

Hartridge Happenings!

Spring Haven Retirement

January 27, 2012

Executive Director, Scott Smith

Since it is the beginning of the year, I thought that it would be appropriate to give you some of my favorite motivational quotes.

Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat.

~ Theodore Roosevelt

The best motivation always comes from within.

~ Michael Johnson

Take into account that great love and great achievements involve great risks.

~ Dalai Lama

Life is either a daring adventure or nothing.

~ Helen Keller

No one can make you feel inferior without your consent.

~ Eleanor Roosevelt

Nothing is impossible to a willing heart.

~ John Heywood

The question should be, is it worth trying to do, not can it be done.

~ Allard Lowenstein

You must motivate yourself EVERYDAY.

~ Matthew Stasior

Manager on duty

Independent Living

Saturday

David Herzberg

Sunday

David Abner

Assisted Living

Saturday

Helen Hankins

Sunday

Helen Hankins

Resident Services, David Herzburg



I'm looking to recruit about 4 or 5 individuals, men & woman, who may be interested in a new program that's about to be rolled out. Once all the details are worked out, it

shall be a lot of fun, with excellent benefits for participants. I plan to start the program by the 2nd week of February. It's going to be a good way to meet new friends!

This week I journeyed out with the 'Get Well Ambassadors and visited the rehabs. Thankful a lot of our residents returned home last week. Welcome back to: Henry Smith home from rehab this week. I close with friendship quotes:

"True friendship is like sound health; the value of it is seldom known until it is lost."

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

"A real friend is one who walks in when the rest of the world walks out."

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."

"My Daily Prayer"

If I can do some good today,
If I can serve along life's way,
If I can something helpful say,
Lord, show me how.

If I can right a human wrong,
If I can help to make one strong,
If I can cheer with smile or song,
Lord, show me how.

If I can aid one in distress,
If I can make a burden less,
If I can spread more happiness,
Lord, show me how.

Memory Care Activities, Cynthia Fagan

Sunday	2:30	Movie and Popcorn
Monday	11:30	Lotto
	1:30	Bingo
Tuesday	11:00	LCR Game
	2:00	Jay Allen (Entertainment)
Wednesday	10:00	Paint Planters
Thursday	10:30	First Baptist Church
	1:30	Ice Cream Social
	2:00	Christian Fellowship
Friday	11:00	Music Therapy
	1:30	Bingo
Saturday	10:30	Making Doughnuts

Assisted Living Activities, Karen Slone

Sunday	9:00	Chapel Service
Monday	9:00	Current Events
	11:00	Word Game
Tuesday	9:30	Wal-Mart
	2:00	Jay Allen (Entertainment)
Wednesday	10:00	Paint Planters
Thursday	9:00	Fun and Fitness with Lisa
	1:30	Ice Cram Social
	2:30	Bible Study with Pastor Ford
Friday	10:00	Resident Store
	11:00	Trivia
Saturday	10:30	Christian Fellowship
	1:30	Making Doughnuts

Independent Living Activities, Lisa Roberts

Please note that the list below is high-lights of the week; please review your monthly calendar for a complete list of activities.

Saturday	10:00	Chair Aerobics
	7:00	Bingo
Sunday	9:00	Chapel
	4:00	Mix and Mingle
	6:30	Movie – "City Slickers"
Monday	9:00	Low Vision
	10:00	Fun n' Fitness
	11:00	Wii Bowling League
	6:00	Bridge Group
Tuesday	9:00	Publix
	11:00	Pampering Day
	1:30	Ice Cream Social
Wednesday	10:00	B/P Clinic
	1:30	Gym Time
	5:30	Wii Bowling Make Up
Thursday	10:00	Choir Practice
	11:00	Craft
Friday	9:30	Chair Yoga
	3:00	Quarter Bingo
	6:30	Christian Fellowship

Gym Time

As you are aware the gym in apartment 506 has been opened for several days and we are very excited about



the amount of residents using it. To insure the safety of each resident we are implementing a brief orientation of the equipment before you will be allowed to work out. We are also asking that a wavier be signed by each resident utilizing the gym. Lisa Williams of Hometown will be orienting residents each Monday morning at 9:00am.

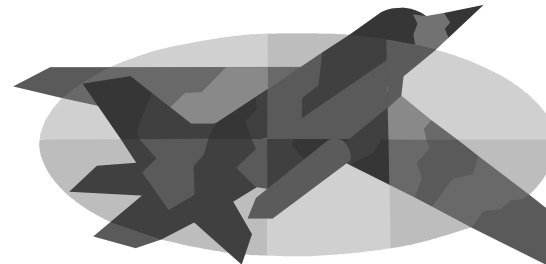
There are supervised gym times on Monday and Friday at 9:00am and Wednesdays at 1:30pm. We encourage our residents to us the gym, so please make time to get oriented on Mondays.

France Honoring WWII Veterans

To all the WWII veterans here at SHR who served in the European Theatre of Operations, if you served in France and fought any battles on their soil, you are now eligible for France's highest honors, The French Legion of Honor, France's highest distinction, in recognition of meritorious service in WWII operations that led to the liberation of France. If you served in France during WWII please give Lisa a copy of your military papers and she will submit it for you to receive your honor.



Honor Flight



If you are a recent move in and have not had the opportunity to go on the Honor Flight trip to Washington DC there is another trip planned for April. This trip is offered free of charge to anyone who served in the military during WWII. The purpose of this trip is to see that all WWII veterans that want to visit the WWII Memorial has the opportunity to do so. If you are interested in this trip please see Lisa.