

Hearthside Senior Living Collierville JANUARY 2023



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Executive Director Message:

Hearthside Residents,

HAPPY NEW YEAR!!!!!! I hope everyone had a lovely holiday season and was able to spend it with your loved ones. 2023 is a new year with new ideas, thoughts, and resolutions. Please be sure to include kindness in your lives, practicing random acts of kindness and thanking those who do for you as well. It does not take much to surprise and please others with kind words.

Sorry that we had such COLD weather over the holidays, but, hopefully, we'll just slide on into Spring, wishful thinking. Before you know it, the daffodils will be pushing their pretty heads up out of the ground.

-Judy Hall

January 2023

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*Tomorrow is the
first blank page
of a new 365
book, write a
good one*

Maintenance Memo from James:

Reminder: Toasters, Electric Kettles, Toaster Ovens and Space Heaters are not permitted in your apartments.

KITCHEN CONNECTIONS:

Quick and Easy No Cook or Bake Snack Recipe:

Chex Mix Trail Mix:

2 cups Chocolate Chex cereal

2 cups Rice Chex cereal

1 cup raisins

1 cup candy-coated chocolate candies

1 cup cocktail peanuts

1 cup roasted salted almonds

1/2 cup milk chocolate chips

In large bowl, combine ingredients and mix well. Store in covered container.

Other add in's: Popcorn, other nuts and dried fruits, chocolate covered candies, cheerios, bite size cookies and crackers

Martin Luther King, Jr Day

Martin Luther King Jr. Day (officially Birthday of Martin Luther King, Jr., and sometimes referred to as MLK Day) is a federal holiday in the United States marking the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year. Born in 1929, King's actual birthday is January 15 (which in 1929 fell on a Tuesday). The holiday is similar to holidays set under the Uniform Monday Holiday Act. The earliest Monday for this holiday is January 15 and the latest is January 21. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000. On October 14, 1964, King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped organize two of the three Selma to Montgomery marches. In his final years, he expanded his focus to include opposition towards poverty, capitalism, and the Vietnam War. In 1968, King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he was assassinated on April 4 in Memphis, Tennessee. His death was followed by national mourning, as well as anger leading to riots in many U.S. cities. King was posthumously awarded the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2003. Martin Luther King Jr. Day was established as a holiday in cities and states throughout the United States beginning in 1971. Hundreds of streets in the U.S. have been renamed in his honor, and the most populous county in Washington State was rededicated for him. The Martin Luther King Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.

Housekeeping Notes from Jhalessa and Dominique:

Start 2023 clutter free:

- Declutter kitchen cabinets (top and bottom)
- Declutter your wardrobe– if you haven't worn it in a year, move it to the back of your closet or consider donating it
- Organize your paperwork– Put bills and important mail in a pile and throw away junk mail
- Start with one room and then to another– don't get overwhelmed by a room

NURSES NOTES:

Staying Healthy in 2023:

- A few stretching exercises when you wake up will boost blood circulation
- Healthy eating is a way to feel great, increase energy levels, and stabilize moods.
- Bright colored fruits and vegetables are high in anti-oxidants that give a boost to your health by removing free radicals that damage your cells.
- It's important to wear sunscreen at all times to protect you from excessive sun exposure even in winter months.
- Surround yourself with good company who support and enrich your life, as doing so may very well make you a happier person.

Elvis Presley Birthday January 8

Elvis Aaron Presley (January 8, 1935 – August 16, 1977), or simply Elvis, was an American singer and actor. Dubbed the "King of Rock and Roll", he is regarded as one of the most significant cultural figures of the 20th century. His energized interpretations of songs and provocative performance style, combined with a singularly potent mix of influences across color lines during a transformative era in race relations, led him to both great success and initial controversy. Presley was born in Tupelo, Mississippi, and relocated to Memphis, Tennessee, with his family when he was 13 years old. His music career began there in 1954, recording at Sun Records with producer Sam Phillips. Presley, on rhythm acoustic guitar, and accompanied by lead guitarist Scotty Moore and bassist Bill Black, was a pioneer of rockabilly. In 1955, drummer D. J. Fontana joined to complete the lineup of Presley's classic quartet and RCA Victor acquired his contract in a deal arranged by Colonel Tom Parker, who would manage him for more than two decades. Presley's first RCA Victor single, "Heartbreak Hotel", was released in January 1956 and became a number-one hit in the United States. Within a year, RCA would sell ten million Presley singles. With a series of successful network television appearances and chart-topping records, Presley became the leading figure of the newly popular sound of rock and roll.

Hearthside Collierville Staff

Executive Director
Judy Hall

**Director of Health
and Wellness**
Kristin Campbell,
LPN

Dietary Manager
LaKeisha
Woodard

**Business Office
Manager**
Ramonica Long

**Maintenance
Director**
James Haley

Activity Director
Kristi Owens

**Transportation
Director**
Ray Johnson

Medical Secretary
Debbie Short

January Fun Days:

- 1- New Year's Day
- 2- National Science Fiction Day
- 3- National Chocolate Covered Cherry Day
- 4- National Trivia Day
- 5- International Bird Day
- 6- Cuddle Up Day
- 7- National Bobble Head Day
- 8- Elvis Birthday
- 9- National Static Electricity Day
- 10- Houseplant Appreciation Day
- 11- Learn Your Name in Morse Code Day
- 12- National Hot Tea Day
- 13- National Rubber Duck Day
- 14- Dress Up Your Pet Day
- 15- National Hat Day
- 16- Martin Luther King, Jr. Day
- 17- Ditch Your Resolutions Day
- 18- Winnie The Pooh Day
- 19- National Popcorn Day
- 20- National Cheese Lovers Day
- 21- National Hugging Day
- 22- National Southern Food Day
- 23- National Pie Day
- 24- National Compliment Day
- 25- Opposite Day
- 26- National Spouses Day
- 27- Chocolate Cake Day
- 28- Fun at Work Day
- 29- National Puzzle Day
- 30- National Croissant Day
- 31- National Hot Chocolate Day

RESIDENT OF THE MONTH SPOTLIGHT

Sandy Morasch



Sandy has lived at Hearthside for the past 6 years and is originally from Washington State and has also lived in Idaho. She has held various jobs but was mostly a homemaker. She has 2 sons; Jim and Wes, 5 grandchildren, 1 great grandchild and a niece. She collects coins and likes to read, watch sports and play cards as well as do crosswords and play board games. Her favorite snacks are cheese and crackers, popcorn and pretzels as well as drink coke and lemonade. Her favorite colors are blue and purple. We are happy that Sandy chooses to make Hearthside Collierville her home.

Employee of the Month DOMINIQUE JOHNSON



Dominique is one of our amazing housekeepers who has been with us for 8 years. She loves anything chocolate, Sprite and Dr Pepper. Her favorite color is pink and she loves to cook, decorate and exercise. She also likes to spend time with her family, go shopping and go on vacation. Dominique has 2 dogs; Roxy and Ocean. She is married with 2 daughters and 1 step daughter. Her favorite things about her job is being with the residents.

And now we welcome the new year full of things that have never been

ACTIVITIES ACTIONS

SPECIAL EVENTS

Friday January 13 is National Rubber Duck Day
Be on the lookout for a Rubber Duck Hunt on this day!!!

We will be celebrating Elvis Birthday at Lunch on Friday **January 6 with some of his favorite foods as well as a Elvis movie and some delicious peanut butter and banana sandwiches later in the afternoon.**

January 16 we will celebrate Martin Luther King, Jr Day with a few of his favorite foods at lunch as well as some special readings and a movie on his life later that afternoon as well.

We will have a baking class on **January 20 where will be making a Million Dollar Pie-Delicious**

Join us for Memory Monday on **January 23 where we get together to share a favorite memories for our past with neighbors.**

January 27 at 1:00 will be the popular Tea Party with Gena who always makes us feel like royalty with the fine china, delicious treats and sensational tea.

Join in for sittersize as well as yoga ball drumming.

These are fun and active ways to keep our hearts healthy and muscles moving

Monday **January 30 at 2:00 PM** we will have a **CELEBRATION of LIFE Ceremony** where we remember our neighbors who passed away in 2022.

Join us as we pay tribute to those Hearthside Collierville residents who touched our lives and hearts.

January Outings

**Jan. 17
Trip to Aldi**

**Jan. 23
Out and About**

**Jan 26
Lunch at Corky's**

**Jan. 31
Dollar Tree**

Musical Entertainment

January 9

**Music with Lily
Langford**

January 16

**Music with
Jim Keller**

January 19

**Music with
Cheryl and Todd**

January 23

**Music with
Dare Estok**

January 20

Tim

**“The Piano Man”
Stanek**

January 27

Tim

**“The Piano Man”
Stanek**

Family Matters

Family and Friends are always welcomed at Hearthside Senior Living, This is your loved ones home ! We have a private dining room, Parlor and Den that are open to use by families and friends. For more information on how to reserve one of these inviting spaces for a special gathering, please see Kristi in Activities.

If your loved one feels more comfortable with one on one activities, please feel free to reach out with how we may better serve your senior.

If you would like to receive an electronic newsletter and calendar, please see Kristi or email Kristi@hearthsideSeniorLiving.com

DECEMBER MEMORIES

