Village Manor
of Heritage Village, CCRC

Village Vine

January 2023

Monthly Newsletter of Village Manor

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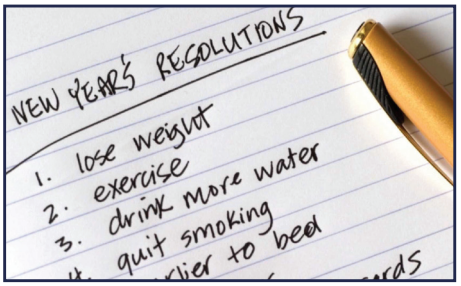
An affiliate of Memorial Health System

10 Tips to Start the New Year Off Right

Contributed by Andy Sutter, Village Manor Executive Director/RN

It's the beginning of a new year, and you're super excited to start the year off right.
You promise yourself that this will be the year you grow your business or advance your career like never before.
You jot down some resolutions, and away you go!
But before you know it, you're quickly back to doing things the way you've always done them and getting the same results.
Sound familiar? If so, you're not alone.
A study by researchers at Scranton University found that only 19 percent of individuals keep their resolutions.
Most are abandoned by mid-January.
Wow! That's just mind-blowing!



So, what can you do to stay on track and achieve your goals? Here are a few tips to help you build momentum and ensure this is your best year ever!

1. **Set reasonable and specific goals.** The surest way to fall short of your goal is to make your goal unattainable. When establishing your goals, be selective. It's better to move one thing forward a mile than ten things forward an inch.

2. **Create a plan.** Once you've set your goal(s), work backwards so that you know exactly what you need to do to get where you want to go.

3. **List new skills you'll need.** You'll likely need new skills to move ahead with your career plans or keep up with the times in your business. Take note of what you'll need to learn this year and develop a strategy for mastering these skills.

4. **Be sure your goals are measurable.** What gets measured gets done. Keep track of your success and reward yourself along the way.

5. **Talk about your goals.** Tell friends, family members, and trusted colleagues about your plans so that they can support you.

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6. Make course corrections if necessary. If you find yourself heading in the wrong direction, don't hesitate to course correct. Goals are not carved in stone. It's okay to adjust your goals as you go.

7. If things aren't going according to plan, ask for help. There's no shame in admitting that you need assistance.

8. Avoid repeating past failures. Doing things, the same way, when you didn't get the results, you are seeking won't change the outcome. Instead, take a different approach.

9. Schedule time for yourself. Schedule time on your calendar where you can get away and be free from distraction.

10. Balance work and play. In most cases, our jobs and work take priority over many other things in our life. Work isn't going anywhere. The greatest wealth you can build is discretionary time. Think about this and then say yes to doing something you love!

Here's to a great 2023!

Source: forbes.com

Thank you Sharon Wilson for bringing your 3rd grade class to play BINGO and sing Christmas carols to our residents.

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9-11 Morning Church 11:00 Movies 6:30 Cards	**2** 9:00 National Day Chat 9:30 Get in Motion 9:30 Reminisce 10:30 Seek out 3:00 Bingo 3:00 Seek out 6:30 Puzzles	**3** 9:00 National Day Chat 9:30 Resident Council 10:00 Resident Meet 2:00 Snack 3:00 Polka Dance	**4** 9:00 National Day Chat 9:30 Get in Motion 10:00 Cards 2:00 Snacks 2:15 Paint Class 6:30 Checkers	**5** 9:00 National Day Chat 9:30 Get in Motion 10:00 Corn Hole 3:00 Nails 6:30 Cards	**6** 9:00 National Day Chat 9:30 Get in Motion 10:00 Ball Toss 1:00 2:00 Snacks 6:30 Checkers	**7** 10:00 Movies 3:00 Puzzles 6:30 Hall Choice
8 9-11 Morning Church 11:00 Movies 6:30 Cards	**9** 9:00 National Day Chat 9:30 Get in Motion 9:30 Reminisce 10:30 Seek out 3:00 Bingo 3:00 Seek out 6:30 Puzzles	**10** 9:00 National Day Chat 9:30 Resident Council 10:00 Drums 12:00 Lunch and Chat 2:00 Snack 6:30 Cards	**11** 9:00 National Day Chat 9:30 Get in Motion 10:00 Cards 2:00 Snacks 2:15 Paint Class 6:30 Game Shows	**12** 9:00 National Day Chat 9:30 Get in Motion 10:00 Bowling 12:00 Barbeque 3:00 Nails 6:30 Cards	**13** 9:00 National Day Chat 9:30 Get in Motion 10:00 Drums 1:00 BINGO w/ kids 3:00 Music 6:30 Games	**14** 10:00 Movie 3:00 Puzzles 6:30 Cinema Night
15 9-11 Morning Church 11:00 Movies 6:30 Coloring Fun	**16** 9:00 National Day Chat 9:30 Reminisce 10:30 Seek Out 3:00 Bingo 3:00 Seek Out 6:30 Puzzles	**17** 9:00 National Day Chat 9:30 Get in Motion 10:00 Drums 12:00 Lunch & Chat 2:00 Snack 6:30 Games	**18** 9:00 National Day Chat 9:30 Get in Motion 10:00 Cards 2:00 Snacks 2:15 Paint Class 6:30 Checkers	**19** 9:00 National Day Chat 9:30 Get in Motion 2:00 Snacks 3:00 Music 6:30 Board Games	**20** **7:30-9:00 AM Cafe** 11:00 Bag Toss 2:00 Shopping 3:00 Games 6:30 Puzzless	**21** 10:00 Movie 3:00 Color Time 6:30 Hall Choice
22 9-11 Morning Church 11:00 Checkers 6:30 Cards	**23** 9:00 National Day Chat 9:30 Reminisce 10:30 Seek Out 3:00 Bingo 3:00 Seek Out 6:30 Checkers	**24** 9:00 National Day Chat 9:30 Get in Motion 10:00 Drums 12:00 Lunch & Chat 2:00 Snack 6:30 Puzzles	**25** 9:00 National Day Chat 9:30 Get in Motion 10:00 Cards 2:00 Snacks 2:15 Paint Class 3:30 Library 6:30 Games	**26** 9:00 National Day Chat 9:30 Get in Motion 10:00 Cards 12:00 Barbeque 3:00 What's for Dinner 6:30 Games	**27** 9:00 National Day Chat 9:30 Cards 11:00 Games 2:00 Birthday Party 6:30 Games	**28** 10:00 Movie 3:00 Puzzle Time 6:30 Cinema Night
29 9-11 Morning Church 11:00 Movies 6:30 Coloring Fun	**30** 9:00 National Day Chat 9:30 Reminisce 10:30 Seek Out 2:00 Snack 3:00 Bingo 3:00 Seek Out 6:30 Cards	**31** 9:00 National Day Chat 9:30 Get in Motion 10:00 Drums 12:00 Lunch & Chat 2:00 Snack 6:30 Puzzles			**HAPPY NEW YEAR**	
			Available Daily: games, books, puzzles, movies, manicures, horseshoes, music, and more.	*Available Daily:* Face-time and Skype and 1x1s, computer time, free WiFi.	One-to-Ones Daily *Activities Subject to Change	

Resident Birthdays

Sally Thomas	Jan. 3
Jennie Anderes	Jan. 4
Georgia Phillips	Jan. 7
Marjorie Bowell	Jan. 11
Gregory Clare	Jan. 11
Marjorie Delker	Jan. 25
Susan Greene	Jan. 28
Linda Wranosky	Jan. 29
Joe Gonzalez	Jan. 30

Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Clark Carroll
Jo Carroll
Alex Leidig
Charles Peterson
June Taylor
Maxine Jellison

In Memory

John Coup
Gary Cox
Gerald Keck
Marte DeMars
Maria Cappelletti
Lester Hargrave
Dorlene Brown

Discharges

Dale Wick

Staff Birthdays

Cameron Herting	Jan. 8
Ashley Burleson	Jan. 14
Mona Slothower	Jan. 15
Terry Langdon	Jan. 21

Welcome to our Team!

Sonya Ketcher	C.N.A.
Lisa Picking	Room Attendant
Ryli Vaught	Room Attendant

IMPORTANT REMINDER

Village Manor needs your help to ensure that we can identify any personal items that are brought into the building. When bringing clothing and other items, for your loved one, please leave them at the front office or the housekeeping/laundry office to be marked.

Thank You everyone who made the residents' coat, hat, and glove drive a success. Thank you Melvin for delivering them to the schools. You are a great example for your great granddaughters!

Village Manor

When It's Time to Leave Home

Contributed by Loretta McMillen, Village Manor Social Worker

The decision about whether your parents should move is often tricky and emotional. Each family will have its own reasons for wanting (or not wanting) to take such a step.

One family may decide a move is right because the parents can no longer manage the home. For another family, the need for hands-on care in a long-term care facility motivates a change.

In the case of long-distance caregivers, the notion of moving can seem like a solution to the problem of not being close enough to help. For some caregivers, moving a sick or aging parent to their own home or community can be a viable alternative. Some families decide to have an adult child move back to the parent's home to become the primary caregiver.

Keep in mind that leaving a home, community, and familiar medical care can be very disruptive and difficult for the older parent, especially if they are not enthusiastic about the change. You might first want to explore what services are available in your parents' community to help them in their home—including home health care, housekeeping, personal care, and transportation services.

Older adults and their families have some options when it comes to deciding where to live, but these choices can be limited by factors such as illness, ability to perform activities of daily living (for example, eating, bathing, using the toilet, dressing, walking, and moving from bed to chair), financial resources, and personal preferences.

Making a decision that is best for your parent—and making that decision with your parent—can be difficult. Try to learn as much as you can about possible housing options.

Older adults, or those with serious illness, can choose to:

- Stay in their own home or move to a smaller one
- Move to an assisted-living facility
- Move to a long-term care facility
- Move in with a family member

Some families find a conference call is a good way to talk together about the pros and cons of each option. The goal of this call is to come up with a plan that works for everyone, especially your parent. If the decision involves a move for your mom or dad, you could, even from a distance, offer to arrange tours of some places for their consideration.

Experts advise families to think carefully before moving an aging adult into an adult child's home. There are a lot of questions to consider, for example:

- Is there space in your home?
- Is someone around to help the older person during the whole day?
- What are your parents able to do for themselves?
- What personal care are you willing and able to provide—moving your parent from a chair to a bed or toilet, changing adult diapers, or using a feeding tube, for example?
- What kinds of home care services are available in your community?
- What kind of specialized medical care is available nearby?

Source: National Institute on Aging

A.M. Cafe puts lots of smiles on our work families faces. THANK YOU to all the of the staff at Village Manor who makes it run so smoothly!