



### CELEBRATING JANUARY A glance at the montl

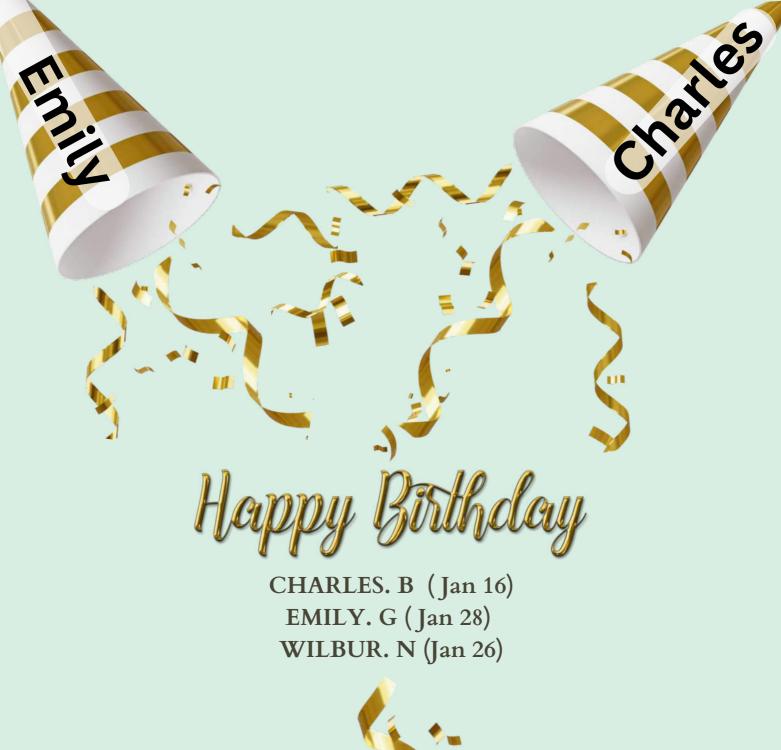
A glance at the month ahead...

1st- Happy New Year
5th- Walmart trip
6th- DJ Clay Willie
9th- Ron lubbers live
12th- Bus Ride
17th- Piano with Bonnie
21st- Dave Wirtz live
23rd- Fun with Old Cereal
Commercials
27th- DJ Clay Willie
31st- Movie in Oelwein



View our activities calendar to see what we're up to this month!

Welcom Neighborhood Linda D. ome 7 Marg D. Sandy. S





#### December Staff Spotlight

I have been here 9 years.

I've been married to my husband Gene for 35 years.

I have 2 boys, both married.

4 grandkids.

I enjoy camping and spending time with my family.



Loretta Myers, CNA Long-Term Care

#### **REMINDERS**

Outings are marked on the calendar often in a different color. Please note outside activities are weather pending.



#### December Highlights



#### Sending A Gift From Heaven

I am sending a dove from heaven
With a parcel on its wings;
Be careful when you open it It's full of beautiful things.
Inside are a million kisses
Wrapped up in a million hugs;
To say how much I miss you And to send you all my love I hold you close within my heart
And there you will remain;
So I can walk with you
Throughout your life
Until we meet again.



Donna Marie Masteller 1940 - 2022



LaVonne M. Weber 1924 - 2022







Dress smart for cold weather
Please take an inventory of your closets for
upcoming winter weather gear. Even if you
don't plan to go out there may be times when
a Dr. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out in the winter months but will limit how far we travel as well as cancel if temperatures are below zero or weather forecasts indicate winter storms.

Taste of Home Easy Apple Carmel Crumble



#### Ingredients:

½ cup sugar
5 Large apples chopped
½ teaspoon salt
2 teaspoons cinnamon
2/3 cups oats
¼ cup flour
4 Tablespoons butter-room temp
1 teaspoon vanilla

1 2/3 Cups brown sugar, divided

#### Directions:

- Place 1 cup brown sugar, apples, salt, and 1 teaspoon cinnamon in the bottom of slow cooker. Stir to combine.
- Combine oats, 2/3 cup of brown sugar, flour, 1teaspoon cinnamon, butter, and vanilla in a small bowl. Sprinkle mixture evenly over apple mixture.
- Cook on low for 4 hours or high for 2 hours.
- Turn off slow cooker and allow to sit for 1 hour before serving to allow caramel to thicken.

Serve with ice cream or whipped topping.



# JANUARY 2023

music/parties in red ns please contact: 319-332-0976	Outings are in green, music/parties in red Ouestions or concerns please contact: Katelyn Ciesielski 319-332-0976			with Erin 12:30 Load bus 1:30 Movie in Oelwein	1:30 Elvis Movie	
subject to change. her permitting.	Activities are always subject to change.  Bus trips are weather permitting.	The state of the s	到我,你你你看到我们。	31 9:30 Chair yoga	30 9:30 Sing & Swing 10:15 Coffee Talk	29 Local Radio Channel 95.3
	Matinual Activity Profozzionals Day	Happy Birthday Wilbur		9		
Happy Birthday Emily	1:30 DJ Clay		3:00 Happy Hour	151 Trivia		Week 23rd-27th
and promote a second	10:30 Catholic Communion	1:30 Cork N Canvas	1:30 Bingo	2:00 Tea Time and	Cereal Commercials	Activity Professionals
Snack Cart 10:00	10:00 Non Denom Church	10:00 Snack Cart	25 9:30 Smg & Swmg 20 11:30 What's in the	24 9:30 Chair Yoga 10:00 Reader's Circle 10:30 Resident Council	10:15 Coffee Talk	Local Radio Channel 95.3
	0			4:30 Piano with Bounte		
5	1:30 Birthday Bingo	A	3:00 Happy Hour	Trivia	Happy Birthday Charles	
11:30 Dave Wirtz Music	10:30 Catholic Communion	1:30 Card Club	1:30 Bingo	1:30 January Modern		
Snack Cart 10:00	10:00 Sensory Group	10:00 Snack Cart	11:30 What's in the	10:00 Reader's Circle	10:15 Coffee Talk 1:30 Amy's Kitchen	Local Radio Channel 95.3
21	20 9:30 Sing & Swing	19 9:00 Manicures	18 9:30 Catholic Mass	17 9:30 Crossword	16 9:30 Sing & Swing	15
		I				Christmas Decorations
	1:30 Fontana	1:30 Bus Ride	3:00 Happy Hour			start taking down
independent Activities	10:30 Catholic Communion	11:00 Lutheran comm	1:30 Bingo	1:30 Smg-a-iong	1:00 Kon Lubber37	Un-deck the halls
Snack Cart 10:00	10:00 Non Denom Church		11:30 WI	10:00 Reader's Circle	9 9:30 Sing & Swing 10:15 Coffee Talk	S Local Radio Channel 95.3
	11			E c		Independent Activities
	1:30 DJ Clay J	IÍ			(	Happy New Year!
	10:30 Catholic Communion	1:30 Wal-Mart	3:00 Happy Hour	1:30 Board Games	À.	0
Snack Cart 10:00 Independent Activities	10:00 Sensory Group	10:00 Snack Cart	1:30 What's in the News	10:00 Reader's Circle	10:15 Coffee Talk	\ memory
7	6 9:30 Sing & Swing	1000	0.	3 9:30 Crossword	2 9:30 Sing & Swing	1 Lange
31 Independent Activities	30					
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

#### THE FLU AND COLD SEASON

The Flu and Cold Season is fast approaching.

Buchanan County Health Center would like to

stress that if you're not feeling well or have

been exposed to the flu, COVID, etc., Please DO NOT come to visit your family member until you are healthy. When visiting, please use the hand

When visiting, please use the hand sanitizer (all

resident rooms are equipped with sanitizers at

the door) upon arrival and before you leave.

This protects you and our residents.

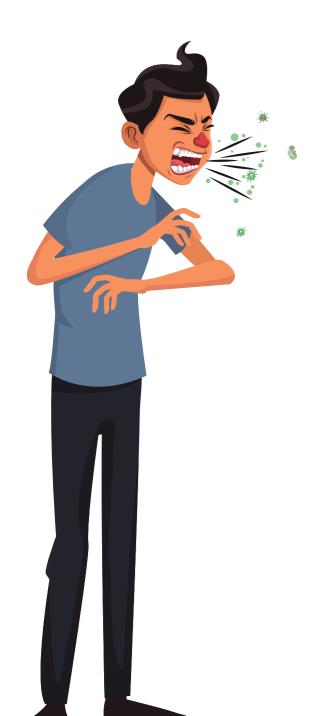
Proper hand washing is the best

defense

against infections.

Flu shots have been given to our residents and staff.





Here are official and unofficial days to celebrate in January.

Jan. 1: New Year's Day

Jan. 5: National Bird Day



Jan. 16: Martin Luther King Jr. Day

## MARTIN LUTHER KING JR. DAY

Jan. 19: National Popcorn Day



Jan. 27: National Chocolate Cake Day,



Jan. 29: National Puzzle Day



**Fun Fact** 

January is named after Janus, the ancient Roman god of gates and doors symbolizing endings, beginnings, and transitions. He's depicted with two heads: one head looking at the past and the other at the future.