



CARROLL GOLDEN AGE RETREAT

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JANUARY 2023

FROM THE DESK OF THE SUPERINTENDENT

Hello to all our family and friends! I hope you all stayed warm and enjoyed the Christmas holiday. It's such a busy and beautiful time of year! Our residents enjoyed bus trips to see Christmas lights, singing entertainment, Christmas carolers, crafts and much more! Remember to check out our Facebook page to see all the fun things we are up to! I would just like to let you all know how impressed I am with our staff through the flash freeze winter storm we had! Our dedicated staff came in during the middle of the night or left their homes extremely early to be sure they would be to the facility when needed. We cannot forget our maintenance guys who were going to pick up some staff member who live "in the boonies" and could not make it out. They did a great job keeping the parking lot and walk ways clear of ice and snow, all in sub-zero temperatures. We are so lucky to have such reliable, caring staff for our residents. The staff care about the residents as if they were family and it shows. May you all have a blessed and peaceful new year!

Jessica Dawn Faulk, LPN



QUOTE OF THE MONTH

"You are never too old to set another goal or to dream a new dream." ~ Les Brown

GOLDEN NUGGETS

Happy January! It's hard to believe another year has come and gone! We are all very thankful for all of the love and support we received over the holiday season. Thank you to everyone who sent in cards, gifts and goodies! December is always such a busy month. We started off by getting all the decorations up! A HUGE thank you to Maybeth, Jean, Jenn, Dawn and Emilie for helping with decorations on our many Christmas trees. Thank you to Rick and George for all the lights and decorations you put outside and for taking us on some wonderful Christmas light tours! On December 8th we had our very own "Paint with T" class! It was a wonderful time. The residents painted "Santa Gnomes". On the 9th we had a wonderful performance from Christine McClain. She sang some wonderful holiday songs for us. On the 16th we had Mrs. Mach and about 30 CMS/CHS students come sing Christmas carols for us. It was so nice to have the kids be able to come in again. They did a wonderful job! On the 21st members of The Carrollton Masonic Lodge came in as Santa and his elves to deliver some holiday cheer and goodies to everyone. We always enjoy their visit. On the 22nd we had the Malvern Community Christmas Carolers come in and carol through the halls. They did a wonderful job. On the 23rd, despite that yucky weather we had, we had our resident Christmas party. We had cookies that we baked and decorated, cookies from Betty Kaye Bakery! We also enjoyed chips, chip dip and soda that was donated specifically for our party. Of course, the highlight of our party is the gifts. Due to the yucky weather, Santa couldn't make it, but we made the best of things. Everyone got lovely gifts and we even had a wonderful couple gift us with a soft serve ice cream machine and ice cream mix! We are so excited to try them out! We hope everyone stayed safe and warm this holiday season!

KOOKIN WITH KASEY

In honor of one of our favorite sports, here is a great recipe for tailgater’s snack mix!

Ingredients:

- 9 cups Corn Chex, Rice Chex, or Wheat Chex cereal (or combination)
- 2 cups bite-size pretzel twists
- 2 cups bite-size cheese crackers
- 3 tablespoons butter or margarine
- 1 (1-ounce) package ranch dressing and seasoning mix
- 1/2 cup grated parmesan cheese

Directions

1. In large microwavable bowl, mix cereal, pretzels, and crackers.
2. In small microwavable bowl, microwave butter uncovered on high about 30 seconds or until melted.
3. Pour over cereal mixture; stir until evenly coated.
4. Stir in dressing mix and parmesan cheese until evenly coated.
5. Microwave uncovered on high 3 minutes, stirring after each minute.
6. Spread on waxed paper or foil to cool.
7. Store in airtight container. Makes about 26 servings

CHINESE NEW YEAR: THE YEAR OF THE RABBIT

This is a Year of Water Rabbit, starting from Jan. 22, 2023 (Chinese New Year) and lasting to Feb. 9, 2024. Rabbit ranks fourth in the 12-year cycle of the Chinese zodiac signs. The Years of the Rabbit include 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023...

For Chinese people, the rabbit is a tame creature representing hope and life for a long time. It is tender and lovely. The moon goddess Chang'e in the Chinese legend has a rabbit as her pet, which stimulates the thought that only this creature is amiable enough to match her noble beauty. Another way of saying is that the Rabbit is the incarnation of the moon goddess per se and it is always a symbol of pureness and auspiciousness.

People born in the Year of the Rabbit are gentle and approachable. They have a decent, noble and elegant manner.

BIRTHDAYS

RESIDENTS
RICHARD ROUDEBUSH 1/13
ANGIE TIZIANI 1/14
JANE HAUN 1/19
ETHEL PAXTON 1/22
TERRY SHORB 1/28



EMPLOYEES
TWYLA LESTER 1/08
PAULETTE MAXWELL 1/26
AMANDA HANEY 1/31

