

# The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



## Celebrating January

International Creativity Month

Black Diamond Month

Mentoring Month

New Year's Day  
January 1

Bird Day  
January 5

Make Your Dream Come True Day  
January 13

Use Your Gift Card Day  
January 15

Martin Luther King Jr. Day  
January 17

World Snow Sculpting Championship  
January 18-23

Compliment Day  
January 24

Activity Professionals Day  
January 28

## Be on the lookout!

The Life Enrichment team is dedicated to providing everyone here at the Care Center with activities that are right for them. Starting in January, Life Enrichment will begin providing an "Activities A La Cart" door hanger to all residents. Just fill out the door hanger and place it on the outside door handle. You can choose to have materials provided for independent activities, or one-to-one activities with a member of the Life Enrichment team. If you need assistance in filling out the card, ask any member of the Normandy Care Center staff.

Cut out circle for doorknob hole.

### Activities À La Cart

Name: \_\_\_\_\_

Room/Apartment Number: \_\_\_\_\_

**Independent Activities**

Puzzles (circle one or more)  
Word Search    Crossword  
Math Puzzle

Reading Material

Music/Movie

Coloring Pages

Other

Cut out circle for doorknob hole.

### Activities À La Cart

**One-on-One Activities**

Conversation

Reading

Walk/wheelchair ride

Cards

Games

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Hand massage

Assistance with connecting with friends and family

Other

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Preferred time (circle one):  
Morning                      Afternoon

# Physical Fitness

## Mondays and Fridays

Take some time and unwind while focusing on your physical health  
Every Monday and Friday Morning we will host a Yoga and Meditation group starting at 11:30 AM



## Wednesdays

Looking for something more focused on stretching and strengthening? Come to Morning Exercise and Cool-downs on Wednesday Morning, starting at 11:30 AM

# Tech Tuesday



Every Tuesday, stop by the Life Enrichment Office for your tech questions. Our activity staff will do everything we can to help you with your technology needs and teach you along the way!

## Baking Club

Tuesday January 4<sup>th</sup>

Caramel Apple and  
Brie Skewers



Tuesday January 11<sup>th</sup>

Easy Cake Mix Bars

Tuesday January 18<sup>th</sup>

Crescent Roll Kielbasa  
Bites



## Jewelry Crafts

Wednesday January 5<sup>th</sup>

Wire Wrapped Rings



Wednesday January 12<sup>th</sup>

DIY Glitter Earrings

Wednesday January 19<sup>th</sup>

Ribbon & Pearl Necklace



Wednesday January 26<sup>th</sup>

Crystal Bead Bangle



## Arts & Crafts



Thursday January 6th  
Perpetual Calendar

Thursday January  
20th  
Sock Snowman



Thursday January  
27th

DIY Dotted Mug

## Spiritual Programs

### Wednesdays

Rosary 3:30 PM

Join us in the Resident Lounge to pray the Rosary  
\* Rosaries can be provided by the Life Enrichment  
Department if needed



### Saturdays

Bible Study 11:15 AM

Delve deeper into the lessons of the bible and discuss  
with like-minded people of faith



### Sundays

Prayer Service 11:30 AM

Celebrate this holy day with bible readings, prayers,  
and hymns



## Friday Happy Hour



Every Friday in January the Life Enrichment Department will be offering Happy Hour cocktails, mocktails, and non-alcoholic beer and wine. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!



## January's Signature Cocktail

## Take A Bow!

Has someone done a great job lately?

Do you think a good deed deserves a shout out?

Would you just like to say something nice?

Fill out a "Take A Bow!" form to recognize people who go above and beyond.

Available on the bulletin board in the West Wing and by request.

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### Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

**Resident Council** – A place to discuss your care here at the Normandy. We will cover all aspects including: Nursing, Caregivers, Maintenance, Housekeeping, Laundry, and Activities.

**Food Committee** – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

Thursday January 13<sup>th</sup>, 2021  
2:30 PM – Main Dining Room

This is a closed event, for residents only, if a staff member would like to be present, they must be unanimously voted in by the resident council.

## Beginning at the End

“New year, new me” is a common refrain on January 1.

For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year’s resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it’s the start of a new year doesn’t mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear:

January 17 is Ditch New Year’s Resolutions Day.

After keeping up the charade for a couple of weeks, exercising when you don’t want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you’ve set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn’t always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn’t until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn’t adopt the date until the 18th century.

## January Birthdays

Sandra Noodel – 1/20

Robert Linn – 1/21

William Merrell – 1/23

Brenda Corley – 1/25

David Mapes – 1/27

## January Birthstone – Garnet



The garnet is both the birthstone for January and the gem to celebrate a second anniversary. Though it is most frequently known for its brilliant red coloration, the garnet also grows – as crystals inside metamorphic rock – in a range of colors including orange, fuchsia, yellow, and even blue. According to the Gemological Institute of America, rarer still is the green garnet, known as *tsavorite*, found outside a national park in Kenya in 1967. Use any color of this stone to celebrate your favorite January birth or anniversary.

## January Flower – Carnation



The carnation is the flower for January. Also known as a clove pink, this versatile flower is a species of the genus *Dianthus*, a term that means “divine flower” in Greek. Carnations are native to the Mediterranean and have been cultivated for over 2,000 years. The festive, sweet-scented blooms were used in ancient Greek and Roman ceremonial crowns and now come in a rainbow of colors, including pink, purple, blue, yellow, green, orange, white, and striped.