

January  
2020

## Villas at Sunset Bay

7423 Kauai Loop  
New Port Richey, FL 34653

### 10 Positive Affirmations to Boost Your Happiness



Positive affirmations are phrases or mantras that you say to yourself to encourage, affirm, or promote self-love and personal progress.

Even if you don't feel like all of the affirmations are true today, by repeating them over and over the positive thoughts penetrate your subconscious and impact how you see yourself and how you feel. We are starting you off with 10 simple phrases you can use today to start feeling the effects of positive thinking.

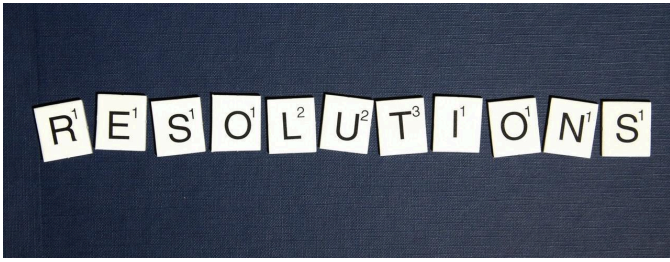
1. I am worthy.
2. I am cared for.
3. I belong.
4. I have unique talents.
5. I am strong in mind and body.
6. Everything will work out.
7. I am courageous.
8. I am a great friend.
9. I am confident.
10. I am happy.

### Happy New Year 2020

I'm not sure about you, but growing up in the 50's and 60's I thought by the time it was 2020 we would be driving flying cars and dress like the "Jetson's". Thank goodness I was wrong. I'm grateful that we still have people who care and will give more than they receive. I consider myself lucky to work with many of these types of people. As we roll into the new year let's not forget to be patient, understanding and tolerant of the differences in each of us. We are all here for different reasons, your neighbors needs are just as important as yours. What if we start this year giving our friendship and smile to those around us, after all, we are all in this together.



Our residents Marianne and Joyce enjoying Music  
for the Soul



## The Power of the Resolution

It's the beginning of the new year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This begs the question, why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well and instead focus on the positive and resolve to use your natural gifts in powerful ways.

### January Birthdays

Joyce P. 5th  
Erika S. 8th  
Shirley T. 14th  
Kim N. 16th  
Mitzi C. 18th  
Stella H. 31st

Please plan on joining us on January 16th at 11:30 to celebrate the monthly birthdays with our Executive Director Ronnie in the private Dining Room.

Along with our birthday celebration we have a weekly Men's Club and a Women's Club, sometimes we combine them for a Guys and Dolls Chat. Every Friday we have a Happy Hour. Music is so important we have several activities including music. Music for the Soul is one, regular sing a longs and even musical games. It's amazing how our loved ones can remember the words to songs from long ago. We also include exercise daily as well as a physical game later in the day. Much to our residents delight we have Binqo most days of the week.

