



## ADMINISTRATOR'S NOTES

Happy New Year from all of us at Flower Mound Assisted Living! May this New Year bring you good luck, good health, good fortune and good times!

If you haven't met our new residents yet, please take a few minutes to introduce yourself and welcome them to our community! Talking about new residents, we want to remind you about our referral program. If you refer someone to us and they move-in, you will both receive \$500 off your rent for the first month they live here. We'd love to see our residents reap the benefits of this program and look forward to your referrals!

We have lots of activities and events planned this month including National Law Enforcement Appreciation Day, Humanitarian Day, National Activity Director and Maintenance Director Week, and a seminar to help us all get organized. In addition, we will also have some craft activities, our walking club,

cook's corner, and casino night.

Just a reminder, we are able to take residents to doctors' appointments, if needed, in Flower Mound, Highland Village and Lewisville on Tuesdays on our community bus. Be sure to let PK know so she will be aware and be able to plan for your transportation. If you are unable to schedule your appointment for Tuesday and/or your appointment is in another nearby city, we will charge \$45 to take you to the doctor. We request at least a week's notice in order to help us plan better to serve you.

Please note, our office will be closed on January 1 in observance of New Year's Day. Rent will be due on January 1, and checks can be placed in the gold mailbox outside the front office. If you have any questions or concerns about our community, please don't hesitate to stop by or call. We are always interested to hear from you!

— *Nita Collins*



## *Happy Birthday*

### RESIDENTS

Dottie	January 07
Vicki	January 08
Teresa	January 17
Wanda	January 18
Bert	January 21

### EMPLOYEES

Jasmine	January 05
Nettie	January 07
Gracie	January 15
Rachel	January 15
Nita	January 16
Rae	January 20

FLOWER MOUND  
ASSISTED LIVING

# UPCOMING EVENTS

**January 10th, 10:30am:**

Please join us for our new support group, "Joy Trough the Seasons of Life."

**January 12th, 3:30pm:**

Come celebrate this month's birthdays with us.

**January 15th, 10:30am:**

Music Starz is back to give us a great show!

**January 19th, 6:30pm:**

We hope to see you at our first Casino Night!

**January 21st  
through 27th:**

Show your appreciation to Rachel and Nicco for National Activity Directors/ Maintenance Week.

**January 25th, 3:30pm:**

Learn new ways to get organized at our Get Organized Seminar!

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

# ACTIVITY HIGHLIGHTS

## WELLNESS CORNER

**Happy New Year, friends and family! We hope your holiday was filled with lots of joy. Let's begin this New Year right by educating ourselves on these important topics.**

**January is National Glaucoma Month.** Glaucoma is a condition that causes nerve damage to your optic nerve. This damage, if not treated, can cause permanent vision loss. Most people do not have any symptoms of Glaucoma. So, if you are over the age a 40, it is highly recommended that you get an eye exam every 1-2 years. Be sure to make your appointments with your optometrist.

**January is also Bath Safety Month.** There are several ways you can prevent falls in the bathroom. First, make sure you use your grab bars when getting in and out of the shower. Also, use slip resistant bath mats. Please remember to pick up you bath mat after showering to avoid tripping on it. Communication with your care partner is important as well. Letting your care partner know how you are feeling helps them prepare for your shower better.

**Lastly, National Lose Weight and Feel Great week is January 1-8.** Most people make a new year's resolution to lose weight and/or eat healthier. What a great way to start your new year off by losing weight and feeling great! When trying to lose weight, it always helps to drink plenty of water, exercise regularly, and eat well balanced meals. There are also numerous support groups one can join to help provide ideas and encouragement.



*Christmas Caroling*



*Georgia Birthday*



*Lavonne Birthday*



# RESIDENT SPOTLIGHT: MS. WANDA AND MS. PAT



**This month we would like to take a moment to show our appreciation to two of our residents.** In 2017 both Ms. Wanda and Ms. Pat were elected to join our Resident Ambassador and Resident Volunteer programs. As an ambassador they work together to welcome each new resident and encourage them to join in activities.

**Ms. Pat along with being an ambassador also volunteers at our community.** Every afternoon you can find her playing the piano for all to enjoy. She always draws a good crowd to sing along with her as well. Pat also volunteers to escort new residents to and from meals and activities.

**Ms. Wanda loves to help out!** She has been known to help lead not only our exercise class but also our walking club. Along with helping lead various activities she also helps out by filling up our water jugs in the activity room every morning and now she has signed up to help deliver mail in the afternoons. "I love to stay busy," stated Wanda.

**Thank you Pat and Wanda for all your help last year!** We are so blessed to have you both. If you would like to know more about our Resident Ambassador and Resident Volunteer programs please see our activity director, Rachel Layne.

## *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.

## 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!



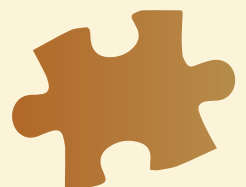
### What Educators Say

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.



# FLORIDA FLOWER MOUND ASSISTED LIVING

6051 Morriss Road  
Flower Mound, TX 75028  
Office: 972-695-9331  
[www.FlowerMoundALF.com](http://www.FlowerMoundALF.com)

ID#000398 

## OUR STAFF ADMINISTRATOR

Nita Collins

## MARKETING DIRECTOR

Sandy Rasberry

## DIRECTOR OF HEALTH SERVICES

Priscilla "PK" Kendall

## MAINTENANCE DIRECTOR

Nicco Rios

## DIETARY MANAGER

Mark Derichsweiler

## ACTIVITY DIRECTOR

Rachel Layne



Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

## ACTIVITY HIGHLIGHTS ...CONTINUED



Library Christmas Tree



Cooks corner



Making Volunteer gifts