Upcoming Events

Tyson & Lennon January 2, 2018

Ted Horowitz on the Piano January 9th 3:00pm

Tim Saur, Certified Health Coach January 11th, 10 to 11am Riverside Room

Topic: "How to Make 2018 Grrrrrrreat! Take your health to the whole next level!

Adam Kessler Comedy Hour January 12, 3-4pm Riverside Room

5 Stars! Performed at more than 100 retirement communities and featured in February 2017 issue of Senior Times.

Family and Caregiver Alzheimer's/Dementia Support Group

January 17th, 3 to 4pm Flagstone Terrace

GOHBI class with Kris Bohler. January ????, 1 to 3pm. (Six weeks of classes) in the Riverside Room.

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and ambitious. They follow a straightforward path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers, getting to the root of problems and using their talents for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
J.R.R. Tolkien (author) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Richard Nixon (president) – January 9, 1913
Vidal Sassoon (stylist) – January 17, 1928
Dolly Parton (musician) – January 19, 1946
Neil Diamond (singer) – January 24, 1941
Wolfgang Mozart (composer) – January 27, 1756

In Memory Of 2017 past residents….

Flagstone Senior Living

FlagStone SENIOR LIVING

January 2018

3325 Columbia View Drive, The Dalles OR 97058 541-298-5656

Polka Music Month

Change Your Stars Month

Book Blitz Month

First Foot Day
January 1

World Braille Day
January 4

Bubble Bath Day
January 8

International Kite Day
January 14

Thank Your Mentor Day
January 18

Big Wig Day
January 26

From Our Director

Hello and Happy New Year!

The beginning of a New Year and all the fresh opportunities it provides makes New Year's festivities one of my favorite holidays! I've always believed that how you spend each New Year's Eve and Day sets the tone for the entire year. Previous New Year's I've spent on the beach in Longview, Washington, with friends in a house in Yachats, and a very memorable one was in a rustic cabin in the woods on a very cold and snowy Mount Hood. This year my husband and I had planned on staying in a little cottage at the coast over New Years, but we moved into our new house a few months ago and have many home projects we want to do and for how much we love just being at home these days, we decided to do a "Staycation" over the holiday break. We'll be spending part of that time reflecting on the past year and what we want to accomplish in 2018.

What things do you have on YOUR New Year's list? What do you want to accomplish; experience and "be" in 2018? What are YOUR goals for the New Year—spending more time with family and friends, learning a new skill, visiting a place you've always wanted to go? Let us at Flagstone make those goals and dreams of yours come true.

Here's to a great new year full of happiness, good health and great friendships. I count my adventure at Flagstone and the friends I have here as one of my blessings!

Sharla Mosqueda, Executive Director

Flagstone Team

Executive Director.....Sharla Mosqueda
Marketing Director.....Cathy Carter
Health Services Director. MC.....Cindy Yeoman, RN
Health Services Dir. AL.....Susan Johnson, RN
Atrium RCM.....Karen Wilson
Assisted Living RCM.....Michaela Webb
Business Manager.....Vicki Peterson
Facilities Director.....Carlos Courtier
Food Service Director.....Deanne Morris
Lifestyle and Leisure Director.....Roberta Wymore-Hulit

Notable Quotable

"Better than a thousand hollow words, is one word that brings peace."

~ Buddha

Picture Perfect

Hats and Scarves for the Homeless made by our own residents here at Flagstone! Peggy, Alice, Vicki, Sarah, Claris, Sierra, and many more.

Employee Birthdays

Deanne M.....Jan. 7th
Jody B.....Jan. 15th
Faith R.....Jan. 19th
Alaina M.....Jan. 20th
Carlos C.....Jan. 22nd

Resident Birthdays

Shirley W.....Jan. 6th
Clyde M.....Jan. 15th
Jean K.....Jan. 15th
Lori B.....Jan. 25th
Phyllis B.....Jan. 28th
Barb C.....Jan. 30th

Employee Anniversaries

Andrea Hauns.....1 Year
Jennifer Dunn.....3 Years
Sierra Funez.....4 Years
Anne Mitchell.....7 Years

Move-In Anniversaries

Laverne B.....1 Year
Dorothy H.....2 Years
Shirlee F.....2 Years
Bill H.....5 Years
Richard & Helen S...5 Years
Phyllis B.....7 Years
Betty B.....8 Years

Welcome New Residents

Ralph Cochran

Family and Caregiver Alzheimer's/Dementia Support Group

Next Meeting
Wednesday, January 17th
3:00pm in the Terrace at Flagstone.
Spouses, Family members and friends caring for individuals with Alzheimer's disease or a related dementia are invited to participate. Share stories and challenges, ask questions, gain support and insight, and talk with others who are going through or have experienced this journey. **You are not alone!** Meetings are the 3rd Wednesday of each month. For more information please contact Mimi Shannon at (303) 810-3599. All are Welcome.

Employee of the Month

Karen Tremble is a very conscientious employee and exceptionally mindful of those in Memory Care. She works hard wherever she is and never hesitates to lend a helping hand to someone else.We are lucky to have her as part of our wonderful team. Congratulations Karen for being selected as Employee of the Month!

"2018"

Get to know your neighbor Social

Welcome to our Flagstone Family! Our friendly staff is here to help and answer any questions as you learn the neighborhood. Be sure to save the date for the "Know Your Neighbor Social." It's always fun to discover more about each other, so plan to come and see how small the world really is. From coffee and cookies to smoothies and great tunes, we look forward to sharing such times with you!

Get to know your neighbor Social
Tuesday January 2, 2018 at 1:30 pm in the Lobby