

Out & About

There are many fun and crazy things celebrated in January, one of which is BOWLING. On Tuesday the 26th at 1:30 we will be going bowling at the local Brownsburg Bowling Alley. We will send out a flyer the week before as a reminder that will include a price list.



From The Activity Department

We hope you all had a wonderful Holiday Season and look forward to having a fantastic New Year. 2009 sure went by very fast. This past year most of us have made new friends, some may have lost a loved one or someone very close to them, some have made many happy memories, while others may have had some difficult times, but no matter what 2009 has brought just remember 2010 is a new year and we hope it is filled with joy, happiness, love, faith, friends, and family.

Speaking of the New Year, do any of you have a New Year's Resolution? If so, we would love to have you share them with us. If there is anything we can do to help you achieve your resolution goals, we'd be glad to help.

Letter from the ED

Residents, Family, and Friends,
I would like to thank all of you for bringing all your cheer to our Holiday parties this year. As we bring in the New Year and all the snow that comes with it, please keep in mind the following safety tips:

- Stay indoors when it is very cold outside, especially when windy.
- If you have to go out, don't stay out long.
- Wear two or three layers of loose-fitting clothing and a hat, gloves/mittens, coat, scarf and boots.
- Go indoors if you start shivering. This is a warning sign of body heat loss.

To avoid falls:

- Clear steps and walkways around your home of snow and ice or hire someone to do it for you.
- Avoid icy or snowy sidewalks
- Wear boots with non-skid soles or Yaktrax (like auto tire snow chains for your feet) so you don't slip

We look forward to all the fun the New Year will bring us in 2010.

Linda Colpron

Executive Director

JANUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1 9:30 Morning Social 11:15 Exercise 2:30 Music w/ Anthony-A 3 Happy Hour	2 10 Bingo-A 11:15 Exercise 2:30 New Year Resolutions-A
3 10 Brrr, It's Cold-A 11:15 Exercise 2:15 Calvary United Methodist Church Service-A	4 9:30 Book Club 11:15 Exercise 1:30 Brain Games 3 Ice Cream Social 7 Movie Night-S	5 9:30 Arts & Crafts 11:15 Exercise 1:30 Manicures 3 Happy Hour	6 9:30 Wellness Clinic 11:15 Exercise 1:30 Bingo 3 Happy Hour 7 Wheel of Fortune-S	7 9:30 Cards & Games 11:15 Exercise 1:30 Shopping 3 Happy Hour 7 Bible Study-S	8 9:30 Morning Social 11:15 Exercise 1:30 Ceramics 2:30 Music w/ Jason Wells-A 3 Happy Hour	9 10 Bingo-A 11:15 Exercise 2:30 Positively Penguin Day-A
10 10 Apostolic Bible Church Service-A 11:15 Exercise 2:30 Liberty Four Singing Group-A	11 9:30 Book Club 11:15 Exercise 1:30 Brain Games 3 Birthday Party 7 Price Is Right-S	12 9:30 Arts & Crafts 11:15 Exercise 1:30 Manicures 3 Dietary Council	13 9:30 Wellness Clinic 11:15 Exercise 1:30 Bingo 3 Resident Council 7 Who Am I?-S	14 9:30 Cards & Games 11:15 Exercise 1:30 Shopping 3 Happy Hour 7 Bible Study-S	15 9:30 Morning Social 11:15 Exercise 1:30 Ceramics 3 Happy Hour	16 10 Bingo-A 11:15 Exercise 2:30 Shuffle Board-A
17 10 Hunt for Happiness-A 11:15 Exercise 2:30 Lighthouse Christian Fellowship Church Service-A	18 Martin Luther King Jr. Day 9:30 Book Club 11:15 Exercise 1:30 Brain Games 3 Ice Cream Social 7 Movie Night-S	19 9:30 Arts & Crafts 11:15 Exercise 1:30 Manicures 3 Happy Hour	20 9:30 Wellness Clinic 11:15 Exercise 1:30 Bingo 3 Happy Hour 7 Football Trivia-S	21 9:30 Dogs Visiting-A 11:15 Exercise 1:30 Shopping 2:30 Happy Hour-A 7 Bible Study-S	22 9:30 Morning Social 11:15 Exercise 1:30 Ceramics 2:30 Music w/ Skip McDonald-A 3 Happy Hour	23 10 Bingo-A 11:15 Exercise 2:30 Red Hat Gathering
24 10 Bean Bag Toss-A 11:15 Exercise 2 Christ Lutheran Church Service-A 31 10 'Good Sport' -A 11:15 Exercise	25 9:30 Book Club 11:15 Exercise 1:30 Brain Games 3 Ice Cream Social 7 Wheel of Fortune-S	26 9:30 Arts & Crafts 11:15 Exercise 1:30 Bowling Trip 1:30 Manicures 3 Happy Hour	27 9:30 Wellness Clinic 11:15 Exercise 1:30 Bingo 3 Happy Hour 7 Wacky Words-S	28 9:30 Cards & Games 11:15 Exercise 1:30 Shopping 3 Happy Hour 7 Bible Study-S	29 9:30 Morning Social 11:15 Exercise 1:30 Ceramics 3:30 Happy Hour	30 10 Bingo-A 11:15 Exercise 2:30 Bulls Eye-A

2:30 Movie & Snack-A
6:30 Church Service-S

Poetry Corner

Life without purpose is barren indeed.
There can't be a harvest unless you plant seed.
There can't be attainment unless there's a goal,
And man's but a robot unless there's a soul.

If we send no ships out, no ships will come in,
And unless there's a contest, nobody can win.
For games can't be won unless they are played,
And prayers can't be answered unless they are prayed.

So whatever is wrong with your life today,
You'll find a solution if you kneel down and pray.
Not just for pleasure, enjoyment, and health,
Not just for honors and prestige and wealth.

But pray for a purpose to make life worth living,
And pray for the joy of unselfish giving.
For great is your gladness and rich your reward,
When you make your life's purpose the choice of the Lord.

Amen
Author Unknown

Did You Know?

*Popeye, the cartoon character debuted on January 17, 1929.

*Wheel Of Fortune debuted on January 6, 1975 with Chuck Woolery as its host.

*In January of 1940 a gallon of gasoline was only 11 cents.

*The dental drill was patented on January 26, 1875.

*The flower for January is the carnation, and in the language of flowers a red carnation means Admiration.

*On January 3, 1959 Alaska became the 49th state.

*On January 8, 1935 "The King", Elvis Presley, was born.



At Your Service

Executive Director	<i>Linda Colpron</i>
Director of Nursing	<i>Phyllis Lance</i>
Assistant Director of Nursing	<i>Kevin Rollins</i>
Director of Admissions/ Leasing	<i>Belle Schaaf</i>
Social Services Director	<i>Alyssa Sweazey</i>
Dietary Manager	<i>Gayle Forester</i>
Kitchen Manager	<i>Jeff Whitaker</i>
Housekeeping/ Maintenance Supervisor	<i>Monty Wrinkle</i>
Maintenance Assistant	<i>Darrell Coakley</i>
Office Manager	<i>Lynne Dennis</i>
Activities Director	<i>Logan Castetter</i>
Rehabilitation Services Mgr	<i>Nancy Dell</i>
Guest Relations Coordinator	<i>Kevin Mehay</i>
Memory Care Facilitator	<i>Summer Noren</i>
New Energy Wellness Coordinator	<i>Chad Carter</i>

Brownsburg MEADOWS

*GARDEN HOMES, ASSISTED LIVING APARTMENTS,
NEW ENERGY WELLNESS, MOVING FORWARD
REHABILITATION, AUGUSTE'S COTTAGE MEMORY CARE,
SKILLED NURSING SERVICES, LONG TERM CARE,
HOSPICE, RESPITE*

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