



The Motivator

6900 Hopeful Road
Florence, KY 41042
(859) 525-6900



January 2022



Our Friendly Staff

Executive Director	April Scroggins
Marketing Director	Pam Huesman
Community Relations Director	Alicia Bauer
Director of Nursing	Sally Fritz
Nursing Supervisor	Janiece Yarborough
Gardens Activity Director	Beth Wood
Heights Activity Director	Cyndi Adwell
Wellness Director	Pam Asher
Food Service Director	Melissa Charlton
Maintenance Director	David Toler
Housekeeping Supervisor	Brenda Craddock
Human Resources	Kim Linstead
Colonial Heights Pastor	David Cheeks
Dining Room Supvr.	Angel Covey
Office Manager	Kim German

WELCOME JANUARY

2022 is already amongst us. We start a brand new year but not out of the clear from masks as of yet. Here at Colonial Heights and Gardens, it is still imperative that everyone continues to wear masks and social distance. Each person entering the building is to be screened at the reception desk at our entrance.

There seems to be new strands of COVID that pop up around every corner. So we please ask everyone to remember to wear masks, continually wash hands with soap and water, and use hand sanitizer if you are unable to. You will continue to find hand sanitizer around the building for your convenience.



HEIGHTS MOVE INS

#237	Dian Froelicher
#134	Shirley T. Jones
#331	Charles McJunkin
#313	Susanne Malof

GARDENS MOVE INS

#1306	Dee Ensigner
#1300	Dorothy Pagliano
#1298	Dorothy Humphrey
#2101	John Hermann

Activities

Something New

Ladies Winter Tea Social

We are excited to introduce our Ladies Tea Social that all our ladies are invited to. Come join us. We will have limited seating and will have a sign-up sheet on the board outside of the Wellness Center. If you enjoy the assorted aromas of flavored tea and the sound of beautiful music, this is an event you won't want to miss.

Save the Date

Turkey Talk With Margi Jones

We are excited to have Margi do a presentation on Turkey as she brings her personal experience and details of traditions of abroad. Be sure to join us **January 14th from 1 pm to 2 pm** in the Community Room.



Resident Spotlight



Our spotlight resident this month is Forest Utley who has lived at Colonial Heights around a year. If there is anything a person needs to know about Colonial Heights, he is the one to ask. Forest pretty much keeps tabs on the coming and goings with so many residents.

Forest is from Switzer Kentucky in Simpson County and went to a one room school house. He is the youngest of five and pretty much grew up in younger years with his grandparents. After turning 18, he went to work for what is now called Duke Energy for over 39 years. Forest has so much he can add to a resume if looking for work. Rebuilding cars, building houses, playing golf are all things he enjoyed. He has 4 kids and 8 grandchildren. What a proud grandpa he is with musicians and nurses on the list. If you want a good story, sit down with Forest and he may share one for you.

A Recipe for All the Cold Spells Ahead



Wellness Hot Toddy

Back in the day, we used to hear "What you need is a Hot Toddy" and this was one way to warm a person up.

Now a person can consider it naughty or nice. You can keep it healthy and make it without the liquor or you can spice it up a notch and add some booze. Either way, this recipe is sure to heat you up on a cold winter day.

- 2 oz. bourbon (optional)
 - 1 oz. honey syrup
 - 8 oz. hot water
 - 4 dashes cayenne pepper
 - 2 star anise (can use cloves or cinnamon sticks)
 - 3 pieces ginger (or 1 tablespoon of ground ginger)
- Add all ingredients into a pot and bring to a boil. Remove and serve.

December Fun Pajama Party



Making Snowmen with Boone County Library



Elvis Show

The King of Rock N Roll Elvis Presley's birthday is January the 8th. We will be doing a Birthday Salute by introducing Todd Bodenheimer on *January the 13th during Happy Hour at 3:00 pm* for his first time as an Elvis Impersonator here at Colonial Heights. Todd comes to us from Louisville, Kentucky, and has performed all around the U.S. not only as an Elvis interpreter but also with his band performing songs from the Beach Boys.





Colonial Heights Birthdays

1/8 Patty Houghton
1/11 Larry Ritchie
1/13 Linda Fitzenberger
1/15 Linda Maddux
1/17 Pat Knochelmann
1/24 Elizabeth Fay
1/25 Paula McCubbin
1/25 Sue Vincent
1/26 Shirley Bradford
1/26 Susan Orr
1/26 Emma Leigh Puckett
1/28 Carole Kooser
1/30 Fran Ingraham
1/31 JoAn Brown

Colonial Gardens Birthdays

1/4 Patty Patterson
1/7 Joyce Plunkett
1/7 Robert Sayers
1/23 Betty Million
1/23 Roseanne Strunk
1/24 Joy Eisenman
1/26 Joan Schmidt



Sunday	Monday	Tuesday
CHURCH SERVICES CBS CHANNEL 8 10:00 JOEL OSTEEN 10:30 7 HILLS CHURCH 11:00 IN TOUCH CHARLES STANLEY	HAPPY <i>New Year!</i>	JANUARY
2 10:15 Catholic Communion- CR 1:30 Gaither's Gospel Video-L 3:00 Chapel Service - CR	3 9:00 Coffee & Treats - CR 10:00 Scenic Ride Out 10:00 Exercise Group - CR 10:00 Bible Study - L 12:30 Wii Bowling - L 1:00 WELLNESS RM / PAM 1:00 Kroger Run 1:00 Ceramics With Ann- CR 2:00 Active Chair Exercise - L 3:00 Bingo-CR 4:00 Evening News - L 7:00 Euchre - L	4 9:30 Coffee - CDR 10:00 Corn Hole - CR 10:00 Yoga - L 10:30 Lunch Outing Frisch's 1:00 <i>What's New in 2022</i> -CR 2:00 Political Discussion -L 2:00 Ladies Winter Tea - CR 3:00 Helping Hands Knitting Group - CDR
9 10:15 Catholic Communion- CR 1:30 Gaither's Gospel Video-L 3:00 Chapel Service - CR	10 9:00 Coffee & Donuts - CR 10:00 Scenic Ride Out 10:00 Exercise Group - CR 10:00 Bible Study - L 12:30 Wii Bowling - L 1:00 WELLNESS RM /PAM 1:00 Kroger Run 2:00 Active Chair Exercise - L 2:30 Bingo-CR 4:00 Evening News - L 7:00 Euchre - L	11 9:30 Coffee - CDR 10:00 Corn Hole - CR 10:00 Yoga - L 10:30 Lunch at McAlister's 1:00 Drum Fit - CR 2:00 Political Discussion -L 2:30 Crafting With Cyndi - CR 3:00 Helping Hands Knitting Group - CDR
16 10:15 Catholic Communion- CR 1:30 Gaither's Gospel Video-L 3:00 Chapel Service - CR	17 9:00 Coffee & Treats - CR 10:00 Scenic Ride Out 10:00 Exercise Group - CR 10:00 Bible Study - L 12:30 Wii Bowling - L 1:00 WELLNESS RM /PAM 1:00 Kroger Run 2:00 Active Chair Exercise - L 2:30 Bingo-CR 4:00 Evening News - L 7:00 Euchre - L	18 9:30 Coffee - CDR 10:00 Corn Hole - CR 10:00 Yoga - L 10:30 Lunch at City BBQ 1:00 Laugh Out Loud - L 2:00 Resident Council Meeting - CR 2:00 Political Discussion -L 3:00 Helping Hands Knitting Group - CDR
23/30 10:15 Catholic Communion- CR 1:30 Gaither's Gospel Video-L 3:00 Chapel Service - CR	JAN 31- 10a RAVE MOVIE 24/31 9:00 Coffee & Sweets - CR 10:00 Exercise Group - CR 10:00 Bible Study - L 12:30 Wii Bowling - L 1:00 WELLNESS RM /PAM 1:00 Kroger Run 2:00 Active Chair Exercise - L 2:30 Bingo-CR 7:00 Euchre - L	25 9:30 Coffee - CDR 10:00 Corn Hole - CR 10:00 Yoga - L 10:30 Lunch 1:00 BOONE COUNTY LIBRARY 1:00 Drum Fit-CR 2:00 Political Discussion -L 2:30 - Crafting - CR 3:00 Helping Hands Knitting Group - CDR

Wednesday	Thursday	Friday	Saturday
While Participating in Any Activity or Event, "Social Distancing" And Face Coverings Must Be Worn at All Times. Due to COVID-19 Being Extremely Contagious, We Continue to Follow CDC Guidelines and Other Directives for the Protection of All.		<u>KEY FOR ROOMS</u> (P) = PATIO (CR) = COMMUNITY ROOM (LIB) = LIBRARY (CDR) = CARD ROOM (PDR) = PRIVATE DINING ROOM	HAPPY NEW YEAR <i>Adult Coloring Available All Day in Community Room</i> 1:30 Independent Corn Hole Group in Library 2:30 Saturday Matinee in Community Room
5 9:00 Coffee & Sweets - CR 10:00 Exercise - CR 10:00 Group Crossword - L 11:00 Colorama - L 1:00 Popcorn & Movie "The Last Holiday" - CR 2:00 Brain Teasers - L 3:00 Bingo - CR 4:00 Evening News - L	6 9:00 Coffee and Sweets-CR 10:00 Church Services - L 10:30 Manicures - CR 11:30 Colorful Art- CR 1:00 Kroger Shopping 1:30 Rummikub - L 3:00 Happy Hour - CR 4:00 Funny Flicks - L	7 9:00 Today Show & Coffee- CR 10:00 Exercise Time- CR 10:00 Join Us With Double Crossword Fun -L 12:30 Left, Right, Center- L 1:00 Remembering Elvis - CR 1:30 Ice Cream Social - CR 3:00 Bingo -CR 4:00 Evening News-L	8 <i>Adult Coloring Available All Day in Community Room</i> 1:30 Independent Corn Hole Group in Library 2:30 Saturday Matinee in Community Room
12 9:00 Coffee & Sweets - CR 10:00 Exercise - CR 10:00 Group Crossword - L 11:00 Velvet Art - L 1:00 Popcorn & Movie "Mad Money" - CR 2:00 Brain Teasers - L 3:00 Bingo - CR 4:00 Evening News - L	13 9:00 Coffee and Treats-CR 10:00 Church Services - L 10:30 Manicures - CR 11:30 Colorful Art- CR 1:00 Kroger Shopping 1:30 Rummikub - L 3:00 ELVIS SHOW HAPPY HOUR - CR 4:00 Funny Flicks - L	14 9:00 Today Show & Coffee- 10:00 Pace Setters Walking 10:00 Exercise Time- CR 10:00 Join Us With Double Crossword Fun -L 12:30 Left, Right, Center- L 1:00 - 2:00 Turkey Talk With Margi in the Community Rm 3:00 Bingo -CR 4:00 Evening News-L	15 <i>Adult Coloring Available All Day in Community Room</i> 1:30 Independent Corn Hole Group in Library 2:30 Saturday Matinee in Community Room
19 9:00 Coffee & Sweets - CR 10:00 Exercise - CR 10:00 Group Crossword - L 11:00 Colorama - L 1:00 Popcorn & Movie "Nim's Island" - CR 2:00 Brain Teasers - L 3:00 Bingo - CR 4:00 Evening News - L	20 9:00 Coffee and Sweets-CR 10:00 Church Services - L 10:30 Manicures - CR 11:30 Colorful Art- CR 1:00 Kroger Shopping 1:30 Rummikub - L 3:00 Happy Hour - CR 4:00 Funny Flicks - L	21 9:00 Today Show & Coffee- CR 10:00 Exercise Time- CR 10:00 Double Crossword -L 12:30 Left, Right, Center- L 1:00 Name That Winter Tune -CR 1:30 Ice Cream Social - CR 3:00 Bingo -CR 4:00 Evening News-L	22 <i>Adult Coloring Available All Day in Community Room</i> 1:30 Independent Corn Hole Group in Library 2:30 Saturday Matinee in Community Room
26 9:00 Coffee & Sweets - CR 10:00 Exercise - CR 10:00 Group Crossword - L 11:00 Colorama - L 1:30 Popcorn & Karaoke- CR 2:00 Brain Teasers - L 3:00 Bingo - CR 4:00 Evening News - L	27 9:00 Catholic Communion-CR 10:00 Church Services - L 10:30 Manicures - CR 11:30 Colorful Art- CR 1:00 GRIEF SHARE GROUP -L 1:00 Kroger Shopping 1:30 Rummikub - L 3:00 Happy Hour - CR 4:00 Funny Flicks - L	28 9:00 Today Show & Coffee- CR 10:00 Pace Setters Walking 10:00 Exercise Time- CR 10:00 Double Crossword Fun -L 12:30 Left, Right, Center- L 1:00 Z to A Musical Trivia - CR 1:30 Ice Cream Social - CR 3:00 Bingo -CR 4:00 Evening News-L	29 <i>Adult Coloring Available All Day in Community Room</i> 1:30 Independent Corn Hole Group in Library 2:30 Saturday Matinee in Community Room

HAPPIER JANUARY

How can we start this New Year happier?

Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, I'm encouraging everyone to focus on SMALL STEPS to try to boost happiness - for yourself and others around you - to spread KINDNESS and hopefully inspire others to do the same.

Mahatma Gandhi said - **BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD.**

Here's how you can get involved and make a difference:

Take daily actions using the calendar I printed off, which you can pick up in the hallway by the Wellness Room. This is a daily calendar to give you ideas for you to do for a happier January.

Go deeper and learn more by joining a group you haven't been in a long time or have never tried.

YOU are the only one that can change YOU; start 2022 off right by placing one foot in front of the other for a HAPPIER JANUARY.



Nutritious Goals for the New Year

Our overall wellness is greatly affected by what we eat. Use the new year as motivation to dig into some fresh healthy eating habits.

Share meals with others. Dining alone can cause you to eat mindlessly or skip meals, preventing you from getting proper nutrition. When possible, share meals with friends and family members. Engaging in

conversation at the table helps you fully savor your food.

Try new things. Enjoying many types of food prevents meals from being boring, and also gives you a greater chance of getting the wide variety of nutrients your body needs. Maybe you think you don't like a certain food because you've only had it cooked one way. Try it prepared differently, and you may discover a new favorite!

Practice moderation. You don't have to completely give up great-tasting foods that aren't so great for your health. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.

GRIEF SHARE - NEW SUPPORT GROUP

It hurts to lose someone and it may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, or friend, you may feel there are not many people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before. Going to a Grief Share support group feels like having warm arms wrapped around you when you're shivering.

Going to Grief Share will help you learn helpful, practical information that will help you

recover from the pain of grief and loss. Most people quickly feel comfortable and accepted in a Grief Share group. They discover there are others who have the same kind of feelings they do and understand what they feel. You will receive helpful, practical information that will help you recover from the pain of grief and loss. Grief Share will begin on Thursday, January 27th at 1:00 in the library. See Pam Asher if you have any questions.



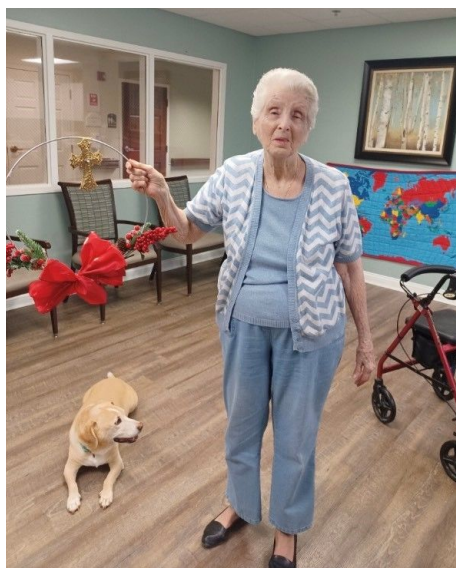
Spiritual Corner

WORD & VERSE OF THE YEAR

Forget New Year's Resolutions. Choose just one **WORD!** One word you can focus on every day, all year long. One word that sums up who you want to be or how you want to live. It will take intentionality and commitment, but if you let it, your one word will shape not only your year but also you. It will become the compass that directs your decisions and guides your steps. I began this a few years ago, and I have seen God move mightily in my life! Last year, 2021, the Lord moved on my heart to choose the word **LISTEN** with James 1:19. Everyone should be quick to **listen**, slow to speak and slow to become angry. The Lord knew that I would need to cling to this word and verse as I walked through 2021. Ditching the resolutions, the to-do list, and the goals and allowing God to move through one word and one verse is a life-changing process. Pick your word and verse today. It is never too late to start.

HEALTHY
new Year

Crafting Fun at the Gardens

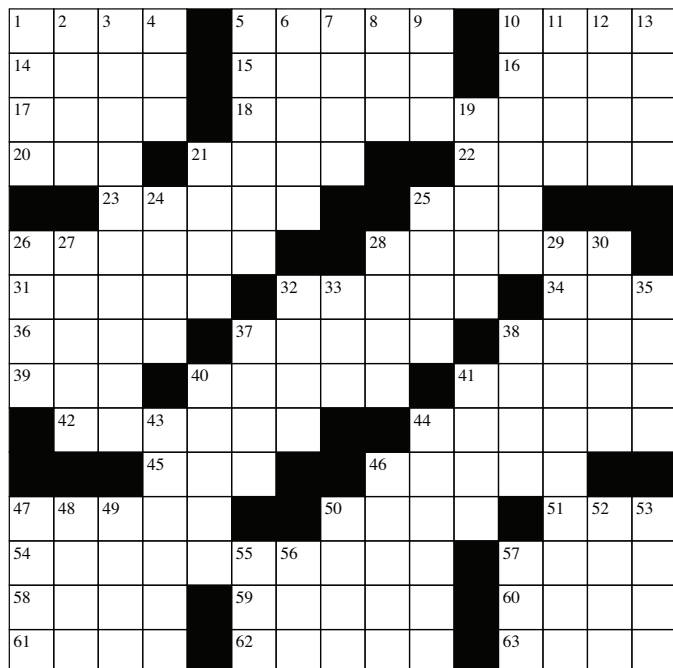


Tom and Beth Wood are the resident night managers from 10 p.m. to 8 a.m. They are available to help you in an emergency situation. Emergency situations include the following: **overnight emergency maintenance issues** (including heating and air-conditioning, water leaks, overflowing toilets); **medical situations** (falls or very basic first aid treatment), and **security and safety issues**. You can reach Beth and Tom by either pulling the emergency cord located in your apartment or by calling them at **(859) 468-3843 or 525-6900**.

Please remember that Tom and Beth are not able to provide emergency medical care, but will help you call 911 if necessary and wait with you until help arrives.

Terry Shetler, a fellow resident, also helps the resident managers during their off days or when they are on vacation. So, don't be surprised if you see him instead of Beth or Tom at your door responding to your emergency.

Crossword Puzzle



ACROSS

1. "Centennial State": abbr.
5. Persian
10. Punches
14. Declare firmly
15. Taboos
16. Odds and ends
17. Become furious
18. Oppose verbally
20. Mid-6th-century date
21. Animal shelter
22. Fictional king
23. Closes noisily
25. Truck scale division
26. Draw
28. "___ it!"; phrase from the disgusted
31. Make joyful
32. Lacking originality
34. ___ de plume
36. Have status
37. Sows and others
38. Character in "Frankenstein"
39. Cockney domicile
40. Sharp edge
41. Fabric with a pastoral pattern
42. Venerates
44. Like some vegetables and some laughter
45. Fresh

DOWN

1. Jack, for one
2. Skating rink
3. Made laws
4. Mine car load
5. Money to declare to Uncle Sam
6. TV miniseries of 1977
7. Name for two of Henry VIII's wives
8. Word with what or can
9. UN member
10. Foretelling
11. Stinky
12. Type size
13. Topsy ones
19. Love: Ital.
21. Concern
24. Guitar's ancestor
25. Carryall

26. Flying: pref.

27. Beast of burden
28. Penalty
29. Directed skillfully
30. Peter O'___
32. Poet's contraction
33. Disencumber
35. Talking animal
37. Killed
38. Charged particles
40. Animal classification
41. Baked dessert
43. Prompt
44. Sioux's foe
46. Blotchy horse
47. Bag
48. In a skillful way
49. ___ Mountains
50. Veal or venison
52. Enthusiastic affirmative
53. Cracker topper
55. Name for an Italian girl
56. Wedded one: abbr.
57. Ridicule



MARTIN
LUTHER
KING JR.

Day

Third Monday in January

