

Community Highlights from Care Suites



January 2022

A newsletter for the residents, family and friends of Care Suites

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From the Executive Director

Amanda
Pitsenbarger



Hello Residents, Families, Friends and Staff,

Happy New Year! I don't know about you, but each new year feels like a fresh start. I willingly admit that I am a work in progress. I can always be more organized, healthier, more connected to friends and family. That list seems daunting. A wise resident in our community told me that we are never too old to improve, but we need to have amazing grace for ourselves while we try and reach for achievable goals.

What is important to you? I have heard so many people talk about what makes them want to get up and out and about each day. Some people talk about wanting to keep busy and active. Did you know that 6 days a week we have a seated exercise class that is focused on stretching and maintaining strength? It is offered in our community room at 10:00am Monday- Saturday and is geared for all people who are wanting to keep moving. The exercises can be modified to meet your ability level. All are welcome. I know for many people visits with family and friends really lifts the spirits. Did you know that our community room and other common areas can be reserved free of charge so that you might host a small gathering? The front desk can help you determine the right space for your group. Our community room has a refrigerator, stove, and oven if food needs to be heated or stored for an event. Getting fresh air can sometimes recharge people. Did you know that our community offers weekly outings? Some of these are drives around the area that don't require you to get off the bus, but we do offer bus trips to local stores to pick up supplies on Tuesday and Wednesdays. Let the front desk staff know if you would like to go out to a store. Even stepping outside on the front porch for a fresh breathe of air can clear the cobwebs, as my grandma used to say.

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JANUARY

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Eating healthy is a goal for so many. Do you drink enough water? I hear our doctors that make rounds here at Care Suites constantly educate people on the importance of staying hydrated. So many illnesses can be prevented by drinking fluids. Being healthy is not only about the body. I have heard people say that they sometimes feel lonely. Did you know that our dining room has open seating? You are welcome to come to the dining room and sit in a new spot and meet new people. Our activities are for all people. Please come out and join in the fun. If group gatherings are not your cup of tea, sitting in a common area can be a good way to meet your neighbors and have an individual chat. Getting out of your 4 walls each day can really prove to be beneficial. Are you up for making a few changes in the new year? How can we help?

We are all responsible for making our days the way we want them to be. Staying healthy and connected takes effort. We are here to support you in this journey. Let's make 2022 great, together!

Cheers,

Amanda Pitsenbarger-Executive Director



January Word Search

T	H	A	T	A	S	C	D	D	Q	F	F	L	B	X	T	H
O	S	L	E	E	S	S	O	J	L	R	F	S	H	A	M	O
B	A	C	V	L	N	K	L	L	O	E	Y	L	O	O	O	C
O	B	O	A	O	I	O	A	L	D	E	C	C	A	Q	D	K
G	L	H	W	R	O	B	I	T	A	Z	I	Z	J	K	E	E
G	C	M	K	C	F	C	O	Z	I	I	K	Z	A	N	E	Y
A	A	G	N	I	I	K	S	M	G	N	I	K	N	O	R	S
N	W	I	N	T	E	R	T	S	W	G	G	Q	U	S	F	B
C	O	C	O	A	L	L	A	B	W	O	N	S	A	A	S	O
O	U	T	D	O	O	R	S	T	K	J	N	A	R	E	R	O
L	L	A	B	M	O	O	R	B	N	F	G	S	Y	S	F	T
S	Q	N	W	C	S	L	E	D	D	I	N	G	I	T	T	S



boots	broomball	coat	sledding
cocoa	cold	cool	snowball
flakes	freedom	freezing	snowman
frolic	gloves	hat	snowmobile
hockey	Icy	January	toboggan
King	outdoors	scarf	winter
season	skating	skiing	

Event Photos



Haley works with Joan during holiday cookie decorating.

Time to Celebrate

Baking and Birthdays



Janice celebrated a special birthday with friends & family this past December.

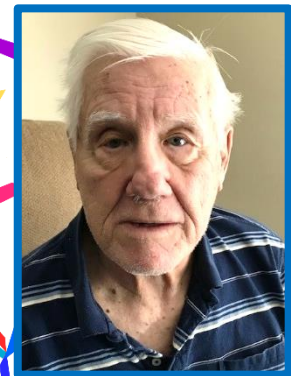
Resident Birthdays



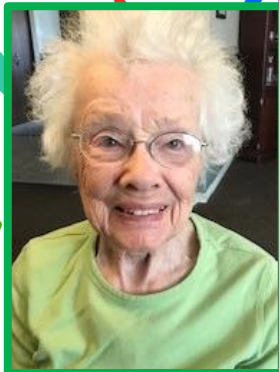
Lorraine H.
January 4



Sylvia H.
January 11



Dick T.
January 25



Bunnie T.
January 29



Diane B.
January 30



Chaplain's Pen



Chaplain's Pen

Rev. Karl Kruse, M.Div.



Good News!

Gifts Don't End At Christmas!

At Christmas, God gives us the wonderful gift of his Son, Jesus Christ. This gift has changed our lives forever with forgiveness, life, and salvation. In response, we in turn give gifts to one another; not to try to gain their favor, but just because we care for them.

"But wait, there's more!" There's even more good news. With God, the gifts don't end at Christmas. God pours out the Holy Spirit on and into everyone who believes in Jesus. With the Holy Spirit comes all kinds of special gifts that you can use and enjoy, and which are there specifically to build one another up, and so we can be encouraged by the power and presence of God. These "Spiritual Gifts" are fun to discover and exciting to use.

Beginning in January, we will be starting a new Bible Study on Tuesday afternoons at 2:00 p.m. As you might have guessed by now, the focus of this Bible Study is "Spiritual Gifts." We'll discover what Spiritual Gifts are, how we get them, how we use them, and even more. And since every Christian has been given Spiritual Gifts, we'll even help you kind of "shake the box" and unwrap the package, so you can discover what your Spiritual Gifts are. Gifts are a lot more fun when we actually use them, so we'll also see how God want you to your Spiritual Gifts.

Plan now to come and experience this exciting course.



Months' Happenings & Special Events

5th



National Bird Day

7th

George Washington Elected 1st President, 1789

8th

Clean Off Your Desk Day

10th

Fireman's Day



11th

National Milk Day

14th

Bald Eagle Day

17th

Dr. Martin Luther King, Jr. Day

Martin
Luther
King, Jr.



18th

N.Y. Metropolitan Opera House 1st Jazz Concert, 1944

19th

Edger Allan Poe Birthday, 1809

20th

Basketball Day

21st

Squirrel Appreciation Day



24th

Gold Discovered in California, 1848

25th

First Winter Olympic Games Were Held, 1924

27th

Thomas Edison Patented The Light Bulb, 1880



31st

Baseball Player Jackie Robinson's Birthday, 1919

January Employment Anniversaries

Elizabeth Addai	RA	5 yrs.
Vickie Chapin	RA	4 yrs.
Tina Goulet	LPN	9 yrs.
Frederick Harris	Culinary	5 yrs.
Nargis Prasad	RA	30 yrs.
Christine Shepherd	RA	1 yr.
Sharese Sheppard	Culinary	4 yrs.
Judith Thompson	Concierge	2 yrs.

Thank You For Your Service!

Care Suite Services

Bus Outings: Check your Monthly and Weekly Enrichment Calendars to view outing schedule. Sign up by seeing one of our Life Enrichment staff.



Essential Beauty Hair Salon (Tuesdays)

Phone # 651-302-5644

Our salon is found in the lower level basement, just south of the elevators.



Happy Feet Foot Care:

Call Teresa at 952-230-1304



Health News



Leslie Scott Smith, RDH
Director of OHP



Susan Sarapa, RDH

Start the New Year with Laughter and a Smile!

January is the month of new beginnings. Let's start it out with an entertaining "Tooth toon" and a healthy habit!



Courtesy of: [The Dental Hygiene Comic Strips](#) | [The Comic Strips](#)

Remember to Brush, Floss, Rinse and visit your favorite dental provider!

Effort is just like toothpaste, you can always squeeze out a little more!

Anonymous

Happy New Year!

From the Foundation

Shop on Amazon? Support Walker Methodist through AmazonSmile!

When you shop at smile.amazon.com, Amazon donates to a charity of your choice!

Mobile

1

Download the Amazon Shopping app on your phone.



2

Open the app and go to **Settings** in the main menu.

3

Tap on **AmazonSmile**. Follow the instructions and choose **Walker Methodist**.

Desktop

Sign into **smile.amazon.com** in your browser.



Go to **Your Account** and click **Change Your Charity**.

Select **Walker Methodist** as your organization to support.



Dr. Martin Luther King, Jr. Day is Monday, January 17th, 2022

Historic Facts Include:



- Both King and his father were born as Michael King. His father changed his name in honor of German monk, Martin Luther.
- King had partial Irish ancestry – his great-grandfather was originally from Ireland.
- He had great public speaking ability that won him an oratorical contest in Georgia.
- He founded the Southern Christian Leadership Conference in 1957.
- King advocated for civil rights by civil disobedience and nonviolent means.
- President Ronald Reagan signed the bill making MLK Day a federal holiday in 1986.
- Martin Luther King, Jr. received a Nobel Peace Prize in 1964.



Canine Spotlight – Aspen

Woof- my name is Aspen! You may have seen me around before; my owner Haley (Life Enrichment) brings me here to Care Suites once a week on Tuesday Afternoon's to visit with you all. You may have been wondering what kind of dog I am. Truth be told I am 7 breeds! I am almost half Siberian Husky, and I am also German Shepherd, Chow, Great Pyrenees, Boxer, Italian Greyhound, and American Staffordshire Terrier.



Aspen

My family adopted me from a Rescue called Adopt a Husky Minnesota. I was adopted when I was only 8 weeks old. I will turn 4 years old on March 4th, of this year- making it my Golden Birthday.

For fun, I like to go on long walks or take "adventures" to new places. I take a nap wherever I can, and I enjoy getting snuggles with my family. I also like to play with other dogs of all sizes. I don't bark very often- but if I want to talk to you, you may hear me "woo" or howl.

You may also be wondering how big I am- on average I weigh between 60-64 pounds. All depending on how many treats you may give me 😊

I look forward to all my visits with you all, and if you ever want a special visit with me, to let Haley know so we can be sure to meet!

Favorites:

Season- Winter, I love to roll in the snow with my long fur coat

Treat- Anything that tastes like Chicken!

Toy- Anything that Squeaks



Left – Rosemary & Dick enjoy a visit from Aspen in their Walker Care Suite apartment.



Right - Aspen relaxes with first floor resident, Renee during weekly Tuesday afternoon rounds.

