



OCEAN MEADOW
MEMORY CARE

January 2026

Doreen Converse

Director of Operations

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Activity Director

Debbie Williams

Happy Holidays 2025! Continued!



Live, Love, Laugh



Happening this month:

Winter Tea Party
1/12
Live Accordion Music
W/ Dave G
1/13
Live Piano Music W/
Larry B
1/21

Dining Operations Assistant

Jane O'Connor

Happy New Year 2026!

2025 was a beautiful year with lots of love, fun and yummy food for our Residents, Family and Friends. Our Ocean Meadow kitchen will continue to 2026 with much more amazing fun times, meals and snacks to enjoy along with all the love and support we all have for each other.

January is the time we think of making New Year's resolutions...or two! Every year, I want to start off exercising more and eating healthier. Here are some snacking tips:

-Cottage cheese is full of protein and tastes great with crackers.

-Hummus is also a good snack paired with carrot sticks or pretzels, also good with hot sauce!

-Grabbing fresh fruit is healthy for snacking. My favorite things are big green grapes and blueberries. A handful of nuts and dried fruit go a long way and fill you up. I love to add them to Greek yogurt!

Do you have a New Year's Resolution? Cheryl, Columbus and I would like to wish everyone a delicious New Year!

LOOKING FOR A QUICK AND WARMING SOUP RECIPE? TRY THIS!

- One packet of Ramen Noodles
 - 4 Cups of Chicken Stock
 - 2 Stalks of Scallions
 - 2 Cups of Spinach
 - 1 Can of Water Chestnuts
 - 1 Tsp Soy Sauce
 - 1 Tsp Sesame Oil
 - 1 Tsp White Vinegar
 - Thinly Sliced Chicken Breast or Whole Shrimp
 - Chili Crisp ~ As Desired
- Heat to a Boil & Enjoy!

Jane ~



Happy New Year! We had a great time celebrating the holidays in December with all of our residents, families, providers, volunteers, and staff. A special thank you to our Activity and Dining departments; they did a great job. A very special thank you to our staff members, Tearra Groom, who put on a special concert for us. Ms. Claus (Aina), who delivered a gift to every resident, and Samantha, our Elf. Kayla P. made a beautiful charcuterie for our Christmas party.

We have a talented staff at Ocean Meadow. Thank you all for all you do!! Thank you to the families who donated to staff holiday fund, which we will use towards staff appreciation events.

January is the month known for cold weather and flu season. Remember to wash your hands frequently, carry hand sanitizer, and get plenty of rest. We will do our best to keep everyone healthy.



Congratulations to the following Employees!

Look Who's Been Spotted!



Maddie A, CNA

Aina D, Operations Assistant

Kayla P, Activity Assistant



Lisa Maratta
Director of Nursing
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IT'S COLD OUTSIDE!
Tips to Keep Warm

Cold weather puts stress on the body, constricting blood vessels, thickening blood, and increasing risks for heart attacks, strokes, and respiratory issues like asthma flare-ups, while prolonged exposure can lead to hypothermia (dangerously low body temp) and frostbite (tissue freezing). It weakens the immune system, making you more vulnerable to flu and colds, and dries out skin. Staying warm in layers, avoiding overexertion, and recognizing symptoms like shivering, confusion, or numbness are crucial for safety.

How to Stay Safe

- Dress in Layers: Wear warm, layered clothing, including hats, gloves, and scarves.
- Stay Warm Indoors: Keep your home heated and seal drafts.
- Avoid Exertion: Be cautious with activities like shoveling snow, as they can trigger heart events.
- Stay Hydrated & Eat Well: Maintain a balanced diet and drink fluids.
- Recognize Symptoms: Get indoors immediately if shivering uncontrollably or feeling confused.

Happy Holidays 2025!



Erin Soucy
Director of Marketing
Service Coordinator
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As we settle in after the holidays, January is a great time to slow down and appreciate the comfort of familiar routines. December was a busy month at Ocean Meadow, filled with parties, family visits, and fun. It was a pleasure seeing so many families coming through to visit and catching up with you all. Take time this month to recharge and enjoy the fresh start and opportunity of a new year. I look forward to everything 2026 has in store!



Welcome to the following New Residents!
Catherine B, Mary S

Happy Birthday

Happy Birthday
Ed L & Shirley L



Enjoy your Special Day!

