

## Administration

### Administrator

Philip Flynn-ext. 145

### Director of Nursing

Kim Shaughnessy-ext. 107

### Business Manager

Julie Babcock-ext. 103

### Social Services Director

Maggie McGaffigan ext. 137

### Admissions Director

Julie Morse- ext. 124

### Admissions Coordinator

Emily Maher- ext. 123

### Life Enrichment / Activities Director

Melissa Johnson-ext. 148

### Dietician

Ellen Gillespie-ext.134

### Therapy Director

Justin Niemi-ext. 158

### Dining Service Director

Nikki McCallum ext.117

### Director of Human Resources

Karen Belair ext. 106

### Director of Maintenance

Scott Greenslade ext.115

### Director of Housekeeping/Laundry

Kathy Laurain ext.119



## The Meaning of a New Year



From ancient times, people have welcomed the new year in with rituals to attract good fortune. Every year on December 31st at midnight, glasses toast and kisses are shared. But underneath all that glitter and sparkle is an ancient holiday with deep spiritual roots. For centuries, and in similar ways, people have been observing the end of one year and the beginning of another. Ancient Romans celebrated with six days of carousing that would probably be familiar to us today. St. Boniface, a missionary from England who visited Rome in 742, was appalled at how the Romans celebrated Kalends of January, as the New Year was called, with "dancing in the streets, heathenish cries, sacrilegious songs, tables laden with food and women wearing amulets and offering them for sale". While each culture's New Year celebration has its own style, there are certain common themes. The period leading up to New Year's Day is a time for setting things straight: a thorough housecleaning, paying off debts, returning borrowed objects, reflecting on one's shortcomings and mending quarrels. In many cultures, people jump into the sea or a local body of water—literally washing the slate clean. According to British folklore, you should not sweep on New Year's Day, or you will sweep your good luck away. So every day, fill your glass of life, be thankful for your blessings and the abundance that is in your life.

*Happy New Year!*

# January Celebrates Mental Wellness Month

## Tips: How to Communicate with a Loved One who has Alzheimer's Disease

Despite the challenges, you can communicate effectively with a loved one who has Alzheimer's. Consider these tips:

- **Speak clearly.** Introduce yourself. Speak in a clear, straightforward manner.
- **Show respect.** Avoid secondary baby talk and diminutive phrases, such as "good girl." Don't assume that your loved one can't understand you, and don't talk about your loved one as though he or she weren't there.
- **Show interest.** Maintain eye contact, and stay near your loved one so that he or she will know that you're listening and trying to understand.
- **Avoid distractions.** Communication may be difficult — if not impossible — against a background of competing sights and sounds.

- **Keep it simple.** Use short sentences and plain words. Ask yes-no questions, and only one question at a time. Break down tasks or requests into single steps.

- **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than simply asking if your loved one needs to use the bathroom, for example, take him or her to the toilet and point to it.

- **Don't argue.** Your loved one's reasoning and judgment will decline over time. To spare anger and agitation, don't argue with your loved one.

- **Stay calm.** Even when you're frustrated, keep your voice gentle. Your nonverbal cues, including the tone of your voice, may send a clearer message than what you actually say.

Communicating with your loved one may be challenging, especially as the disease progresses. Remember, however, your loved one isn't acting this way on purpose. Don't take it personally. Use patience and understanding to help your loved one feel safe and secure.



# Welcome to our Community

Madelin Belanger	Virginia Dexter	Evelyn Minder
Gary Borden	Betty Dobson	Donald Murray
Eta Dotson	Richard Folz	Loretta Patrick
Eileen Falk	Robert Frey	Maxine Sarver
Susan McNulty	Irene Fullerton	Lois Wilson
Leslie Lucas	Marilyn Gillespie	Marchita Wilson
Maxine Behm	Lola Hart	Mary Wowianko
Harriet Bolodar	Anita Hinton	Kenneth Wright
Jeannie Carpenter	Mildred Jackson	Marie Koepfel
Sandra Craft	Nancy Jacokes	



## Resident Birthdays

Anita Hinton	Jan 9
June Symons	Jan 16
Marian Groesbeck	Jan. 23



## Staff Birthdays

Sophia Hasbrook	Jan 5
Jessica Tchoryk	Jan 5
Rebecca Streeter	Jan 7
Ruth Wireman	Jan 10
Donna Hamlin	Jan 10
Alyse Bollheimer	Jan 11
Michael Pluta	Jan 12
Amy Hoenes	Jan 13
Annette Lobdell	Jan 14
Mary Jewett	Jan 17
Trisha Gannon	Jan 19
Sue Palmer	Jan 20
Joshua Tryon	Jan 20
Ceirra White	Jan 22
Mark Miller	Jan 25
Helen Kimmel	Jan 25
Lynette Brown-Welninski	Jan 28

# Congratulations Rehab Graduates

Madelin Belanger  
Gary Borden  
Charles Brittain  
Jason Closson  
Vincent Cosgrove  
Dorothy Russell  
Etta Dotson  
Marilyn Eccleton  
Eileen Faulk  
Jack Flath  
Jane Hammond  
Leslie Lucas  
Janet Schmude  
Eleanor Russell  
Mary Sitko



*We wish you the  
best of luck  
in 2012!!!*

# Updates

## Thank You!

A big thank you to everyone who adopted a resident for Christmas this year. On December 16th each resident received a gift for Christmas from a staff member or volunteer. I would also like to thank family members, volunteers and staff for your generous donations to the Christmas Penny Auction. Without the support of all of you this couldn't have been possible!!

Activities  
Department

## 2011 Resident Christmas Party



## Sincere Sympathy

To the families and friends of...

Geneva Nykamp  
Emma Woodward  
Kathleen Hicks  
William Venners  
Leola Burden



*When someone you love becomes a memory,  
that memory becomes a treasure.*



# January Special Events

## Featured Events

- Jan. 2 1 PM Volunteer Meeting  
Jan. 3 2 PM Writing Group  
Jan. 5 2 PM Birthday Party  
Jan. 9 2 PM Resident Council/  
Election  
Jan. 10 2PM Spiritual Support Group  
Jan. 12 10 AM Music w/  
Bob Holderbaum  
Jan. 13 2 PM Ladies Tea Party  
Jan. 14 7:15 PM Music w/  
Dennis Hoag  
Jan. 16 2PM Manicures  
Jan. 15 7:15PM Music w/ Brad Frey  
Jan. 20 10AM Catholic Mass  
Jan. 20 Music w/ Jerry Ball  
Jan. 23 Chinese Take Out

Choir Practice every week on  
Thursday at 2PM

## Employee of the Month

Hannah Glorioso has been selected for Arbor Manor Employee of the Month for the month of December.

Hannah has been employed as a CNA for Arbor Manor since July 23, 2007. She received many votes from residents and staff members “She has a positive attitude everyday no matter what is going on. What impresses me the most is the wonderful relationships she develops with residents – both long term and rehab. She keeps the unit up to date on forms, fall risks, resident checks, etc.”

Congratulations Hannah!

Thank  
for all of  
hard work!



you  
your



# Employee Anniversaries Welcome New Hires



Mary Rentschler	1 year
Deann Barnhill	1 year
Jalyssa Weldon	1 year
Stefanie Loveberry	1 year
Ashley Patrick	1 year
Jaclyn Wright	1 year
Amie Smith	2 years
Margaret McGaffigan	1 year
Amber Leier	1 year



Cher-Ray Kimler  
Nichole Plumb  
Tessa Carr  
Nicole McCallum



## Employee Stars

Congratulations to our  
November Star Recipients!!

★	Jessica Cogan	LPN
★	Jalyssa Weldon	C NA
★	Donna Hamlin	C NA

### Thank You

A special thank you to all the staff who make a difference to the lives of the residents daily. Your compassion, generosity, and hard work are greatly appreciated!

One moment can change a life, One conversation can start a friendship. One step can start a journey. One word can say so much. One smile can brighten a day. One small act of love can mean everything to someone. One person CAN make a difference!

## Volunteers Make a Difference

If you are looking for ways to reach out and touch someone's life, a great place to start is by volunteering at Arbor Manor Rehabilitation Center. There are many wonderful opportunities to make a difference in the lives of others.

### 1:1 Visiting

Help with scheduled group activities

Take a resident outside

Pet visits (need updated shot record)

Provide entertainment: Play an instrument, sing, or play the piano during lunch or dinner.

Manicures

Reading

Life Stories

Reminiscing about the "Good ole' Days"

Gardening Projects

Weekend Receptionist

Scrapbooking

Crafts

Play Games/Cards

Call Melissa Johnson at  
517-750-1900 ext. 148 to get started.

## Old Fashion

### Christmas Memories

Christmas is a family affair. It brings families together. Everyone likes to be home for Christmas. It's a time for planning gifts to give one another and it doesn't matter if they are small or large, or if they cost a lot or are home made. The holiday season brings about a busy time ahead with preparations— Looking for the tree, cutting it down and taking it home, making homemade decorations, baking, and putting decorations out on your house. Years ago, Christmas trees didn't have lights and some used candles to decorate. Popcorn garland was used, treasured glass balls, and many people decorated their tree by hanging Christmas cards. There were not many presents under the tree back then. Women knitted scarves, mittens and stockings. Everyone went to church with their families and neighbors to celebrate the holiday together.

**Arbor Manor  
Writing Group**

The first Rockefeller Center Christmas tree:  
1931.





## Lloyd Ganton Retirement Centers, Inc.

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 Website: [www.gantonretirement.com](http://www.gantonretirement.com)

**Keeping your loved-ones close to home—  
 look for one of our award-winning centers in a neighborhood near you!**

**Arbor Manor Rehabilitation  
 & Nursing Center**  
 151 Second St., Spring Arbor  
 517-750-1900

**Arbor Meadows**  
 108 Second St., Spring Arbor  
 517-750-0500

**Arbor Oaks Living Center**  
 108 Second St., Spring Arbor  
 517-750-1905

**Arbor View Estates**  
 108 Second St., Spring Arbor  
 517-750-0500  
 517-750-1905

**Brooklyn Living Center**  
 151 Constitution Dr., Brooklyn  
 517-592-2828

**Legacy Assisted Living Center  
 & Legends Alzheimer's Center**  
 5025 Ann Arbor Rd., Jackson  
 517-764-2000

**Spring Arbor Assisted Living Center  
 & Willows Alzheimer's Center**  
 3700 S. Dearing Rd., Spring Arbor  
 517-750-2700

**Summit Park Assisted Living Center**  
 2100 Park Rd., Jackson  
 517-782-8888

**Summit Park Estates**  
 2100 Park Rd., Jackson  
 517-782-8888

**[www.gantonretirement.com](http://www.gantonretirement.com)**