

Chit Chat

Volume 63— Issue January 2024

Citizens Care

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Winter

**Ice upon the branches. Snow upon the ground
Wind among the evergreens, so cold the distant sounds.
Flakes of show fall heavy, as daytime turns to night.
Forest life protected, in a cloak of silver white.**

**Midnight fades to daybreak, as stillness calms the view.
Tiny snowflakes drifting toward the spectacle anew.
A misty veil of droplets, shields new snow from the sun.
Nature sleeps in silence, in a winter just begun.**



Happy January Birthday Residents



1. Kenny C.	1/1
2. David F.	1/11
3. Thelma D.	1/13
4. Carolyn M.	1/15
5. Jean P.	1/15
6. Vivian F.	1/20
7. Gladys S.	1/26

Welcome To New Staff That Joined Our Team In November

Paul H. Maintenance, Susan G. Nursing, Deidra G. EVS, Elizabeth P. all hired in November

Staff Birthdays

1. Julianne B.	Activities	1/1
2. Mary N.	Nursing	1/2
3. Wanda L.	Nursing	1/2
4. Irene T.	Nursing	1/3
5. Brianna H.	Nursing	1/5
6. Dora A.	Nursing	1/13
7. Shanel G.	Nursing	1/13
8. Hi S.	Medical Director	1/14
9. Holly W.	Nursing	1/16
10. Cynthia A.	Accounting Admin.	1/22
11. Frances J.	Security	1/24
12. Dawn E.	Accounting	1/26

Staff Anniversaries

1. Brenda J.	Nursing	1/11	29 yrs.
2. Alexander H.	Dietary	1/12	20 yrs.
3. Marylyn Z.	Dietary	1/3	19 yrs.
4. Diana G.	Other Admin.	1/23	16 yrs.
5. Katelin B.	Nursing	1/27	8 yrs.
6. Shantell C.	Nursing	1/3	6 yrs.
7. Rosemary A.	Nursing	1/3	6 yrs.
8. Shelia K.	Nursing	1/17	5 yrs.
9. Mamie B	EVS	1/8	4 yrs
10. Shanel G.	Nursing	1/12	3 yrs.
11. Brittany E.	Nursing	1/31	1 yr.
12. Carrie H.	Nursing	1/10	1 yr.
13. Edward W.	Administration	1/23	1 yr.

Board Members

Patricia Scott-Badeker

Wendell G. Baxter

Jacob Bennett

John P. Corrieri, Jr.

Shobita DuBois

Carol Lienhard

Rodney Swam

Cathy Vincenti

Andrew Young

Kimberly Zavrotny

Administrator
Ed Walter

Department Directors

Activities
Jocelyn Silver, ADC

Director of Admissions
Nancy Bennett

Dietary
Darrick DeBoard Sr. CDM, CFPP

Environmental Services And Laundry
Theresa Gebhardt

Facility Operations
Robert Watson

Human Resources
Diana George

Medical Director
H.S. Sim Nursing
Cassie Evering, RN

Director of Business Operations
Keith Streett

Risk Management
Renata Truant, RN

Social Work
Diane Brusò,

Volunteers / Public Relations
Janet McDonald

What bites but has no teeth?

Frost!



WINTER

WORD SEARCH

H	T	G	I	H	I	C	I	C	L	E	F	B	B	J
F	E	B	R	U	A	R	Y	A	W	J	D	L	O	C
W	M	A	C	K	P	T	J	O	M	O	I	A	E	J
J	P	X	N	O	S	J	N	D	Y	Z	L	N	P	A
R	E	T	A	E	W	S	C	A	Z	I	M	K	M	N
B	R	Y	F	D	R	M	J	A	L	O	P	E	C	U
E	A	M	S	U	C	E	R	N	W	S	T	T	B	A
K	T	L	I	M	K	D	N	A	U	N	Y	A	S	R
F	U	P	K	T	L	E	G	M	H	O	C	K	E	Y
N	R	A	S	J	T	C	C	W	E	W	R	O	L	C
M	E	O	U	N	I	E	A	O	B	F	M	S	D	N
J	B	T	S	W	K	M	N	N	D	L	K	E	N	T
C	O	J	M	T	E	B	Y	S	N	A	K	O	A	L
A	E	L	R	P	F	E	O	X	P	K	W	I	C	E
Y	W	I	N	T	E	R	B	C	U	E	D	Y	A	B

BLANKET
BLIZZARD
CANDLES
COLD
DECEMBER

FEBRUARY
FROST
HAT
HOCKEY
ICE

ICICLE
JANUARY
MITTENS
SKIS
SNOW

SNOWFLAKE
SNOWMAN
SWEATER
TEMPERATURE
WINTER



Vaccinations will be Available on January 17th from 10:00am to 12:00pm. Most vaccinations are available, sign up in Nursing Office to make your reservation. Remember the best way to stop the spread of the COVID 19 virus is be fully vaccinated.



Something to Ponder...for the New Year!

The Fence

There was a little boy with a bad temper. His father gave him a bag of nails and told him to hammer a nail in the back fence every time he lost control.

The first day the boy drove 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. His father suggested that the boy now pull out one nail for each day that he was able to control his temper. The days passed and the young boy was finally able to tell his father that all the nails were all gone. The father led his son to the fence. "You have done well, but look at all the holes in the fence," he said. "When you say things in anger, they leave a scar just like the nail holes in the fence." It won't matter how many times you say "I'm Sorry," the wound is still there. A verbal wound is as bad as a physical one.

Controlling your anger is a true sign of maturity!

What did the tree say after a long cold winter?
What a re-leaf!



Sonny Says

This is a new year and I wish everyone a very Happy New Year. This is a good time to let everyone know where my heart is today. Today I am thinking of the millions of those who have not yet come to know our Lord and Savior. He can best be shown to another person thru our actions.

My friend puts a smile on my face by telling me all the antics of her two kittens. The kittens fill her heart with joy, and sharing the stories about her babies makes me happy too. What I am trying to say is that we can share our joys just by sharing what is in our hearts.

I know of lots of folks that sit at their doorway waiting for some act of friendship. Even a small act such as a wave, wink of an eye, or smile, any sign that someone cares. Try smiling at someone today. Take it from me when they smile back you will both feel better.

I can name off a dozen or more residents just on my unit that need a smile, wink or wave. A smile is better medicine than any pill could ever be, and...with no side effects.

I sure hope it makes them feel better as it warms my heart and puts a smile on my face, when they smile back, it's better than any Seagraves Seven ever did! No hangover, an with no cost to me sometimes it brings a tear to my eye. "KINDNESS" is truly a miracle drug.

I pray that each of you will be touched with kindness and that you all know a prayer is being said for each of you by me.



Until Next Month,
Sonny



Christmas at Citizens 2023...Enjoy the pictures!

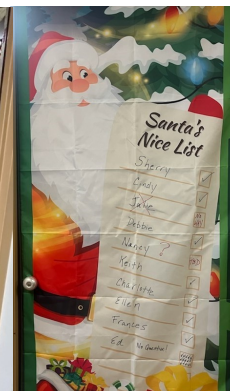


Happy Co-Workers

Decorated Doors



More Decorated Doors.



And ... very happy family members!



Thank you to Everyone who participated in making Citizens Holiday a Happy One.



Instead of disturbing Santa this year we asked this fellow in green to pay our Residents a visit!

Movie Line Up for January

January

5th 6:30 pm Movie, The Little Rascals...They are all here Spanky, Alfalfa, Buckwheat, Stymie, Porky and Petey the dog. They all star in this hilarious motion picture hit.

6th 4:00 pm Movie, All the Presidents Men,...At times is looked like it might cost them their jobs, their reputations and maybe their lives. An extremely exciting detective story.

7th 4:00 pm Movie, An Affair to Remember...starring Cary Grant and Deborah Kerr

8th 6:30 pm Movie, Almost Famous...It's the opportunity of a lifetime when teenage reporter William Miller lands an assignment from Rolling Stone Magazine.

10th 6:30 pm Movie, Frankie...Funny Touching and Vital. Three generations gather for a vacation.

12th 6:30 pm Movie Fireproof...A #1 inspirational movie in America. Fireman never leave their partners behind.

13th 4:00 pm The Book Club...An all star cast of women actors that are life long friends.

14th 4:00 pm Grown Ups...Just because they are a little older doesn't mean they are all grown up. Sometimes crazy just follows you!

15th 6:30 pm Movie, Paul Blart, Mall Cop 2... Paul Blart has an adventure outside the Mall with his daughter on Vacation.

17th 6:30 Presidential Legacy, Theodore Roosevelt, This inspiring journey that shaped the life and presidencies of this towering figure.

19th 6:30 pm Movie, Heaven is for Real... Based on a true story, A small town father must find the courage and conviction to share his son's extraordinary, life changing experience with the world.

20th 4:00 pm Movie, My All American...tells the story of Freddie Steinmark.

21st 4:00 pm Movie, God's Country Song...A rising country star finds out that he has a child with a deceased woman he barely remembers. Will he do the right thing and raise the child or will he turn his back in hopes he can become a Country music star.

22nd 6:30pm Movie, Cat's and Dogs, The Revenge of Kitty Galore...Just like real spies only furrier.

24th 6:30 pm Movie, Murder on the Orient Express...A spectacular picture remake of the original film. Agatha Christies mystery comes to life once again.

26th 6:30 pm, Movie, David Copperfield...This is the original black and white film with an all star cast of W.C. Fields, Lionel Barrymore and a whole slew of actors from the big screens beginning.

27th 4:00 pm Movie, Clamity Jane...starring Doris Day and Howard Keel, How the west was sung. Enjoy the music and the great acting of these talented stars.

28th 4:00 pm Movie, Disney's Cruella...Cruella is determined to become a successful fashion designer no matter the cost.

29th 6:30 pm Movie, A Dog's Way Home...A nice adventure fit for the whole family.

31st 6:30 pm Movie, Best in Show...A comedy about the hilarity of dog showing.

Attention All Family Members

Now that the Christmas Holiday is over administration asks that you take the holiday decorations home. Your loved ones only have a certain amount of space in their rooms and with all the new items and clothing received for Christmas gifts this space is rapidly being taken up. If there is clothing that does not fit any longer please take them home or find somewhere to donate those items. We want your resident to be as safe as possible here at Citizens and to maintain this goal we need a clutter free environment. So please, help us, help your loved one by taking any items home that are not being used. Also it would be very helpful if you would limit the amount of snacks being kept in your residents room. Check how much

New Year's Resolutions

Here are six New Year's Resolutions that residents at CCRC can actually make and keep to benefit themselves.

1. Practicing Mindfulness, some of you may be saying what is that? This means doing everything you can to be grateful for what you have in the moment, where you are in life and who you are right now.
2. Start a gratitude journal. Write down everything and everyone you are grateful for.
3. Come to activities and play games. Did you know solving simple math problems can help stave off cognitive decline?
4. Ask our wonderful beautician Barbara to give you a new look by changing up your hairstyle to give you a new outlook on life.
5. Write letters to your family member telling them how important they are to your life and how much you appreciate them and what they do for you. If you need help writing a letter please ask a volunteer or Activity member to help you.
6. Say Good Bye to negativity. Always look for the silver lining. Its there, just look.

The Chit Chat Staff

Editor, Jocelyn Silver, ADC,

Additional Support, Janet McDonald

Activities you don't want to miss during January

January

- 5th 3:00 pm Happy Hour with Annie B.
- 9th 12:30 pm The January Birthday Party
- 11th 2:30 pm Coffee with the Chaplain
- 13th 2:30 pm Word Games in Memory Of Martin Luther King Jr. with Julie
- 15th 2:30 pm Discussion about Martin Luther King Jr. before Bingo
- 17th Silver Reader Van
- 18th 3:00 pm Resident Council Mtg. and voting for the next Chairperson.
- 19th 3:00 pm Happy Hour with the Vintage Entertainers
- 23rd 6:30 pm Movie Night, movie TBA
- 25th 2:30 pm Coffee with the Chaplain
- 29th It's Puzzle Day, Let's start some new puzzles in the Dayroom.
- 30th 2:30 pm Drum Circle with Susan

Enjoy these animal pictures in the snow!
Can you give them each a caption?



Citizens Care and Rehabilitation Center is on Facebook!



Notice

We wish to reaffirm our policy that all persons regardless of race, color, religion, sex, national origin, disability, age, genetics, marital status or sexual orientation are considered for employment or admission to Citizens Care and Rehabilitation Center.

Winter Jokes

1. How do you know when it is too cold for a picnic?
When you chip your tooth on the soup.
2. Where do snowmen put their money?
Snowbanks!