

THE GARDEN SQUARE GRAPEVINE



LETTER FROM THE ADMINISTRATOR

Hello friends and family, and Happy New Year! 2018 is going to be great, I can't wait! Thank you so much to everyone that joined us for our Christmas Party and Tree Trimming Party. As the holidays have come and gone, it was a great time to reflect on how blessed we truly are. I am so grateful for all of you and all the love and kindness you share with me each day.

I would like to extend a very gracious thank you to Joe and Beverly Rosen, Kay, and Glenee, and Susie. They provided a delicious meal for us for the Christmas party, and we are so grateful! Susie provided cookies

and punch for the Christmas Cantata we had! You are such a wonderful blessing to our family and we love you all so much.

With this New Year, we are so excited to welcome changes. Please look for more information regarding our Moments program that we can't wait to share with all of you.

Please remember to come see me with any concerns or suggestions. I look forward to another wonderful year with my Garden Square Family.

Mercedes Ortega
Administrator

Thanks for the wonderful welcome friends and family! I am so excited to be a part of Garden Square!! I have some really great workshops planned to help us tap into our "creative and crafty" sides! If you have any suggestions for other things we can do please feel free to reach out and let me know! Here's to a great year!

– Linda Jordan, Activity Director

A Note From the Business Office

Hi Everyone! As the New Year starts, please remember our rental agreement has changed. We now require all rent due by the 5th of every month. We also offer Direct Deposit to make this a little easier! Please come see me to sign up!
Thank You!

Courtney Huggins,
Business Office Manager

GARDEN SQUARE
ASSISTED LIVING OF CASPER

Christmas Party Photo Highlights



Staff participating in National "Ugly" Sweater Day



Tips to Relax Quickly

1. Give someone a hug. As long as it's from somebody you don't mind hugging, this can be very relaxing.
2. Breathe deep through your nose. Close your eyes and pay attention only to your breathing while doing this. Five slow deep breaths is like a mini-meditation.
3. Take a walk. Walking is one of the best relaxation techniques if you have at least 10 minutes to spare.
4. Be mindful of stressors. By being aware of stressors lurking just below the surface (hunger, worry, a phone call you need to make), you can resolve them and feel more relaxed.

This coupon is good for ONE FREE MEAL at Garden Square!



Please present coupon at time of meal.

January 29 is National Puzzle Day! *Jigsaw Puzzles: Food for the Mind, Heart, and Soul*

Jigsaw puzzles are normally viewed as learning toys. They can also do wonders for one's mood and mind!



What Educators Say

Jigsaw puzzles can be "food for the brain," professionals believe. At various phases, they stimulate the learning process. Continuous play enhances a person's inherent ability to reason, analyze, deduce, sequence, utilize logic, and solve problems. They also promote efficient coordination of the hands as well as the eyes.

Why They Help

Assembling jigsaw puzzles can be enriching as it's a fun activity and one can be surprised by what they see. It can be shocking seeing how tiny pieces can complete a whole.

Another benefit is their strong appeal to kinesthetic learning. Kinesthetic learners are educated through activities including hands-on application. These typically involve simulation and on-the-spot problem solving.



GARDEN SQUARE

ASSISTED LIVING OF CASPER

1950 S. Beverly St.

Casper, WY 82609

office: 307-215-5024

www.GardenSquareCasper.com

LEADERSHIP TEAM

ADMINISTRATOR

Mercedes Ortega

BUSINESS OFFICE MANAGER

Courtney Huggins

MAINTENANCE DIRECTOR

Hail Russell

ACTIVITIES DIRECTOR

Linda Jordan

HEALTH SERVICES

COORDINATOR

Deborah Poppe

DIETARY SUPERVISOR

Martha Casiano



RIDGELINE
MANAGEMENT COMPANY

Newsletter Production by PorterOneDesign.com

JANUARY – WORD SEARCH

U	J	O	J	H	V	Z	E	D	G	C	A	I	W	G
W	R	W	P	B	A	L	S	B	L	R	H	J	H	R
I	Q	S	B	F	Z	P	E	A	A	Q	I	D	O	E
N	R	Y	M	Z	X	V	P	R	U	W	P	T	L	L
T	E	H	U	C	C	Z	Z	Y	C	S	Z	R	E	A
E	S	P	Q	Y	O	T	Y	Y	O	U	X	V	G	X
R	O	J	N	Y	B	O	Y	Z	M	C	S	Y	R	N
U	L	O	E	A	V	L	K	U	A	C	I	K	A	O
O	U	A	W	H	J	H	S	I	U	E	M	V	I	Q
W	T	T	Y	O	C	N	O	H	E	S	O	M	N	N
G	I	M	E	P	R	Z	U	E	A	S	V	E	J	Q
O	O	E	A	I	M	L	T	R	M	U	D	N	Q	S
A	N	A	R	U	R	T	R	B	V	R	Q	Z	F	N
L	S	L	C	I	G	W	E	S	A	V	D	T	S	Z
S	Y	D	B	J	T	Z	A	G	B	V	H	D	D	G

COOKIES
GARDEN
GLAUCOMA
GOALS
HAPPY

HERBS
NEW YEAR
OATMEAL
PUZZLE
RELAX

RESOLUTIONS
SKIN
SUCCESS
WHOLE GRAIN
WINTER