



ADMINISTRATOR'S NOTES

It's hard to believe that it is already the end of 2017! This month we have many activities going on in our community including Family Night, Healthy Eating Seminar and Grief and Loss Seminars, various caroling and music from area schools, a holiday party, and the New Year's Celebration and Dinner, and more. Please check your calendar for exact times and dates and the bulletin board for any updates that might occur.

Family Night is scheduled for Thursday, December 14 at 6:30pm. Please bring an appetizer or dessert and join us for information about

Omnicare and other concerns, as well as time for fellowship with each other and our loved ones.

We will host a special lunch on Christmas Day. Guests are welcome, and the cost is \$8.00/person. Please RSVP by calling or emailing Rachel Layne, 972-539-9444 or rlayne@flowermoundalf.com.

Please note, our front office will be closed on Christmas and New Year's Day.

We wish all our residents, families and staff a very merry holiday season and a happy new year!

— *Nita Collins*



Happy Birthday

RESIDENTS

Helen	December 11
Lavonne	December 15
Georgia	December 15
Joe	December 27

EMPLOYEES

Esme	December 29
Mark	December 30

ANNIVERSARIES

Wanda, Bob & Georgia

Wellness Corner

DECEMBER IS NATIONAL HANDWASHING AWARENESS MONTH

This is appropriate for this time of the year because of it also being flu season. The first line of defense against germs is handwashing.

Think about all the things that you touch in a day, not to mention all the people you come in contact with, such as the telephone and the toilet. Maybe you sneezed and blew your nose then shook hands with someone. Whatever you do, you come in contact with germs everywhere. It's easy for germs on your hands to end up in your mouth and even your eyes.

By frequently washing your hands the right way, you'll wash away germs such as bacteria and viruses. Good handwashing is the key to the prevention and spreading of these germs. To properly wash your hands, please follow these simple steps:

1. Wash hands with warm water.
2. Lather and scrub hands front, back, in between fingernails and fingers.
3. Sing the "Happy Birthday" song three times.
4. Then rinse.

Happy Holidays!

By PK Kendall, LVN

UPCOMING EVENTS

December 1st-8th: Our annual food pantry drive begins on the first. We welcome all donations.

December 7th, 4:00pm: Please join us for the continuation of our Healthy Eating for the Holidays seminar.

December 11th, from 11:00-2:00pm: We would love for you to join us for our first ever Christmas Bazaar. Get your shopping done in one trip!

December 13th, 10:30am: Please join us for our grief and loss support group.

December 14th, 6:30pm: We hope to see all our resident's families here for our annual family night.

December 22nd, 3:00pm: Celebrate with us at our annual holiday party.

December 29th, 2:00pm: We hope you will celebrate with us the end of an exciting new year.

To R.S.V.P. or to request more information please contact Rachel.

ACTIVITY HIGHLIGHTS



Healthy Eating Seminar



Dorothy Bday



Healthy Eating Seminar



Healthy Eating Seminar

RESIDENT SPOTLIGHT: MS. JEAN

This month we would like to introduce one of our newest residents, Ms. Jean. She moved into FMAL in September and is a wonderful addition to our family. She enjoys visiting with others and participating in our daily Standing Balance Fitness class.



Jean was born in the small town of Gordon, Nebraska on February 17. Her father, Terrence, worked as a printer for the local newspaper while her mother, Helen, took care of Jean and her younger brother, Charles. "My parents were both very loving and attentive. They were also active in our church," said Jean.

After high school Jean went to become a registered nurse. Once she got her degree she joined the Army. "I loved being a nurse! I liked learning new things, I loved the patients and I loved that I was doing something good," said Jean. After the Army she went on to become a pediatric nurse until her retirement.

Jean met her husband, William, at a cocktail bar. He was a pilot for the United States Navy. "When I first met William he was in uniform. I thought he was very handsome and had a good sense of humor." William was a great husband and loved their kids and their pets. Together they have three kids, Mary Jane, Terry and Bill. After Jean and William retired they spent their time visiting with family and friends and playing bridge.

Jean's words of wisdom are, "Listen to your parents and go to church." Thank you, Jean, for allowing us to get to know you a little more. If you would like to meet this wonderful woman, please join us for our Standing Balance Fitness class every morning at 10 am.

- By Rachel Layne

Tips for *Holiday* Stress Relief

Avoid overeating. The holiday season presents many opportunities for you to overeat. Overeating makes you feel stuffed and uncomfortable. Try taking smaller portions.

Take a time out. The holiday season can be very hectic. If you get caught up in the fast pace you may become exhausted. To avoid this, take time out for self care.

Stay with your routine. Holiday activities can take you out of a regular routine. If you have a routine of regular exercise or meditation stick to it.

Pace yourself. The holiday season is a time to relax, take a break and enjoy the festivities.

Have fun! Whether it is the perfect gift or dinner for the holiday season, it is important to have fun with family and friends. Fun does not mean stressing out about perfection.



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Pumpkin Painting



Stan helping paint