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*A Place To Call Home*

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### Introducing Our New Directors!

#### **Melissa Correll (Dining Services)**

Mel graduated with a Culinary Arts Degree from the University of Tennessee. She’s worked in senior living for 17 years. Mel is passionate about serving wonderful food to our residents. She believes that memories can be triggered from a meal, and she wants to help provide that for our residents. Mel stated: “I believe Jesus put me here to serve, and he allows me to use food to do that and I’m honored.”

#### **Tori Rogers (Activities)**

Tori previously worked at Hickory Valley in 2020 and left us to continue learning and growing in her career. We are so happy to have her back with us. She has now completed her Bachelor’s in Music Therapy Degree from Converse University and is a Board-Certified Music Therapist. She is passionate about working with seniors and loves providing engaging activities for everyone to enjoy.

### New Year’s Noodles

For good health and luck in the months ahead, dig in to the Asian custom of eating a bowl of noodles on New Year’s Day. The food’s length symbolizes longevity, so the aim is to slurp up long noodles without breaking them before they’re fully in your mouth.

### Your Friendly Staff

#### **General Manager**

Katie Hollaway

#### **Office Manager**

Luann Palmer

#### **Sales Director**

Allison Darras

#### **Resident Care Director**

Tina Thomas, LPN

#### **Dining Services Director**

Melissa Correll

#### **Recreational Director**

Tori Rogers

#### **Housekeeping Supervisor**

Donna Long

#### **Maintenance Director**

Tim Posey



### Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who’d wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

### Cozy by the Fire





There’s almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

### Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It’s the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

### Cold and Flu Truth

“Feed a cold, starve a fever.” This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don’t force yourself to eat if you aren’t hungry. However, staying hydrated is important, so drink plenty of fluids.

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|---|--|---|
| <b>New Year's Day</b> 1<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>3:00 <span style="color: red;">■</span> <b>Christ United Methodist Church †</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b> | <b>New Year's Day (Observed)</b> 2<br>10:30 <span style="color: teal;">■</span> <b>Monopoly\$</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>BINGO\$</b><br>3:00 <span style="color: blue;">AL</span> Devotions with Pastor Mark †<br>6:30 <span style="color: teal;">■</span> Game Time   | 3<br>9:30 <span style="color: teal;">■</span> Gabfest\$<br>10:00 <span style="color: lightgreen;">■</span> <b>Walmart</b><br>10:30 <span style="color: teal;">■</span> Skip Bo\$<br>11:45 <span style="color: blue;">AL</span> Gaither Corner<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>Make &amp; Take Bread and Butter\$</b><br>2:00 <span style="color: teal;">■</span> Moving to Music with Patsy\$<br>3:00 <span style="color: teal;">■</span> <b>BINGO \$</b><br>3:00 <span style="color: blue;">AL</span> Story Time\$<br>6:30 <span style="color: teal;">■</span> Game Time   | 4<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Rummikub\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: teal;">■</span> <b>Blood Pressure Checks and Snacks with Home Care Solutions</b><br>2:00 <span style="color: blue;">AL</span> <b>Quilting Craft\$</b><br>3:00 <span style="color: blue;">AL</span> Current Events\$<br>3:00 <span style="color: teal;">■</span> <b>Devotions with Nancy †</b><br>6:30 <span style="color: teal;">■</span> Game Time | 5<br>9:30 <span style="color: teal;">■</span> <b>Morning Melodies with Tori\$</b><br>10:30 <span style="color: teal;">■</span> Phase 10\$<br>11:45 <span style="color: blue;">AL</span> <b>Lunchtime Melodies with Tori</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: green;">■</span> <b>Open Floor with General Manager\$</b><br>2:00 <span style="color: blue;">AL</span> Snowball Target Practice\$<br>3:00 <span style="color: blue;">AL</span> <b>Devotions with Randy Starnes†</b><br>3:00 <span style="color: purple;">■</span> Travel Adventures\$<br>6:30 <span style="color: teal;">■</span> Game Time  | 6<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Scrabble\$<br>11:00 <span style="color: lightgreen;">■</span> <b>Lunch at P.F. Chang's</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: red;">■</span> Devotions with Katie †<br>2:00 <span style="color: blue;">AL</span> <b>I Remember That \$</b><br>3:00 <span style="color: teal;">■</span> <b>Bingo Sponsored By Grace Primary Care\$</b><br>3:00 <span style="color: blue;">AL</span> Chicken Soup for the Soul\$<br>6:30 <span style="color: red;">■</span> <b>Sing Along with Ann and Friends†</b> | 7<br>11:00 <span style="color: teal;">■</span> <b>Balance and Stability with Heather</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>6:00 <span style="color: blue;">AL</span> <b>Movie Night</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b>  |
| 8<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>3:00 <span style="color: red;">■</span> <b>Brainerd Hills Baptist Church †</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b>                        | 9<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Monopoly\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>11:45 <span style="color: blue;">AL</span> Piano with Katie<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>1:00 <span style="color: brown;">■</span> Mary Kay Makeovers<br>2:00 <span style="color: blue;">AL</span> <b>BINGO\$</b><br>2:00 <span style="color: teal;">■</span> <b>Paint By Number (Sign up required)\$</b><br>3:00 <span style="color: red;">■</span> <b>Devotions with Pastor Mark †</b><br>3:00 <span style="color: blue;">AL</span> You Be the Judge\$<br>6:30 <span style="color: teal;">■</span> Game Time | 10<br>9:30 <span style="color: teal;">■</span> Gabfest\$<br>10:00 <span style="color: lightgreen;">■</span> <b>McKay's Bookstore</b><br>10:30 <span style="color: teal;">■</span> Skip Bo\$<br>11:45 <span style="color: blue;">AL</span> Gaither Corner<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>Activity Meeting\$</b><br>2:00 <span style="color: teal;">■</span> Moving to Music with Patsy\$<br>3:00 <span style="color: teal;">■</span> <b>BINGO with CenterWell\$</b><br>3:00 <span style="color: blue;">AL</span> This or That\$<br>6:30 <span style="color: teal;">■</span> Game Time   | 11<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Rummikub\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: teal;">■</span> <b>Activity Meeting\$</b><br>2:00 <span style="color: blue;">AL</span> <b>Open Floor with General Manager\$</b><br>3:00 <span style="color: teal;">■</span> Bible Teaching with Mr. Hodge †<br>3:00 <span style="color: blue;">AL</span> Current Events\$<br>6:30 <span style="color: teal;">■</span> Game Time                    | 12<br>9:30 <span style="color: teal;">■</span> <b>Morning Melodies with Tori\$</b><br>10:30 <span style="color: purple;">■</span> <b>Health Trivia with Amedisys\$</b><br>10:30 <span style="color: teal;">■</span> Phase 10\$<br>11:45 <span style="color: blue;">AL</span> <b>Lunchtime Melodies with Tori</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>1:30 <span style="color: blue;">AL</span> <b>Popcorn Party\$</b><br>2:00 <span style="color: teal;">■</span> <b>Popcorn Party\$</b><br>3:00 <span style="color: teal;">■</span> <b>I Remember That! \$</b><br>3:00 <span style="color: blue;">AL</span> <b>Travel Adventures\$</b><br>6:30 <span style="color: teal;">■</span> Game Time             | 13<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Scrabble\$<br>11:00 <span style="color: lightgreen;">■</span> <b>Lunch at Acropolis Grill</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: green;">■</span> <b>Music Performance with Wes♥</b><br>3:00 <span style="color: teal;">■</span> <b>BINGO\$</b><br>3:00 <span style="color: blue;">AL</span> Chicken Soup for the Soul\$<br>6:30 <span style="color: red;">■</span> <b>Sing Along with Ann and Friends†</b>  | 14<br>11:00 <span style="color: teal;">■</span> <b>Balance and Stability with Heather</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>6:00 <span style="color: blue;">AL</span> <b>Movie Night</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b> |
| 15<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>3:00 <span style="color: red;">■</span> <b>Ridgedale Baptist Church †</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b>                            | <b>Martin Luther King Jr. Day</b> 16<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Monopoly\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>11:45 <span style="color: blue;">AL</span> Piano with Katie<br>1:30 <span style="color: green;">■</span> <b>Board Game Tournament \$</b><br>2:00 <span style="color: blue;">AL</span> <b>BINGO\$</b><br>3:00 <span style="color: blue;">AL</span> Devotions with Pastor Mark †<br>6:30 <span style="color: teal;">■</span> Game Time   | 17<br>9:30 <span style="color: teal;">■</span> Gabfest\$<br>10:00 <span style="color: lightgreen;">■</span> <b>Food City</b><br>10:30 <span style="color: teal;">■</span> Skip Bo\$<br>11:45 <span style="color: blue;">AL</span> Gaither Corner<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: teal;">■</span> Moving to Music with Patsy\$<br>2:00 <span style="color: blue;">AL</span> Name that Tune\$<br>3:00 <span style="color: teal;">■</span> <b>Bingo with Home Care Solutions\$</b><br>3:00 <span style="color: blue;">AL</span> Snowball Target Practice\$<br>6:30 <span style="color: teal;">■</span> Game Time   | 18<br>10:30 <span style="color: teal;">■</span> Rummikub\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>1:00 <span style="color: red;">■</span> <b>Devotions with Tyner United Methodist †</b><br>2:00 <span style="color: teal;">■</span> <b>Hot Chocolate and Cookie Social \$</b><br>2:00 <span style="color: blue;">AL</span> Trivia Trial\$<br>3:00 <span style="color: blue;">AL</span> Current Events\$<br>3:00 <span style="color: teal;">■</span> <b>Devotions with Nancy †</b><br>6:30 <span style="color: teal;">■</span> Game Time   | 19<br>9:30 <span style="color: teal;">■</span> <b>Morning Melodies with Tori \$</b><br>10:30 <span style="color: teal;">■</span> Phase 10\$<br>10:30 <span style="color: blue;">AL</span> <b>Scenic Bus Ride</b><br>11:45 <span style="color: blue;">AL</span> <b>Lunchtime Melodies with Tori</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: teal;">■</span> <b>Crochet &amp; Knitting Club (bring your own project)\$</b><br>2:00 <span style="color: blue;">AL</span> Trivia Trial\$<br>3:00 <span style="color: purple;">■</span> Travel Adventures\$<br>3:30 <span style="color: blue;">AL</span> <b>Travel Adventures\$</b><br>6:30 <span style="color: teal;">■</span> Game Time | 20<br><b>'50s Dress Up Day</b><br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Scrabble\$<br>11:00 <span style="color: lightgreen;">■</span> <b>Lunch at Cheddar's</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: green;">■</span> <b>Sock Hop and Snacks ♥</b><br>3:00 <span style="color: teal;">■</span> <b>BINGO with Susan Freeman Enterprises\$</b><br>3:00 <span style="color: blue;">AL</span> Chicken Soup for the Soul\$<br>6:30 <span style="color: red;">■</span> <b>Sing Along with Ann and Friends†</b>                                       | 21<br>11:00 <span style="color: teal;">■</span> <b>Balance and Stability with Heather</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>6:00 <span style="color: blue;">AL</span> <b>Movie Night</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b> |
| 22<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>3:00 <span style="color: red;">■</span> <b>Lay Pastor Dr. McFarland†</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b>                             | 23<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Monopoly\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>11:45 <span style="color: blue;">AL</span> Piano with Katie<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>BINGO\$</b><br>2:00 <span style="color: teal;">■</span> <b>Paint by Number (Sign Up Required)\$</b><br>3:00 <span style="color: red;">■</span> <b>Devotions with Pastor Mark †</b><br>3:00 <span style="color: blue;">AL</span> <b>Try Something New\$</b><br>6:30 <span style="color: teal;">■</span> Game Time  | 24<br>9:30 <span style="color: teal;">■</span> Gabfest\$<br>10:00 <span style="color: lightgreen;">■</span> <b>Michaels</b><br>10:30 <span style="color: teal;">■</span> Skip Bo\$<br>11:45 <span style="color: blue;">AL</span> Gaither Corner<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>Ice Cream Sundae Social and Trivia\$</b><br>2:00 <span style="color: teal;">■</span> Moving to Music with Patsy\$<br>3:00 <span style="color: teal;">■</span> <b>BINGO with Hearth Hospice\$</b><br>3:00 <span style="color: blue;">AL</span> I Remember That!\$<br>5:00 <span style="color: green;">■</span> <b>Music Performance with Jordan♥</b><br>6:30 <span style="color: teal;">■</span> Game Time | 25<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Rummikub\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: teal;">■</span> <b>Try Something New\$</b><br>3:00 <span style="color: teal;">■</span> Bible Teaching with Mr. Hodge †<br>3:00 <span style="color: blue;">AL</span> Current Events\$<br>6:30 <span style="color: teal;">■</span> Game Time   | 26<br>9:30 <span style="color: teal;">■</span> <b>Morning Melodies with Tori\$</b><br>10:30 <span style="color: teal;">■</span> Phase 10\$<br>11:45 <span style="color: blue;">AL</span> <b>Lunchtime Melodies with Tori</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> Scrabble\$<br>2:00 <span style="color: teal;">■</span> You Be the Judge\$<br>3:00 <span style="color: red;">■</span> <b>Hymn Sing Along with Randy†</b><br>3:00 <span style="color: blue;">AL</span> <b>You Be the Judge\$</b><br>6:30 <span style="color: teal;">■</span> Game Time   | 27<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Scrabble\$<br>11:00 <span style="color: lightgreen;">■</span> <b>Lunch at Lupi's Pizza Pies</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: green;">■</span> <b>Music Performance with The Old Time Traveler ♥</b><br>3:00 <span style="color: teal;">■</span> <b>BINGO\$</b><br>3:00 <span style="color: blue;">AL</span> Chicken Soup for the Soul\$<br>3:30 <span style="color: brown;">■</span> Visit with Quinn🐾<br>6:30 <span style="color: red;">■</span> <b>Sing Along with Ann and Friends†</b>  | 28<br>11:00 <span style="color: teal;">■</span> <b>Balance and Stability with Heather</b><br>1:00 <span style="color: teal;">■</span> Game of Choice<br>6:00 <span style="color: blue;">AL</span> <b>Movie Night</b><br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b> |
| 29<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>6:30 <span style="color: purple;">■</span> <b>Movie Night</b>   | 30<br>10:00 <span style="color: teal;">■</span> Chair Exercise\$<br>10:30 <span style="color: teal;">■</span> Monopoly\$<br>11:00 <span style="color: blue;">AL</span> <b>Chair Exercise\$</b><br>11:45 <span style="color: blue;">AL</span> Piano with Katie<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>BINGO\$</b><br>2:00 <span style="color: teal;">■</span> <b>Crossword Craze\$</b><br>3:00 <span style="color: teal;">■</span> <b>Community Wide January Birthday Party</b><br>6:30 <span style="color: teal;">■</span> Game Time   | 31<br>9:30 <span style="color: teal;">■</span> Gabfest\$<br>10:00 <span style="color: lightgreen;">■</span> <b>Trader Joe's</b><br>10:30 <span style="color: teal;">■</span> Skip Bo\$<br>11:45 <span style="color: blue;">AL</span> Gaither Corner<br>1:00 <span style="color: teal;">■</span> Game of Choice<br>2:00 <span style="color: blue;">AL</span> <b>Family Feud\$</b><br>2:00 <span style="color: teal;">■</span> Moving to Music with Patsy\$<br>3:00 <span style="color: teal;">■</span> <b>BINGO\$</b><br>3:00 <span style="color: blue;">AL</span> <b>Story Time\$</b><br>6:30 <span style="color: teal;">■</span> Game Time  |   |    |   |    |





### Resident Birthdays

|      |                  |
|------|------------------|
| 1/4  | Peggy Green      |
| 1/7  | Eston Shipp      |
| 1/10 | Stephen McBroom  |
| 1/10 | Bill Wilhite     |
| 1/11 | Henry Butler     |
| 1/12 | Rick Chandler    |
| 1/12 | Delores Phillips |
| 1/14 | Edna Beaver      |
| 1/18 | Patsy Brown      |
| 1/16 | Steve Ross       |
| 1/17 | James Roy Moates |
| 1/19 | Bill Lippard     |
| 1/21 | Daisy Akey       |
| 1/21 | Lin Robertson    |
| 1/14 | Roger Meyers     |



### Staff Birthdays

|      |                |
|------|----------------|
| 1/9  | Carolyn Denson |
| 1/18 | Dana Sanders   |



### A Note About Activities

All activities are subject to change. Please refer to the Daily Sheets in the elevators and by the Dining Room for the most up to date changes with the schedule.

### Important Dates

- 1/4 Blood Pressure Checks at 2pm
- 1/5 Open Floor with General Manager at 2pm
- 1/11 Activities Meeting at 2pm
- 1/12 Health Trivia at 10:30am
- 1/16 Board Game Tournament at 2pm
- 1/19 Crochet/Knitting Club at 2pm
- 1/30 January Birthday Party at 3pm

### Board Game Tournament

We will be having students from Southern Adventist University in our community on January 16th. Residents, staff, and students will be playing board games in the dining room and have light refreshments. Come out and enjoy good fellowship and a fun afternoon with friends.

### Crochet/Knitting Club

Many have expressed interest in crocheting and knitting together. We now have a group for anyone who wants to crochet or knit together or for anyone who wants to learn how. We will meet January 19th. Everyone brings their own projects and supplies. (If you do not have the supplies you need, we will be taking a trip to Michaels on the 24th.)

### Sock Hop and Snacks

Bob Bogart will join us on January 20th at 2pm to host a Sock Hop! It will be an afternoon filled with good food, good company, and a whole lot of dancing! Make sure to come join us for the fun!



### New Year's Resolutions

If at first you don't succeed, try, try again to avoid being among the majority when it comes to making New Year's resolutions. After all, only 46 percent of people who make New Year's resolutions are actually able to keep them six months later.

Other trivia regarding the promises we make at the year's kickoff:

- **Start at the beginning.** New Year's resolutions go way back. Janus, a Roman king, was one of the first to jump on the bandwagon. Of course, he had the inside track on ensuring he kept his resolutions because legend says he had the ability to look into the future.
- **Give it back.** Babylonians developed resolutions that might be similar to ones you have with a friend or neighbor, such as returning borrowed equipment.
- **Make some noise.** A Chinese custom hundreds of years ago called for creating the noisy combination of cymbals and fireworks.
- **Get healthy.** The three most popular New Year's resolutions are the most obvious. They are losing weight, exercising and quitting smoking.