



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays:

Edna Kirchner, February 27

Staff Birthdays:

Ashley, February 6

Tami, February 16

Adell, February 17

Note worthy Activities:

7th- Bingo with HFS

9th- Superbowl Sunday

10th- Music with Jansens

**14th- Valentine's Day
Social**

16th- Concertina with Paul



Congratulations Sharon & Loren on receiving a trophy for "Rookie of the Year" for our 2024 Spark Challenges!

Get Social in 2025... It's good for your health!

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Center for Disease Control and Prevention, social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

- **Having meaningful purpose could help you live longer.** Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.
- **People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery.** That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Lukes-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has shown to dramatically reduce risks for dementia, too.
- **Talk with your primary care provider if you are feeling lonely or disconnected.** Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process.

As you plan for 2025, we encourage you to include socializing more as a goal!

I have some updates from the Survey that was done in November:

Areas to Improve

- Lowest Score was "Access to Laundry Services" -Each unit has a washer/dryer in them, if you do not know how to use them, please let staff know and we can show you! If interested, staff is also available to do your laundry. Please let Trish know if your concern was something different and we will work together to anything we can to help.
- "Meals appealing and tasty" -We did improve our score from last year by 10% but please let Michelle know of any concerns. Meats being a little tough and cold vegetables are what have been brought up at Resident Council. We are working on ways to improve this, talk with Michelle if you would like to know more.
- "Dietary Staff trained in hospitallity/services" -Michelle is working with her staff to make this better. Any concerns should be brought to her right away so she can correct is as soon as she can!
- "Ability to Transportation" -Our bus was sold in November due to it not passing inspection. Tri-Cap is available, if there is an outing on the Activity Calendar Fairway will pay your fare. We will help schedule with them for any personal outings if needed but you will have to pay your own fare.
- "Knowing who to talk to" -We are in the process of adding the management team photos and job titles to the Tv's. If you or a family member is unsure of who to talk to, please see Trish or any of the staff should be able to direct you to the right person.

*My life has been the poem I would have writ; But I
could not both live and utter it.*

-Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates, and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

