



Ellery Arbor

MEMORY CARE

8100 Precinct Line Rd • Colleyville, TX 76034

January 2018 • MC

Associates

Paula Bodnar, LVN

Executive Director

Shannon Looney, LVN

Resident Services Director

Jaycie White, LVN

Resident Care Coordinator

Karyl Thomas

Marketing Director

Brittney Burke

Business Director

Bridget Cox

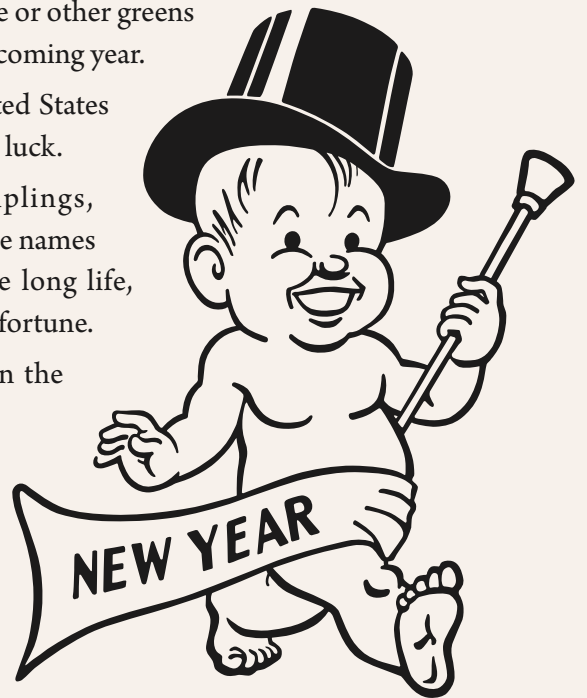
Culinary Director

Adrian Pruteanu

Maintenance Director

SOME NEW YEAR'S SYMBOLS AND TRADITIONS

- The baby and old man have been symbols of the new and old year since the time of the ancient Greeks.
- The Romans derived their name for the month of January from their god Janus, who had two faces, one looking forward and one looking backward.
- Many Europeans eat cabbage or other greens to ensure prosperity for the coming year.
- People in the southern United States eat black-eyed peas for good luck.
- In Asia, people eat dumplings, noodles and rice cakes whose names and appearances symbolize long life, happiness, wealth and good fortune.
- People gather for parties on the New Year because of the belief that what a person does on the first day of the New Year foretells what he will do for the remainder of the year.



Exceptional Senior Living

Resident Spotlight: Lynn E.

Hi, my name is Lynn! I'm a native of Denton, TX, but spent most of my childhood in Arlington, TX. I have an older sister that makes sure I'm always on my A game and very supportive of everything that I do, especially since I am an alumni of Texas A&M-College Station. 'Gig'em Aggies!' She truly is a best friend of a lifetime and I love her for that. I used to be a hardworking accountant but also a great seamstress. I'm known for my intriguing stories that can make you laugh, cry, or just simply think about life, so I'm told. I've been many places, but I must say London was one of my favorite places to discover. I love diet Pepsi, taking walks, dancing, and visiting everyone in the community. If you ever need cheering up or just a friend to talk to, don't hesitate to call me over to have fun conversation.



New Resident Corner: Now Introducing

Join us in welcoming our newest family members to our Ellery Arbor family.



Leticia is from Mexico and enjoys Complete Me Puzzle Club.

Thank you

THANK YOU, VOLUNTEERS!

Bear Valley Community Church
 Good Shepherd Catholic Church
 White's Chapel UMC
 The Golden Oldies
 Hospice Plus
 Youth Men's Service League
 Cub Scouts/ Girl Scouts
 HOTT Dogs (The Mackres Family)
 Jon B
 Mary Lou
 J'Amy & Wyatt
 The Love of Learning
 BusyFit Exercise Group
 Several local friends & family

WE APPRECIATE YOU!

Associate Spotlight: Shundie K.



Shundie has proudly worked in our community for almost a year now and her love for the residents has truly shined through us all. She brings so much life and compassionate care to our residents, that she sets the example for our caregivers. She does not mind going over and beyond to tend to the needs of our residents, even if that requires working longer to get the job done. Outside of our community she is a single mother of two beautiful kids, that motivates her to work hard everyday. She has a hobby of making her own jewelry and also baking the best pound cake around. We are grateful to have her here at Ellery Arbor. We hope to continue to bless her life as much as she blesses ours. Thank you, Shundie!

Family Support Group

Join us on the fourth Wednesday of each month for our Family Support Group in our private theater. Meet other caregivers coping with dementia or memory loss, and share your stories and challenges, Our group shares a unique bond that allows us to deeply connect and support each other. We will meet again on Wednesday, December 27th at 5:30pm. Refreshments will be served. Please RSVP to Cobria Grant at: cgrant@elleryarborlife.com

Good Friends Make Great Neighbors

Wouldn't you feel good knowing your loved one is surrounded by familiar faces? If their friends are also experiencing memory loss, maybe now is the right time to tell their caregiver about Ellery Arbor Memory Care. You know firsthand that coping with dementia at any stage can be overwhelming. Our associates not only care for residents with love and respect but also gently guide family members through their journey. When Ellery Arbor does the caregiving, families and their loved ones are free to simply live. Invite a caregiver to visit Ellery Arbor today!

*If someone you refer moves in, you will receive \$500!
 Simply fill out the Good Friends Make Great Neighbors referral card with the concierge.*

Birthdays


January Birthdays

- Doreen H. January 3rd
- Alice M. January 4th
- Maurice S. January 10th
- Richard C. January 13th
- Josephine A. January 20th
- Gene H. January 22nd



Ellery Arbor MC Calendar

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy New Years 1 9:30 Foam Ball Toss 10:00 Coffee Talk 2:30 Memories in the Making 3:00 Afternoon News with Johnny Carson 3:30 New Years Resolutions 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce	2 9:30 Strength of Noodles 10:00 Coffee Talk 10:30 Easy Does it Trivia 11:00 What's Going On Outdoors 2:00 The Golden Oldies 3:00 Guess that Song! 3:30 Bean Bag Twister 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce	3 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Bible Study & Worship Hour 2:00 Ball Toss 2:30 Basketball (Shooting Tournament) 3:00 Five Clue What is It? 3:30 Tell Me About You 4:00 Winter Meditation 4:30 Dining with Grace 5:30 Evening Reminisce	4 9:30 Fireplace Meditation 10:00 Wellness Talk 10:30 Hymns with Pastor Joel 2:00 Visits with J'Amy 2:15 Hot Chocolate Cruise 3:00 Neighborhood Games 4:00 Evening Yoga 4:30 Dining with Grace 5:30 Evening Reminisce	5 9:30 Main Street Fitness 10:00 Daily Chronicle Discussion 10:30 Bingo Bash 2:00 Who's that Star 2:30 Ladies Nail Spa 3:00 Dot those Dominoes 3:30 Color My World 4:00 Laughs with Carol Burnett 4:30 Dining with Grace 5:30 Evening Reminisce	6 9:30 Table Top Fitness 10:00 Main Street Match Up 10:30 Chicken Noodle Story Circle 2:00 Sleepless in Seattle (Theater) 2:30 My Story Visits 3:00 Finish the Phrase 3:30 Main Street Price is Right 4:00 A Day to Remember 4:30 Dining with Grace 5:30 Evening Reminisce
7 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Hymn Sing-a-Long 11:00 Bear Valley Church 2:00 Sundaes on Sunday! 2:30 Chicken Noodle Story Circle 3:00 Complete Me Puzzle Club 3:30 Dot those Dominoes 4:00 Afternoon Yoga 4:30 Dining with Grace 5:30 Evening Reminisce	8 9:30 Foam Ball Toss 10:00 Coffee Talk 10:30 Zumba 2:30 Memories in the Making 3:00 Afternoon News with Johnny Carson 3:30 Wellness Talk 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce	9 9:30 Strength of Noodles 10:00 Coffee Talk 10:30 Easy Does it Trivia 11:00 What's Going On Outdoors 2:00 My Story Visits 2:30 Crafts with Cobria 3:00 Guess that Song! 3:30 Bean Bag Twister 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce	10 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Bible Study & Worship Hour 2:00 Ball Toss 2:30 Basketball (Shooting Tournament) 3:00 Easy Does it Trivia! 3:30 Tell Me About You 4:00 Winter Meditation 4:30 Dining with Grace 5:30 Evening Reminisce	11 9:30 Fireplace Meditation 10:00 Wellness Talk 10:30 Hymns with Pastor Joel 2:00 Visits with J'Amy 2:15 Hot Chocolate Cruise 3:00 Neighborhood Games 4:00 Evening Yoga 4:30 Dining with Grace 5:30 Evening Reminisce	12 9:30 Main Street Fitness 10:00 Story Circle 10:30 Bingo Bash 2:00 Hospitality Walk 2:30 Mike and his Accordion! 3:30 Five Clue What is It? 4:00 Afternoon Reminisce 4:30 Dining with Grace 5:30 Evening Movie Resident Choice	13 9:30 Hospitality Walk 10:00 Hatter's Tea Time 10:30 Emmaus Road Gospel 2:00 Balloon Volleyball 2:30 As Good As It Gets (Theater) 3:00 Memories in the Making 3:30 Complete Me Puzzle Club 4:00 My Story Visits 4:30 Dining with Grace 5:30 Evening Reminisce
14 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Hymn Sing a Long 11:00 Bear Valley Church 2:00 Katie's Hobby Club 2:30 Parachute Fun 3:00 Fact or Crap? 3:30 Winter Meditation 4:00 Tell Me About You? 4:30 Dining with Grace 5:30 Evening Reminisce	15 9:30 Morning Yoga 10:00 Apple Cidar Inspiration 10:30 Easy Does It Trivia 2:30 Memories in the Making 3:00 Santa's Mailbox 3:30 Afternoon News with Johnny Carson 4:00 My Story Visits 4:30 Dining with Grace 5:30 Evening Reminisce	16 9:30 1,2,3,4 Lets Do More 10:00 Coffee Talk 10:30 Do You Believe in Magic 2:00 My Story Visits 2:30 Crafts with Cobria 3:00 Tunes with Marty Nelson 4:00 Evening Reminisce 4:30 Dining with Grace 5:30 Neighbor Movie (Resident Choice)	17 9:30 Hospitality Walk 10:00 Apple Cider Inspiration 10:30 Bible Study & Devotional 2:00 Scarf Exercise 2:30 Main Street Bowling 3:00 Velcro Tennis 3:30 Main Street Santa Hunt! 4:00 Winter Meditation 4:30 Dining with Grace 5:30 Evening Reminisce	18 Family Night 9:30 Daily Chronicle 10:00 Tell Me About You! 10:30 Hymns with Pastor Joel 2:00 Visits with J'Amy 3:00 Neighborhood Games 4:00 Evening Yoga 4:30 Dining with Grace	19 9:30 Main Street Fitness 10:00 Hatter's Tea Time 10:30 Bingo Bash 2:00 Velcro Tennis 2:30 Word Games with Katie 3:00 Cooking Class with Cobria 3:30 Santa's Mailbox 4:00 Laughs with Carol Burnett 4:30 Dining with Grace 5:30 Evening Reminisce	20 9:45 Hospitality Walk 10:15 Main Street 'Price is Right' 2:00 Yarn Ball 2:30 The Beverly Hillbillies (Theater) 3:00 My Story Visits 3:30 Gift Wrapping Fun! 4:00 Santa's Mailbox 4:30 Dining with Grace 5:30 Evening Reminisce
21 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Hymn Sing-a-Long 11:00 Bear Valley Church 2:00 Sundaes on Sundays 2:30 Bean Bag Twister! 3:00 Ball Toss 3:30 Main St Match Up 4:00 Afternoon Yoga 4:30 Dining with Grace 5:30 Evening Reminisce	22 9:30 Balloon Volleyball 10:00 Coffee Talk 10:30 Zumba 2:00 Visits with J'Amy 2:30 Memories in the Making 3:00 Dot those Dominoes 3:30 Afternoon News with Johnny Carson 4:00 Afternoon Yoga 4:30 Dining with Grace 5:30 Evening Reminisce	23 9:30 Chair Aerobics 10:00 Coffee Talk 10:30 Morning Trivia 2:00 My Story Visits 2:30 Resident Council 3:00 Wellness Talk 3:30 Family Feud 4:30 Dining with Grace 5:30 Evening Reminisce	24 9:30 Hospitality Walk 10:00 Hatter's Tea Time 10:30 Bible Study & Worship Hour 2:00 Balloon Volleyball 2:30 Parachute Fun! 3:00 Chicken Noodle Story Circle 3:30 What Kind of Soup Are You? 4:00 Peanut Butter Love 4:30 Dining with Grace 5:30 Evening Reminisce	25 9:30 This Day in History 10:00 Fireplace Meditation 10:30 Hymns with Pastor Joel 2:00 Visits with J'Amy 2:30 Hot Chocolate Social 3:00 Neighborhood Games 4:00 Yoga Cool Down 6:00 Evening Reminisce	26 9:30 Main Street Fitness 10:00 Daily Chronicle Discussion 10:30 Bingo Bash 2:00 Table Top Fitness 2:30 Color my World 3:00 Dot those Dominoes 3:30 1980s Fad Social 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce	27 9:30 Balloon Volleyball 10:00 Chicken Noodle Story Circle 10:30 Scrapbooking with Katie 2:00 Winter Meditation 2:30 Conagher (Theater) 3:00 Memories in the Making 3:30 Main Street Match Up 4:00 Essential Oils & Jazz 4:30 Dining with Grace 5:30 Evening Reminisce
28 9:30 Hospitality Walk 10:00 Coffee Talk 10:30 Hymn Sing-a-Long 11:00 Bear Valley Church 2:00 Guess that Song! 2:30 Katie's Hobby Club 3:00 Can You Picture This? 3:30 Main Street Family Feud 4:00 Scarf Exercise 4:30 Dining with Grace 5:30 Evening Reminisce	29 9:30 Hospitality Walk 10:00 Hot Chocolate Melt Down 10:30 Winter Meditation 2:30 Memories in the Making 3:00 Complete Me Puzzle Club 3:30 Afternoon News with Johnny Carson 4:30 Dining with Grace 5:30 Evening Reminisce	30 9:30 This Day in History 10:00 Coffee Talk 10:30 Color My World 11:00 Complete Me Puzzle Club 2:00 My Story Visits 2:30 Crafts with Cobria 3:00 Main Street Golf 3:30 Bible Trivia 4:00 Finish the Phrase 4:30 Dining with Grace 5:30 Evening Reminisce	31 9:30 Hospitality Walk 10:00 Hatter's Tea Time 10:30 Bible Study & Worship Hour 2:00 Strength of Noodles 2:30 Sweet Shoppe Social with Tom & Brenda 4:00 Evening Reminisce 4:30 Dining with Grace 5:30 Family Support Group			



Ingredient of the Month: Tangerines Strawberry and Orange Salad with Citrus Syrup and Fresh Mint

By Jennifer Segal, inspired by Maria Hines Sinskey
in Bon Appetit

Servings: 4 | Total Time: 15 Minutes

Ingredients

- 1 pound strawberries, hulled and halved (or quartered if very large)
- 3 oranges
- 1 tablespoon fresh lemon juice, plus more to taste
- 2-1/2 tablespoons light brown sugar, packed
- 1 tablespoon finely chopped fresh mint, plus a sprig for garnish

Instructions

1. Place the strawberries into a serving bowl.
2. Cut a slice off the top and bottom of each orange so they sit flat on a cutting board. Using a sharp knife, work your way around the fruits to remove all the skin and pith. Cupping the orange in one hand and working over the serving bowl, carefully cut the segments out from between the membranes. (Be sure to cut only until you reach the middle of the fruit!) Over a separate small bowl, firmly squeeze the remaining membranes to release all the orange juice.
3. Add the lemon juice and brown sugar to the freshly squeezed orange juice and stir until the sugar is dissolved. Pour over the strawberries and orange segments and gently toss to combine. Sprinkle with fresh mint. Taste and add more lemon juice if necessary (the syrup should have a perfect balance of tart and sweet). Refrigerate for at least 30 minutes or up to six hours. Garnish with a sprig of fresh mint and serve in shallow bowls with spoons.

SOLUTIONS TO NEW YEAR'S Resolutions



As we welcome the New Year, we welcome a time of reflection and self-assessment. We have a new opportunity to do something we love, to meet a new challenge, to set a goal, no matter how small or large, and tackle it head-on without hesitation. This is where New Year's Resolutions come into play. Some people see them as meaningless, while others plan their entire year around them. But no matter your age or stage in life, there is always room for optimism and positive thoughts. If you are trying to think of a few resolutions and coming up short, here's some fodder to consider:

- How much time do I spend with my family? How are our relationships? Is there anyone with whom I'd like to be closer, or I've distanced myself from and should make amends?
- Could I spend more time doing other things besides sleeping and eating? What's my TV to reading ratio? Maybe I could go outside more often?
- I am retired, so I should have hobbies; right? What are they? Maybe I should get a new one? Make a new friend? Learn how to play a new game?

Now that you've considered some of these questions, you might be inspired to make a resolution, seek out a solution, learn something new, or mix up your daily routine. Regardless, do what makes you happy. Continue to age with ease and grace. Stay connected with loved ones, whether it's by exchanging letters regularly or learning to use the Internet. Make sure family traditions stay traditions. Share your recipes and war stories. Let your family learn from your experiences.



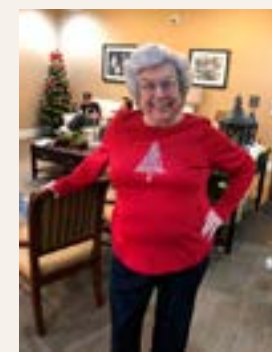
Inspirational Moments



Winter Joy!

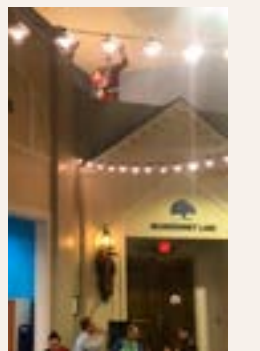
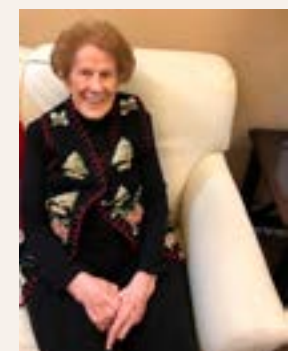
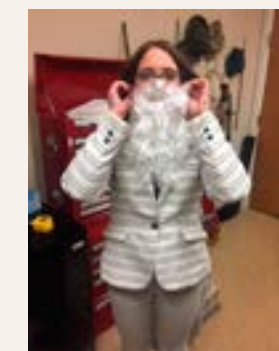
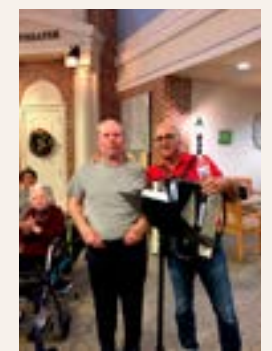


Bingo Bash



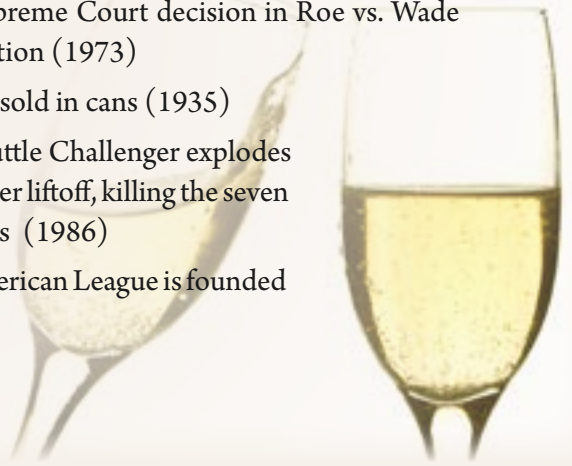
We love our Community!

Always Smiling!



THIS MONTH IN HISTORY: JANUARY

- 1 The ball was first dropped at Times Square in New York City. (1908)
- 3 Construction began on the Brooklyn Bridge (1870)
- 6 Samuel Morse demonstrates the telegraph (1838)
- 10 The world's first subway opens in London, England (1863)
- 12 Batman debuts on television (1966)
- 14 The Simpsons debut on television (1990)
- 15 Happy Days premieres on television (1974)
- 20 The Beatles release "Meet the the Beatles," their first album to the U.S., sparking a new "English invasion." (1964)
- 22 A historic Supreme Court decision in Roe vs. Wade legalizes abortion (1973)
- 24 Beer was first sold in cans (1935)
- 28 U.S. space shuttle Challenger explodes 72 seconds after liftoff, killing the seven crew members (1986)
- 29 Baseball's American League is founded (1900)



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