

DOOR DOOR

The Arbors at Amherst

JANUARY 2020

“Year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.” - Hal Borland



Happy New Year, 2020!

Wow, it’s hard to believe that the holidays are behind us and we are beginning the year 2020. Let’s bid 2019 farewell, along with our fears, bad habits, hatreds, intolerances, and prejudices. Let us welcome in the new year with peace, patience, tolerance, hope, and good health!

In the past year, we have welcomed many new faces into our Arbors community and bid farewell to others; I wish you all a very healthy and happy 2020, and look forward to a year filled with fun, laughter, and friends (old and new).

Fondly, Judi.



Do you have a hidden talent, skill, or knowledge that you would like to share?

If so...please let Judi know and we will schedule you in on the calendar. I am looking for new ideas to help build our activity calendar so let Judi know of anything you think may be fun or interesting!

DOOR TO DOOR

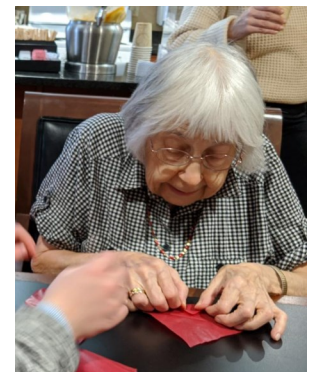
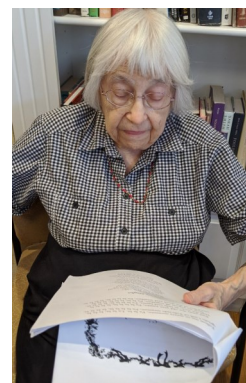
The Arbors at Amherst



Caroling and Crafts

An afternoon of caroling, with the kids from the Hartsbrook School, followed by hot cocoa, star making, conversation, and fun!

We always enjoy when Jeans' daughter, Jessica, brings her students and some parents to visit us and share an afternoon of holiday fun!



HAPPENINGS IN REFLECTIONS

Below: Our Reflections community has been a buzz of activities with the arrival of our new Reflections Program Director, Sharon. If you have not yet had the opportunity to meet Sharon, take a moment next time you stop in to introduce yourself. Her new activity assistant, Abigail, is a familiar face as she is also one of our wonderful RCAs, together they make a dynamic team! So stop in and share some Reflections fun!



Below: To close out 2019, we celebrated with an end of the year happy hour social that included a sweets and snack table, wine, fruit punch, soda, traditional readings and fun facts about New Year celebrations around the world, lots of conversation and laughter, as well as a few “resolutions”....to lose weight, to love more, to laugh more, to find more time to relax, and to be kind. All worthy goals to strive to maintain!



“Let our New Year’s resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.” - Goran Persson

DOOR DOOR



January is...

National Cancer Prevention Month,
National Eye Care Month, National
Hot Tea Month, and National Prunes
for Breakfast Month!

Foot Clinic
1/2

Hairdresser
Tuesdays

Welcome Home New Residents

Annemarie B. (Apt. 104)
Joyce M. (Apt. 109)
Evelyn P. (Apt. 205)
Martha B. (Apt. 213)
Regina B. (Apt. 237B)

Birthstone - Garnet
(Constancy)
Flower - Carnation

Happy Birthday

1/2 Margarita Z.
1/13 Telle Z.
1/14 Marion R.
1/26 Fred F.
1/31 Melba L.
1/31 James F.



Here's To Your health!

Winter dry skin is often caused by dry air and heat. Avoid taking “super hot” or long showers. Using a good moisturizer after bathing will go a long way toward avoiding itchy, cracked, dry skin.

Hydration is not just for the summer time! Being well hydrated lessens fatigue, improves immune function, and lessens the risk of constipation. Drink 4-6 glasses of water per day.

If you are experiencing fever, cough, head or body aches, it is best for everyone if you “lay low”. Stay in your apartment, rest and relax until the fever has passed and you are not actively ill. Nursing and RCAs will help you recover. And your friends will appreciate you not “sharing” at this time.

Although colds and respiratory illness are a part of life, staying healthy can go a long way toward lessening the severity of a cold if you do get one. As always, cover your mouth if you cough or sneeze; coughing into your arm if no tissues are available. And wash, wash, wash your hands!! This is the best and most effective way to prevent the spread of infectious diseases all year round.

Here's to a healthy start to 2020!