

The Cottages at Martin Lake December Newsletter

I am writing this on Thanksgiving weekend and want to take the opportunity to say how very thankful I am for our Residents and the honor to be able to care for them! Thank you for choosing us as their caregivers and new home.

December is almost here as well as the end of 2022. It seems like this has been the fastest year ever! So, with December comes Winter and winter weather. We do our best to keep the sidewalks shoveled and salted but the driveway can get very icy and even treacherous. Please be extremely careful on the driveway and sidewalks! In addition to bad weather and icy driveways, December brings Christmas festivities. Don't forget our Christmas Tea on Thursday, December 1st. 4:00-6:00 in Building 2. If you and your friends or family would like to come caroling for the residents in December, let us know and we will have treats and hot beverages available!

Make a Joyful Noíse unto the Lord, all ye lands.

Serve the Lord with gladness: come before His presence with singing.

Know ye that the Lord He is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of His pasture.

Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations.

MEDICAL APPOINTMENT FORMS

Don't forget to pick up a medical form for the physician BEFORE you take your loved one to the doctor. This will inform us of any changes in medications or treatments. Thank you!

Massages Available!

Repeat notice: We have a licensed massage therapist who will come and give relaxing hand, foot, shoulder massages. The cost is approximately \$1/minute. This type of treatment has shown to be very beneficial to the elderly with their many aches and pains. It could be scheduled on a biweekly, weekly, or bi-monthly basis. We would add it to your invoice so there would not be an extra bill. Please let us know if you would be interested in this type of therapy for your loved one!

I have heard from a few of you and will be setting up a regular day for the therapist to come. There is no obligation to do this or to continue it if you find your loved one doesn't benefit from it.

Please let me know if your loved one would like to try it. I believe most sessions would be 10-15 minutes on a weekly basis.

Have you seen our new photo boards? Check them out next time you visit!

Staff News

>Welcome to new and returning Staff: Melissa, Ayri, Alissa, and Heather K.

>Congratulations to Chuck on the birth of a son, William Glenn Paul Durham. Little red headed William joins big sisters Paisley and Esmae.

>Welcome back John! He is Anna's youngest son and a RN BSN. He will be covering for Anna while she takes some time off in December. John has a big heart and loves the elderly. Disclaimer, he thinks everyone is hard of hearing like his grandfather so he talks very loudly! Heather and Kendra will also be on call and helping things to run smoothly.

CHRISTMAS KICK-OFF!

Santa is coming to The Cottages at Martin Lake on Thursday, December 1st at 4:00pm. The party will conclude at 6:00. We will have activities, story time, music, photo ops, yummy snacks, <u>gifts bags for each</u> <u>child</u>, and of course - SANTA!

<u>RSVP right away!</u> We need to know a number for: _____ adults

_____children ages 0-2 _____children ages 3-4

_____children ages 5-6 _____children ages 7-9

_____children ages 10-older.

Call 231-928-8220 or 231-286-9707 to RSVP IT'S GOING TO BE AMAZING!

>>>>> HELP NEEDED!

We are looking for someone who can sew. We would like to start using Dignity Scarves as clothing protectors. We will cut and pin the fabric; we just need someone with a sewing machine to sew them together. If *you* or someone you know is willing to help with this project, please let us know!

FIRST RESPONDERS' DAY

October 29th was First Reponders' Day in Michigan and we wanted to thank our First Responders for all they do to help keep us safe. The residents hand stamped gift bags which we filled with a Honeycrisp apple, caramel, a bottle of water with an Immune Boost Propel packet, Lifesavers. Mr. Goodbar, and Smarties. We alerted the Sheriff's Department, Police Department, Fire Department, and Central Dispatch that we had a gift for them if they could stop by during the day. We were thrilled with how many were able to stop in to receive their small token of appreciation for what they do for us every day!

SATURDAY TEA TIME

Don't forget to visit on Saturdays from 11am to 12:30pm. We are restarting Tea Time with a new time which will hopefully be better for you *and* our residents! Coffee, tea, hot chocolate, or water is available with planned activities to make visiting fun. This is a great time to visit and a really good time to bring teens. (There is a start and stop time, there are other people to help with conversation, and the activity gives everyone something to do. Following this activity is lunch so it makes for an easier break and time to leave.) Time flies when you are having fun!

CINNAMON ALLERGY ALERT!

Repeat notice: We have a Resident Care Provider with a cinnamon allergy. This is very serious and similar to a peanut allergy! Please refrain from bringing in anything that is spiced with cinnamon! (This includes fall or winter lotions, pumpkin spice treats, chai...) Thank you for your help in keeping our staff healthy!

Glory to God in the highest, and on earth peace, good will toward men!

Luke 2:14

Wishing you and your family JOY this Christmas season as we celebrate the birth of Jesus and may you experience His PEACE in the New Year.





