

The Ivy at Ellington

Jan/ 2020

Welcoming a New Decade



We rang in the new year all together at The Ivy at Ellington. We welcomed a new decade with open arms and with lots of excitement. Residents came together and discussed all of the amazing things that we have done this past year as an Ivy family. A lot of popular memories included our first year anniversary party; our trip to the Eastern States Exposition; babies being born; wedding celebrations; and the special friendships that have been made and expanded; here at The Ivy. Plans for a new decade was also on everyone's minds. Being more active was the number 1 resolution of the group. We are looking forward on what's to come in 2020.

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It's Beginning to Look a Lot Like Christmas,



This past month, residents were busy decorating The Ivy for Christmas and spreading holiday cheer around the entire building in many different ways. We decorated the trees in the activity rooms and made wreaths to hang on our apartment doors. We also made ornaments with the girl scouts to hang in our rooms and decorated Christmas cookies that brought us back to when we were kids.

Throughout the month, we came together many times as a family and celebrated together. We watched Christmas movies, drank hot cocoa, sang Christmas carols and of course came together for social hour everyday. Some of our socials included, grinch punch, mistletoe margaritas, and of course, amaretto eggnog. During every social, residents raised their glasses to a happy and healthy holiday season!



DOOR TO DOOR

The Ivy at Ellington

Everywhere You Go; at The Ivy at Ellington



This year's holiday party at the Ivy was a great success! Families of residents and staff came together for a huge celebration.

The food was absolutely delicious, made by our Food Service Director, Mara, and her amazing kitchen staff. Along with the food, our signature drink, the chocolate peppermint martini; was getting everyone in the Christmas spirit.

Everyone who attended the party had a wonderful night. Santa and Mrs. Claus came for a visit. Kids, young and old, sat with Santa to take pictures and let him know what they would like most for Christmas. Rockin' Robin was our entertainer for the night and he certainly did just that. Residents were dancing and singing along to the music. It was a fun time had by all and memories made that will last forever.

DOOR DOOR

**Happy Birthday
January Babies!**

Wilfred M. 1/23

Peggie B. 1/27



**Welcome Home
New Residents!**

George & Ethel S.

Wilfred M.

Chic & Gerri A.

Staying Safe & Healthy During Winter Months

By taking the right precautionary steps, you can weather out the winter with ease. Here are some tips to help you stay safe & healthy during the winter months.

1. If you need to go outside in cold weather, bundle up in layers of clothing, and wear a hat, scarf and gloves.
2. Wear shoes with proper tread to avoid slips and falls on icy roads, side walks, and parking lots.
3. Get plenty of sleep. If you feel a cold setting in the best thing you can do is get some rest. Go to bed early and take naps if you must. Due to the simple fact that sleep boosts immune function.
4. Drink more water. Hydration and drinking more water when you are sick can actually cleanse your nasal passages of bacteria particles.
5. Eating healthy taking a probiotic. Eating healthy will boost your immune system. Also, medical studies link probiotic supplements (i.e., LGG and BB12) to decreased chances of catching a cold, plus, taking them can cut the duration in half.