



Resident of the Month
Betty Martin

Betty Martin grew up in Flint, Michigan. She met her Husband Gerald, they were married for 54 years. She has two children a daughter Colleen and a son Mark.

Betty's favorite color is purple. She wears purple everyday. And has collection of many things purple. In her kitchen she has purple countertops and various shades of purple dishes, towels, and ceramic pieces. Betty has 2 grandchildren and 3 great-grandchildren. She enjoys exercise, playing games, and socializing with her friends at My Doctor's Inn.

Let's all take a minute to Congratulate Betty for being Resident of the Month. Congratulations Betty!!

Associate of the Month
Employee of the month
Pamela Hammond

Pam is an exceptional nurse that goes above and beyond for her residents on a daily basis. She is a great team player and always willing to lend a hand to anyone in need. She is a great asset to My Doctor's Inn and we are so blessed to have her on our team. Thank you so much Pam for all you do for our residents! We appreciate you so much!



Hot Toddy for the Winter Months

- 1 teaspoon honey
- 2 fluid ounces boiling water
- 1 ½ fluid ounces whiskey
- 3 whole cloves
- 1 cinnamon stick
- 1 slice lemon
- 1 pinch ground nutmeg

Directions

Step 1

Pour the honey, boiling water, and whiskey into a mug. Spice it with the cloves and cinnamon and put in the slice of lemon. Let the mixture stand for 5 minutes so the flavors can mingle, then sprinkle with a pinch of nutmeg before serving.

My Doctor's Inn



Main Street
Gazette January 2022

Meet our Staff:

- Aida Moussa, Director of Operations
- Rebecca Holland, Executive Director
- Nikki Mason , Director of Community Relations
- Desiree Rasberry, Administrative Director
- Carolina Baeza, Senior Life Enrichment Director
- LaMarr Thomas, Director of Dining Services
- David Bungard, Senior Maintenance Director

As a unique community, our mission is to serve our seniors with dignity, respect and personalized care along with developing a culture that supports their independence, empowers their individuality and creates a home where they feel honored and loved.

Being the best... is doing what is RIGHT

RESPECT - Showing respect for others is one of the most important values in the world. Being respectful is an essential element to becoming the best person you can be.

INTEGRITY –Is a personal choice based on actions, values, morals and ideals. Doing what is right, for the right reasons, whether or not anyone will know.

GOING ABOVE AND BEYOND - Doing what is expected can make you valuable. Going above and beyond makes you exceptional.

HUMILITY –Consciously making an honorable choice to forgo our own status and put the wellbeing of others before ourselves so that we can provide selfless service to humanity.

TEAMWORK - Coming together is a beginning, staying together is progress, working together is success!



HAPPY BIRTHDAY

We wish the following residents a wonderful

- George C.-January 6th
- Ann C. -January 7th
- Donna Z.-January 13th
- Ahmad Z.-January 20th
- Eric C.-January 21st
- Sandra J.-January 28th

Happy birthday month and an upcoming year filled with many blessings!

ALISSA SAUER HOW TO MAKE THE MOVE

Experts say that moving is a “high-stress” life event. We know there can be a lot of emotion that comes with a move to senior living. In addition to the emotional aspect of the move, there is also a daunting physical aspect – the actual move itself. For many of our residents, this is the first move in a long time. This could mean getting a house ready for sale and going through years of household goods. Just the thought of it may seem paralyzing.

Take a deep breath and know that we are here to help. We do this every day. And we do it well. Start with these simple steps to start your new chapter with less stress and more FUN.

STEPS FOR MOVING INTO SENIOR LIVING

1. FOCUS ON THE POSITIVES

This is a move you or a loved one needs to make for a better quality of life – leaving behind the yardwork, home maintenance, cooking, and cleaning. Adventure is waiting, you just need to take the first step.

2. PACK WITH CONFIDENCE

Before you do anything, contact your Leisure Care community to see if they provide moving assistance. If they do not, consider how much time you will need to sort, downsize, pack, and unpack. Give yourself about one hundred hours to sort, 20 hours to downsize, and 40–60 hours to pack and unpack.

3. PURCHASE A NOTEBOOK SPECIFICALLY FOR YOUR MOVE

This notebook is a wonderful place to make lists, remind yourself of questions that you need the answer to, and even record memories as you go through belongings.

4. BE REALISTIC

Do not try to pack and sort 50 years of memories in one day. Know that it is going to take time and that is okay.

5. START SMALL

If going through belongings feels overwhelming, it is okay to start small. Commit to 20 minutes a day and we bet that once you get going, it will be hard to stop.

6. SET DEADLINES

This will help hold you and your family members accountable. For example, schedule a time for loved ones to pick up family heirlooms, arrange for donation pick-up by a local charity, or set a time and promise yourself to only focus on sorting or packing until the timer dings.

7. SORT MEDICATIONS & TRANSFER PRESCRIPTIONS

Doing this in advance can eliminate headaches once you have moved and ensures your medication will be where you need it when you need it.

8. START A FOLDER OR SAFE WITH IMPORTANT DOCUMENTS

Keep these with you and separate as you work through your move, so they do not get thrown away or given away. Important documents should include your will, power of attorneys, medical records, military records, diplomas, birth certificates, and passports.

9. ASK YOUR CHILDREN TO COLLECT THEIR THINGS

This will eliminate you from having to go through their belongings and can cut down on your packing time.

10. UPDATE ADDRESS & FORWARD MAIL

Have mail forwarded or cancel any unwanted subscriptions and memberships.

11. REQUEST FLOOR PLANS

Ask your new community for a floor plan with measurements. Examine the floor plan of your new apartment and use it as a guide. Measure exactly how much space you will have and fill in the equivalent amount of space as you pack. Plan where your furniture will go in your new home. Sell or give away furniture that you no longer need or will not fit.

12. MAKE ACCOMODATIONS FOR YOUR PET

Many communities are pet-friendly, welcoming cats and smaller dogs. Ask your community what their rules are regarding pets and start searching for a new home for your furry friend if your new community does not allow pets.

13. DON'T BE AFRAID TO ASK FOR HELP.

Enlist as much assistance as you need from an interior designer, home staging specialist, real estate agent, move manager, or moving company.

14. MAKE IT FUN! Family-move

We like to make about everything a little more fun. Grab a friend, turn on some music, pour a cup of tea (or a glass of wine), and get going!

Live Big. Live Bold.

Retirement should feel like you are on a permanent vacation which is exactly why our communities celebrate freedom from obligation, helping you pursue new interests.

Seniors and Post-Holiday Blues: Why it Happens and What to Do

The holidays can be a time of joy, togetherness and connection. For seniors that are isolated from family and friends, these happy feelings can be replaced with anxiety or depression once the festivities end.

Feeling blue after the holidays is not uncommon for older adults – especially for those that are isolated from loved ones, suffering from a physical illness or those with a less busy lifestyle.

Taking a proactive approach to combatting sadness following the holidays is critical. Depression can have long-lasting negative health impacts, and the effect of social isolation is also significant – it can have a negative health effect equivalent to smoking 15 cigarettes a day.

There are many ways to keep the post-holiday blues away. Making plans, being active and continuing to connect with loved ones are some of the top ways to move forward into the new year with positive momentum and intentional action.

Some specific ideas include:

- ◆ **Plan travel and reunions:** Booking a getaway, or making plans to see family and friends, can help those that live far from their loved ones. A trip or reunion doesn't need to be expensive or elaborate – scheduling an outing or dinner with the family in the coming months can help lift spirits.
- ◆ **Learn something new:** For some seniors, anxiety and depression can be worse when they are idle. Taking up a hobby or learning a new skill can provide a challenge that is enjoyable, and activity can combat negative thinking.
- ◆ **Relive the best moments:** Collecting photos and memories from the latest holiday season, and looking at past year's mementos, can bring back the joy felt while celebrating. And remembering the best times can help seniors feel gratitude and connection – even when the ones they love aren't right there.
- ◆ **Give back:** Volunteering is a great way to ease post-holiday sadness. Helping others in need, whether it's a short- or long-term commitment, can have a positive impact on everyone involved. And, there are volunteer opportunities available for those that are able to get out into the community as well as activities for those that have mobility issues or prefer to volunteer from their own home.
- ◆ **Physical activity is good for the body and soul:** Fitness centers often have discounts at the beginning of the year, and there are low-impact exercises that can be done at home or outside. And physical activity can improve both the body and the mind. Older adults should always consult with their doctor before starting a new exercise program.
- ◆ **Dance and sing into the new year:** Turning someone's mood around can be as simple as listening to happy songs, playing an instrument or dancing the afternoon away. Seniors can ask family and friends for suggestions, make playlists of their favorite tunes or take time to rediscover an album they love.