

WHAT'S NEW @ *Parkview*



What a special Christmas morning opening gifts from family, friends, and Santa!
Thank you so much to everyone who send cards, dropped off goodies, and brought gifts for our residents to enjoy!!!



Cheers

TO THE NEW YEAR

We had a fun New Year's Eve filled with singing, dancing, and enjoying the entertainment of the fabulous Doris Day! We even rang in the New Year - with everyone in Fernando de Noronha, Brazil!! (It was only 8:00 p.m. in Laverne!)



THANK YOU so much to Vickie Quimby for spending her evening off at Parkview Pointe and to Gwen Lock, Jan Wilkinson, and Jadin Wilkinson for all their help!

Beating the Winter Blues

Feeling a little down? Between the cold weather, shorter days, missed holidays due to COVID-19, or disappointment that the excitement of the holidays is over, many people can experience seasonal sadness in the few months ahead. Try these ideas to help beat those winter blues!

- Brighten your home each day! Vitamin D from natural light helps to lift your mood, so open those curtains, move your chair next to a window, or head outside for a little fresh air.
- Create something you can look forward to enjoying! Redecorate for spring, schedule a zoom call with all your grandchildren, or make Taco Tuesday a regular event. Anticipating something fun creates positive feelings and excitement.
- Keep your regular routine! Sometimes it's tempting to spend the whole day on the couch, but too many days like this can really make you feel crumby. Eat your meals at your normal time and head to bed at your regular bedtime to make sure you are getting plenty of sleep - another important way to boost your mood.
- Eat well! A balanced diet is essential for helping you feel your best and to give you the energy you need to feel motivated and stay active. Be sure to have some healthy snacks on hand to avoid the temptation to chow down on a whole bag of chips instead.
- Exercise! Something as simple as chair exercises, stretching, walking, or lifting light weights releases endorphins that make you feel happy.
- Set a goal and accomplish it! Even the smallest tasks feel great to mark off a list and may get you in the mood to tackle some of your bigger projects. Plus, when you look back over the last few days/weeks it will feel good to see that you have been productive.
- Stay socially active! Interaction with others is a great way to lift your spirits. While COVID-19 has put quite a damper on social gatherings, get creative with ways you can still enjoy the company of others. Plan a phone call each week with a long time friend, start a zoom Bible Study or book club, or find a way to safely volunteer in the community.

Source: <https://www.concordialm.org/blog/7-tips-to-help-seniors-beat-the-winter-blues>

Getting ready for Santa's arrival!

JANUARY BIRTHDAYS

- 3rd - Haley
- 31st - Janie

