



Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving

to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- Increase your financial giving to church and charities.
- Increase your time donated to important causes.
- Write and send an encouraging note at least weekly.
- Smile and greet the first people you meet every morning.
- Perform an act of kindness at least weekly.
- Increase the number of people you share your faith with.
- Donate blood multiple times during the year.

LETTER FROM ACTIVITIES DIRECTOR

I would like to brag a little on our Staff. We have gone through many changes. From Management changes, Loss of many residents, and of course the staff changeovers, but the girls who have stuck through the changes have been amazing. They still laugh, smile and treat each other for the most part with much dignity and respect. They have learned to watch out for each other if burn out seems close. We are and have remained a very close knit family. I could not be happier to work a group of girls who care so much for the residents and each other. We are a ROCKSTAR Community. Not just one ROCKSTAR but many ROCKSTARS in my opinion.

Thank you,

Laurie

Garden Square of Greeley
Assisted Living & Memory Care

WELCOME NEW RESIDENTS

We would like to welcome our new Resident **Beth** to our Garden.

FEATURED RESIDENT

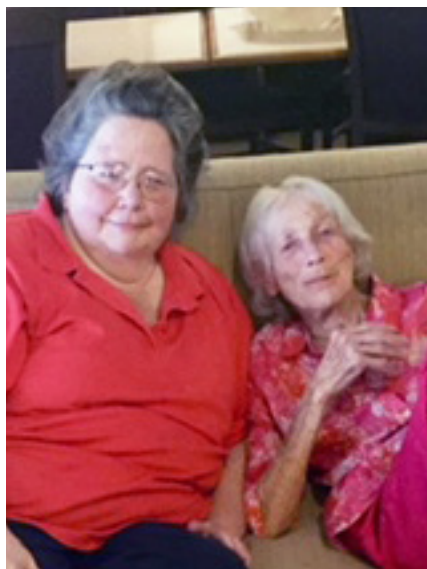
Lorna F. is from Yuma Colorado. Lorna was a School Bus Driver and a Substitute Teacher. When asked how many years she drove and taught she said just very many. Lorna says she has 9 siblings, and 5 children. She was not too sure how many grandchildren. I asked her what she enjoyed when she was younger and she said I had many things I enjoyed. She loved hiking, camping, walking, roller-skating, gardening, writing letters, square dancing, cooking, baking, reading, and just going out. Her current hobbies are cards, bingo, music, art, trivia, games, reminiscing, exercise bus outings and parties. Lorna says she used to play the piano but will not play for us. She said she may not remember how. She loves Lawrence Welk. Lorna enjoys conversations with other residents.

JIW FUN

Love these fun days. Many more to come.



MORE JIW FUN



GRADUATE TO HEAVEN

Missed and Never Forgotten.
What a joy to have had the honor to get to care for such wonderful souls.

Ruth

Cazzie

Kay

James

Upcoming Special Events

TUESDAYS AT 3PM

Ice Cream Shuttle

FRIDAYS AT 1PM

Mystery van rides

FRIDAYS 5P

Take out Dinner Fun

TUESDAY JANUARY 1ST

New Year's Day Pizza Party

FRIDAY JANUARY 4TH

Around the World lunch at
Garden Square West Lake
11am

WEDNESDAY JANUARY 9TH

Let's bake pies 11 am

TUESDAY JANUARY 15TH

Resident council 10 am

FRIDAY JANUARY 18TH

Family dinner and game
night 5pm

MONDAY JANUARY 21ST

Spelling bee at GSWL 11 am

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**GARDEN SQUARE
OF GREELEY
MANAGEMENT TEAM**

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JANUARY – WORD SEARCH

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

ACTIVITY
AGING
BLOOD
CONFIDENCE
DONOR

ENGAGE
EYES
GLAUCOMA
JANUARY
MIND

RESOLUTION
SMART
SOUP
VISION
WARM