



2023

H A P P Y N E W Y E A R

From the Director's Desk:

Happy New Year! I hope everyone of you had a Merry Christmas and a Happy New Year. It definitely was a cold one!

We will be changing a few things starting January 1st.

All appointments must be made 24 hours in advance, otherwise there will be a 5 dollar charge. With the price of gas and McFarland Clinic moving to the Southside of town, it makes the trips quite a bit longer and with a 24 hour notice it helps our staff organize our schedule book.

The other thing that is changing are copies. The cost of ink has gone up so if you need a copy made from the office you will be charged 25 cents for a black and white copy and 1 dollar for a colored copy. Thank you for understanding.

There is a lot of crud going around so if you feel sick please stay home! We will NOT charge you for a tray. We would rather have you rest, get healthy and not spread something you have to others.

Happy New Year and I hope you all have a fantastic 2023!
~Linsey

Holiday Party 2022





RESIDENT BIRTHDAYS

Joan Miller ~ January 1

Joan Schleisman ~ January 12

Larry Koepnick ~ January 13

Norm Egli ~ January 14

Lee Egleston ~ January 16

Mildred Wilkens ~ January 16

Venita Conley ~ January 17

Gene Seim ~ January 19

Glenda Barton ~ January 26

Harold Kelling ~ January 28

Carolyn Young ~ January 28

Carolyn Wood ~ January 29

Charlotte Wood ~ January 29

STAFF BIRTHDAYS

Janet Breed ~ January 15 Mindy Hutcheson ~ January 24

Remember the Resident Birthday

Party Friday, January 6th @ 2PM



Royal & Jan Young ~ January 4th

Resident Birthday Party 2PM, October 7th in the Community Room

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

8:00AM Exercise in the Pool

6:30PM Game Night in The Perk Coffee Shop

Medical Appointments Van Runs 8am-12pm



Tuesday

10:00AM Exercise Class in the Community Room

1:45PM Fareway (sign up)

Wednesday

Medical Appointments Van Runs 8am-12pm

8:00AM Exercise in the Pool

10:00AM Play 500 in The Perk Coffee Shop

10:00AM Catholic Communion 1st Wednesday of the month

1:00PM Bible Study in the Perk

2:00PM Resident Meeting in the Chapel (3rd Wednesday)

3:00PM Bags in the Community Room



Medical Appointments Van Runs 8am- 12 pm

Thursday

10:00AM Exercise Class in the Community Room

Friday

No Medical Appointments

8:00AM Exercise in the Pool

9:30AM Kings in the Corner(Perk)

1:45PM Hyvee(2nd, 3rd, & 4th Friday go in the PM, sign up)

6:00PM Movie in the Theater

Sunday

6:00PM Vespers in the Chapel



Did you Know?

What is the number one health tip for aging well?

Get **MOVING**—Exercise and physical activity whether you like it or hate it.... People who exercise regularly not only live longer, but also may live better.

5 Best Foods to eat before bed.

1. Cherries
2. Bananas
3. Walnuts
4. Turkey
5. Milk—warm milk before bed may help sleep.

Ember's has a pool for exercise, exercise room to use and Exercise Class on Tues & Thurs. 10:100 AM in community room. Start 2023 out right and join us! Walking the hallways is also very good for you!

January

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Apple Cider Pork Chops Potatoes/Gravy Mixed Veggies Pie	2 Meatloaf Scalloped Potatoes Carrots Apple Crisp	3 White Fish Wild Rice Squash Assorted Desserts	4 Asian Beef White Rice Snap Peas Cookies	5 Caprice Chicken Loaded Potatoes Collard Greens Cheesecake	6 Ham Balls Potatoes/Gravy Veggies Ice Cream	7 Hobo Pack Roll Brownies
8 Hot Turkey Plate Potatoes/Gravy Veggies Pie	9 Pork Chops Au gratins Veggies Assorted Desserts	10 Porcupine Meatballs Cheesy Potatoes Corn Cake	11 Honey Mustard Chicken Thighs Twice Baked Veggies Cookies	12 Pork Fritter Potatoes/Gravy Veggies Cake	13 Tilapia Loaded Potatoes Green Beans Cobbler	14 Chicken Kiev Cheesy Potatoes Peas & Carrots Ice Cream
15 Ham Sweet Potatoes Stuffing/Gravy Pie	16 BBQ Meatballs Potatoes/Gravy Corn Assorted Desserts	17 Cod Au gratins Veggies Cake	18 Cooks Choice	19 Fried Chicken Potatoes/Gravy Mixed Veggies Turnover	20 Pork Cutlet Potatoes/Gravy Green Beans Ice Cream	21 Beef & Broccoli Rice Tarts
22 Pork Loin Stuffing/Gravy Veggies Pie	23 Orange Chicken Rice Veggies Assorted Desserts	24 Cheeseburger Baked Beans Fries Fried Apples	25 Swedish Meatballs Potatoes/Gravy Mixed Veggies Flip	26 Shrimp Rice Carrots Cookies	27 Bacon Wrapped Pork Chops Scalloped Potato Veggies Cake	28 Cubed Steak w/ Onions Potatoes/Gravy Ice Cream
29 Pork Roast Stuffing/Gravy Veggies Cookies	30 Cooks Choice	31 Chicken Loaded Potatoes Veggies Pie		January 2 nd Resident Meal Carolyn Young		

January

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Ham Sandwich Vegetable Beef Soup	Breakfast Pizza Yogurt Parfait	Sandwich Chips	Brats Sweet Potato Fries	Maid Rite Lobster Bisque	Smoked Sausage Alfredo Bake Garlick Stick	Chicken Strips Fries
8	9	10	11	12	13	14
Loaded Chicken Salad Potato Soup	Waffles Strawberries Smokies	McRib Slaw	Fish Sandwich Fries	Slider California Medley Soup	Chicken Noodles Over Mashed Potatoes Roll	Walking Taco
15	16	17	18	19	20	21
Turkey Sandwich Minestrone Soup	Scrambled Eggs Sausage Tri Tater	Roast Beef & Cheddar Soup	BLT Chips	Scalloped Potatoes & Ham Roll	Goulash Garlick Bread	Chef Salad
22	23	24	25	26	27	28
Roast Beef Sandwich Mushroom Brie Soup	Sausage Skillet Bagel	Pastrami Sandwich Lumber Jack Soup	Crispy Chicken Fries	Sandwich Tomato Soup	Beef Stroganoff Over Butter Noodles Roll	French Bread Pizza Wings
29	30	31				
Tuna Salad Chicken Wild Rice Soup	Breakfast Sandwich Yogurt Parfait	Cooks Choice				

JANUARY SPECIAL EVENTS 2023

1st -	<i>HAPPY NEW YEAR!!!!</i>	2023
4th - Hot Chocolate Bar	2:30 p.m.	Perk
5th - Happy Hour	2:30 p.m.	Perk
6th - Resident B'Day Party	2:00 p.m.	Comm. Room
9th - Visit Glenwood (Re-scheduled)	1:30 p.m.	Meet in Lobby
10th - Card Making	2:00 p.m.	Perk
11th- Wal-Mart Wed. Jeopardy!!	1:45 p.m. 2:00 p.m.	O door Perk
12th- Bingo	2:00 p.m.	Comm. Room
15th - Trip to Casino	12:30 p.m.	Meet in Lobby
16th - Elvis in the House! (Re-scheduled)	2:00 p.m.	Comm. Room
18th- Resident Meeting Blood Pressure Check	2:00 p.m. 2:30 p.m.	Chapel Perk
19th - Bruni Crafts	2:00 p.m.	Perk
23rd - Root Beer Floats	2:30 p.m.	Perk
25th - WalMart	1:45 p.m.	O door
26th - Bingo	2:00 p.m.	Comm. Room
27th - Roll & Coffee	9:30 a.m.	Perk