

JANUARY 2025 NEWSLETTER



Happy New Year 2025

EXECUTIVE DIRECTOR

As we swiftly move into the new year of 2025, we fondly reflect upon the past 12 months of 2024. It amazes me how quickly the year flew by. With new residents and staff, amazing events, and the sadness of those who have moved on. We as a team have worked hard to achieve and attain many goals this past year. We have set new goals to reach for 2025 and I look forward to being a part of this remarkable team working together to achieve success.

Wishing all a healthy, happy New Year!

Mary Ellen Ierardi





Nursing Department

Janet Manchester, RN



Glaucoma Awareness Month | January 2025
Glaucoma Research Foundation | glaucoma.org



Glaucoma Awareness Month is a crucial time to raise awareness about this sight-stealing disease. As the leading cause of irreversible blindness, glaucoma affects over 3 million people in the U.S. The National Eye Institute estimates this number will grow to 4.2 million by 2030, with African American and Latino populations being most at risk. Early detection through regular eye exams is key to preserving vision and combating this silent threat.



American Red Cross

HELP SAVE LIVES



National Blood Donor Month (NBDM) | January 2025
American Red Cross | redcross.org/give-blood
Find a Blood Drive or Learn About Hosting

January is National Blood Donor Month (NBDM), a time to honor blood donors and encourage others to help save lives. Blood donations are critical for surgeries, treatments, and emergencies, especially during winter when supplies run low.



Happening around the building





Director of Marketing and Admissions, Service Coordinator

Erin Soucy



Happy New Year everybody! I hope you all are having a lovely start to your 2025. I wanted to send a quick reminder that your Medicare Disenrollment period is January 1st through March 31st. This is a good time to research different benefit plans, and consider whether your loved one currently has the most appropriate plan for their needs. It is best to weigh different options with an insurance representative that specializes in Medicare/Advantage plans and is well versed in these programs. If you're interested in being connected with a trusted source, feel free to text or email me!



Welcome to the Following New Residents!
Shirly L, Edward L, Elaine R!



Activity Director

Debbie Williams

Happy New Year!

Just a quick reminder to look for the Monthly Newsletter and Calendar that Erin sends to your emails. You are always welcome to come in and join your loved ones and sing along to any one of our live musical events. I am looking forward to another year of planning fun activities for your family to enjoy. May you all have a happy and healthy 2025



Director of Dining Services

Cheryl Douglas

Eat This, Not That!

19. American cheese is really "cheese product"



American cheese has been available since the 1950s and was manufactured by James L. Kraft. But unlike real cheese, American cheese slices are actually a "pasteurized prepared cheese product." (In fact, that's why they are branded as "American singles" instead of "American cheese.") By the FDA definition, cheese products have at least 51% cheese—the rest is milk and additives.

20. Cranberries will bounce if they're fresh



You can make sure your cranberries are still good by throwing them on the counter and seeing if they bounce back to you.

