

January 2023

Golden Pond Senior Living

Golden Pond Senior Living *RCFE 347000985



Celebrating January

New Year's Day
January 1

Martin Luther King Day
January 16

Holocaust Memorial Day
January 27

RESIDENT BIRTHDAYS

Joyce Shelby	01/01
Mary Ellen Berryhill	01/05
Elaine Cordier	01/08
Diane Murphy	01/08
Doreen Innerbichler	01/12
Ricky Hayes	01/22
Vergilla Whittington	01/23
Hazel Tobin	01/27
Hazel Johnson	01/30
Richard Kennedy	01/30
Jacqueline LaCornu	01/30

STAFF BIRTHDAYS

Roberto Garcia-Lopez	01/13
Cameron Fainu	01/14
Gary Cassie	01/15
Tianna Hudson	01/16
Danielle McPherson	01/16
Auctavia Bruner	01/27

THE NEW YEAR IS UPON US

Well, it has truly been a year. We have had some ups and some downs however; we have grown so much. It feels like we are beginning to become more like normal. We had some beautiful and fun events that brought so much joy and laughter. We are so grateful for everyone of you who lives within these walls. For you have truly touched our lives. Thank you for being you!!! We love serving you and making you smile!!!



ARTISAN MIND Art Conversation with Risa



The images of winter landscapes and special holiday meals inspired the residents to share the unique memories they have of their hometowns growing up and their families' Christmas traditions. The group enjoyed sharing their favorite holiday meals as we discussed this painting, titled *Christmas Dinner*. Sabra celebrated her heritage by dining on lutfisk and Swedish meatballs while Robert recalled eating prime rib for Christmas because his father was a butcher. Donna said, "We lived near Cheyenne flats in the Pacific flyway, which would fill with water every year and attract ducks and geese, so we always had roast goose."



Many of the residents connected with the emotion they saw in this painting by Jenness Cortez, titled *Kindred Spirits*. Sabra was struck by the depiction of "such a powerful animal letting a child lead it," and Greg added that it "brings tears to your eyes." Margaret said, "It makes me homesick," and described fond memories of living in the snow, saying, "There's something about getting up in the morning after a snowfall, it's pure white."

LIVE MUSIC LINE UP Cocktail Hour

January 6th ~ Elvis is in the House

January 13th ~ Crystal Image Band

January 20th ~ Keith Pennings

January 27th ~ Mark Dobbins

NEW EXTENDED PUB HOURS

1ST AND 3RD TUESDAYS

January 3rd ~ Skip Morgan
1:30-3:00PM

January 17th ~ Richard March
1:30-3:00PM

2nd & 4th Tuesday
Regular time
2-3pm

**IN CASE YOU DID NOT SEE
THE WINNING CHRISTMAS
DECORATED DOOR, IT WAS
#53 ROBERT DE VADER**



WHAT TO DO IN CASE OF A FIRE

Golden Pond was built using the most up to date smoke and fire control technology, including smoke doors, sprinklers, fire rated walls, connection to a fire panel monitoring company and fire extinguishers. Be assured that you live in a very well protected environment! Because Golden Pond uses the most up to date smoke & fire control technology, we have a “protect in place” facility by the state Fire Marshal’s office. That means the safest place for you to be in the event of a fire is to stay right where you are. So...

- If you are in your apartment, **DO NOT** open the door into the hallway, stay where you are. If evacuation is necessary, a staff member or the Fire Department will assist you.
 - If you are in the Dining Room, go to the Lobby area where the mailboxes are.
 - If you are in the Performing Arts Room or Bistro, go to the Lobby area where the mailboxes are.
 - If you are upstairs in the Exercise Room, Movie Theater, or the Pub, stay where you are. If evacuation is necessary, a staff member or Fire Department will assist you.
 - If you are in the Hallway by your room, go back to your room. If you are in the Hallway and NOT by your room, stay where you are or sit down on the bench in the hallway and wait.
- NEVER OPEN THE SMOKE DOORS IN THE HALLWAYS!!!**

Staff members are trained to respond to all situations that occur in our building. The 911 Response system will activate and notify the Fire Department and they will respond. a staff member will come to your apartment to see you face to face and let you know “all is clear” OR if necessary, to evacuate with the direction of the EMERGENCY TEAM.



NEW DAY CHANGE FOR PAINTING

In this new year we will be offering Painting class every Wednesday at 2:00pm in the SR (Sun Room). Whether you are an amateur or a skilled painter, you are invited to participate in this wonderful time to enjoy painting. **NO SKILLS ARE REQUIRED.** Ann Marie is a very talented painter who has worked with Golden Pond for a number of years. She has an amazing way of making you feel as if you were Picasso or Monet. She will help you through the entire process or she will allow you to enjoy your own style. Come and see what it is all about and you just might find out that you are more of a painter than you knew you were.



HAPPY NEW YEAR TO ALL OF YOU AND YOUR FAMILIES



GUEST SPEAKER

“Healthcare Navigation and Care Management” What is it? How can it help you now or in the future?”

Healthcare Navigation & Advocacy
Presented by Kara Turner

Friday January 6th at 10am in the PAR
While you enjoy your donuts, listen to what Kara has to say and learn what Care Management is all about.



IF YOU LIKE TO WATCH
MOVIES...COME TO THE
THEATER ROOM EVERY
TUESDAY AND WEDNESDAY
AT 6:15PM

a list of movies will be in this addition of your newsletter as well as outside the theater door and in the front lobby under the TV that shows the daily events.

Don't forget about the Travel, Nature and Other Things as well during the day, where you will travel to various destinations, or see nature at it's best or maybe learn about how electricity started. Whatever it is it is wonderful.