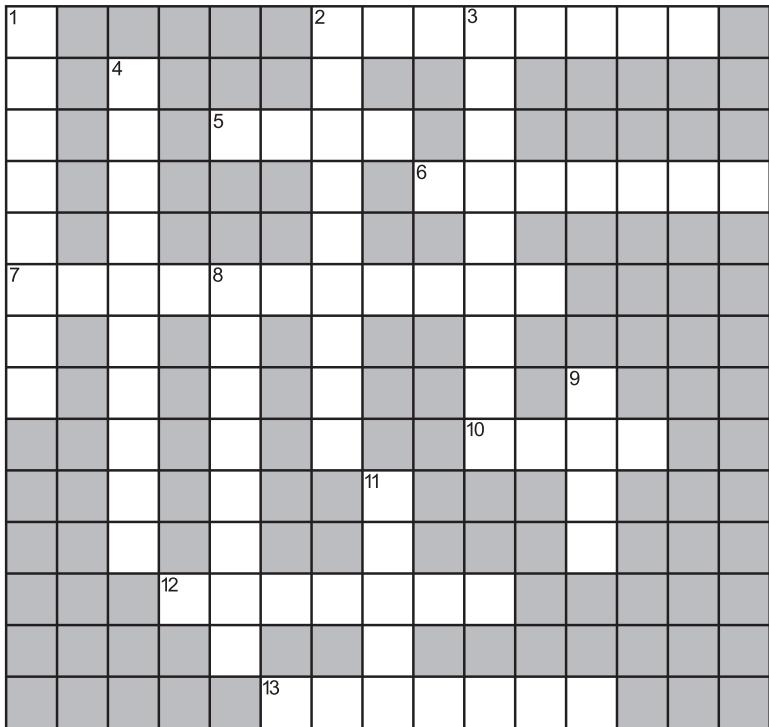
*HEALTHY LIVING at HOME*

*Michelle Kalher  
Area Director of Operation  
"At Your Service"*

## Watch Your Step

With winter in full force, we want to remind everyone to be careful when you're out and about. Slick spots are inevitable, so please watch your step outside and in the entryways.





# Happy New Year!

## Crosswords

### Across:

- 2. Small pieces of colored paper
- 5. Hope
- 6. Start of the calendar year
- 7. Important event
- 10. Cold, white stuff
- 12. First month
- 13. Two-section gloves

### Down:

- 1. Heated chocolate beverage
- 2. White sparkling drink
- 3. Spectacular explosions
- 4. Firm decision
- 8. Annual anniversary of a person's life
- 9. Low temperature
- 11. Beginning

