

FAIRVIEW NEWS



Center For Medicare and Medicaid Services

5 Star Facility Rating

JANUARY, 2018

.....
The Latest Fairview News,
Announcements, Special
Event Dates & much more.



**HAPPY
NEW
YEAR
2018**



JANUARY, 2018
ISSUE: 8



Phone: (718) 263-4600



**Address: 69-70 Grand Central Pkwy,
Forest Hills, NY 11375**

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TODAY, IS THE FIRST BLANK PAGE OF A 365 PAGE BOOK.
WRITE A GOOD ONE.

2018
HAPPY NEW YEAR

WE'RE ON THE WEB
WWW.fairviewrehab.com

W E L C O M E T O O U R F I R S T E D I T O R

Dear readers, Happy New Year and welcome to the month of January! In this issue, you will find many interesting articles and information regarding our incredible program. Fairview Nursing Care Center is a 24-hour rehabilitation and nursing care facility located in the heart of Forest Hills, New York. Our dedicated team provides skilled nursing and outpatient rehab care to adults and seniors in the region. We focus our services on restoring individual independence in our residents, using specifically tailored plans to help them develop skills essential for complete rehabilitation.

With our top quality clinical services, exceptional rehabilitation activities and award-winning recreation therapy program – we aim to restore physical independence to our Nursing Home residents one patient at a time. We provide a warm atmosphere for health, wellness and superior care.

Avi Pleshtiyev

Fairview Rehabilitation & Nursing Care Center offers excellent services to individuals coming from an acute-care setting. We also put a special emphasis on reducing the number of hospital re-admits through our unique Re-Hospitalization Prevention Program.

Our Forest Hills based rehabilitation center is equipped with the latest technology that is used by our physical therapists, occupational therapists and speech therapists to restore patients' basic motor skills and the ability to perform daily activities.

We are very passionate about providing the best care achievable for our patients. Their high-quality care and comfort is our main priority. Contact us or visit our facility to become part of the Fairview Family.



Contact Our Admissions Office Today!
718-263-4600 Extension: 218

A Note from The Desk of the Administrator - Ms. Bein

2

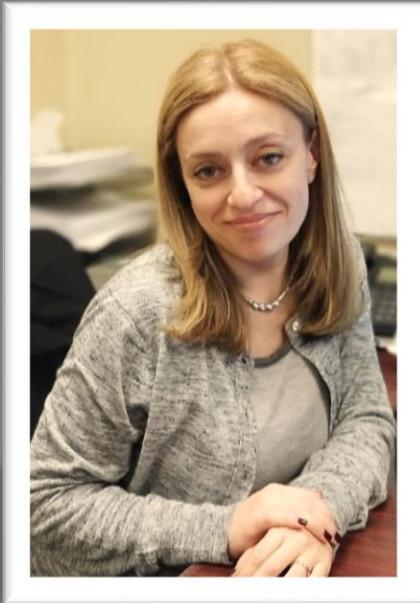
The Price of a Miracle



Tess was eight years old when she heard her Mom and Dad talking about her little brother, Andrew. All she knew was that he was very sick and they were completely out of money. They were moving to an apartment complex next month because Daddy didn't have the money for both the doctor bills and for the house payment. Only a very costly surgery could save her brother now and it was looking like there was no one to loan them the money. She heard her Dad say to her Mom, "Only a miracle can save him now." Tess went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the change out on the floor and counted it carefully. She counted it three times.

The total had to be exactly perfect. No chance here for mistakes. Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way 6 blocks to Rexall's Drug Store with the big red Indian Chief sign above the door. Tess waited patiently for the pharmacist to give her some attention but he was too intently talking to another man to be bothered by an eight-year-old at this moment. She twisted her feet to make a scuffing noise. Nothing. She cleared her throat with the most disgusting sound she could muster. No good. Finally, she took a quarter from her jar and banged it on the glass counter. That did it! "And what do you want?" the pharmacist asked in an annoyed tone of voice. "I'm talking to my brother from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question. "Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick, and I want to buy a miracle." "I beg your pardon?" said the pharmacist. "His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So, how much does a miracle cost?" "We don't sell miracles here, little girl. I'm sorry but I can't help you," the pharmacist said, softening a little. "Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs." The pharmacist's brother stooped down and asked the little girl, "What kind of a miracle does your brother need?" "I don't know," Tess replied with her eyes welling up. "I just know he's really sick and Mommy says he needs an operation, but my Daddy can't pay for it, so I want to use my money. "How much do you have?" asked the pharmacist's brother. "One dollar and eleven cents," Tess answered barely audible. "And it's all the money I have, but I can get some more if I need to." "Well, what a coincidence," smiled the man. "A dollar and eleven cents . . . the exact price of a miracle for little brothers." Then he said "Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need." The pharmacist's brother was Dr. Carlton Armstrong, a surgeon from Chicago who specialized in neuro-surgery. The operation was completed without charge and it wasn't long until Andrew was home again and doing well. Later, mom and dad were talking about the chain of events that had led them to this.

Her mom said, "That surgery was a real miracle. I wonder how much it would have cost?" Tess smiled. She knew exactly how much a miracle cost . . . one dollar and eleven cents.



A Note from The Desk of the Admissions Director Mrs. Julia Khmel

Greetings and Salutations,

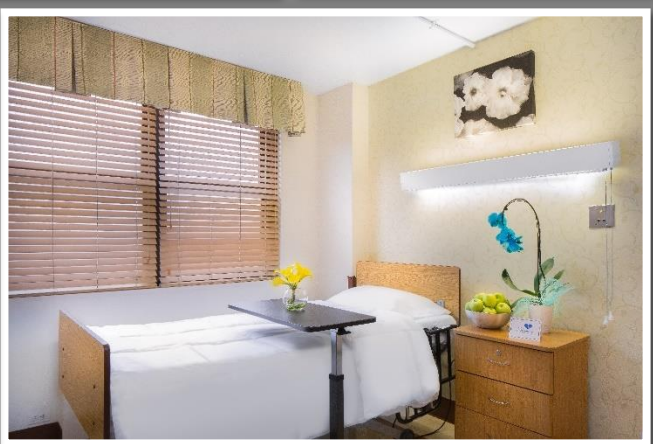
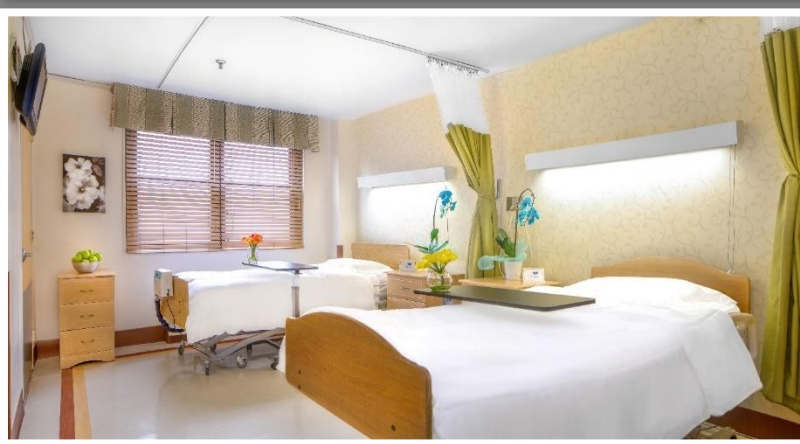
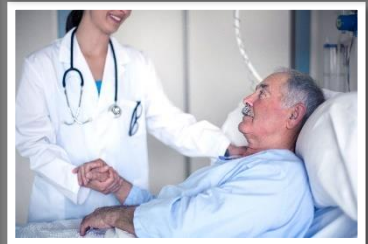
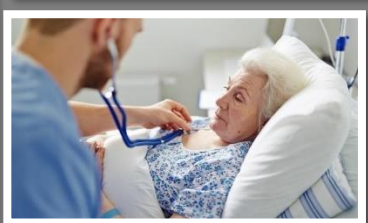
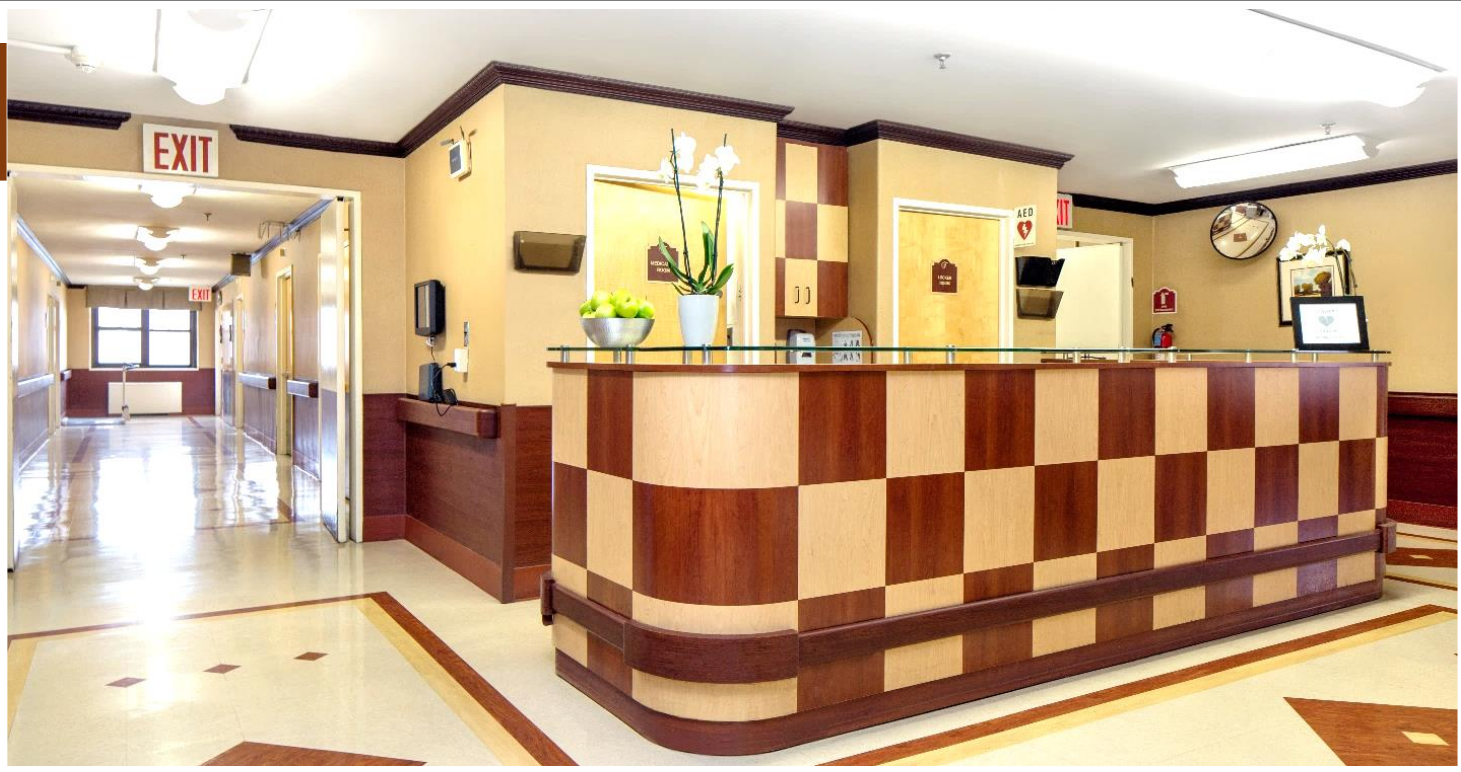
Welcome, I am Julia Khmel, your Director of Admissions here at Fairview Nursing Care Center. Transitioning to a skilled-care facility could be a cumbersome and stressful process for both residents and their loved ones alike. I would like to assure you that the admissions team and I along with the entire family of staff at Fairview bring all of our experience, resources and sincere care to bare to make this a pleasant and efficient process focused on the residents' best interests. Caring for others is one of my innate personal traits and what has allowed me to excel in my profession while having a great deal of personal fulfillment. From the moment I set foot in this wonderful country upon emigrating from Kiev, Ukraine, in July of 1999 I knew that this would be my life's path here in the United States of America. Today I hold a Master's Degree in Health Care Administration, a Bachelor's Degree in Psychology and an Advanced Certificate in Gerontology. I have been a Director of Admissions for skilled-care facilities for well over a decade. I am well versed in all the regulatory standards involved in admitting a resident and have become quite familiar with all the personal nuances that come with transitioning to a new skilled care residence. I would like to think that I put my heart into my work...

At Fairview Nursing Care Center the entire staff is a team or even a family, dedicated to a smooth and pleasant administering of our services. I have found that all the departments and staff work seamlessly with one another creating the best possible environment for all our residents in different stages of treatment. It is a true pleasure and privilege to work with others who like myself put their heart and their best into their work. We all try to go the extra mile in caring for our residents.

Please feel free to visit with us anytime for a tour of the facility. We would be glad to answer any of your questions and address any concerns you or your loved ones may have. Should this be a difficulty, a member of the Admissions Team would also be happy to visit with your loved ones in the hospital before physical admission takes place to personally address your needs.

Once again, Welcome!







NURSING NEWS



Dear Team,

Happy 2018 to all of you, with wishes for a prosperous and awesome year!

We will begin preparation for our Department of Health Survey/Inspection, as promised in the November newsletter. Education sessions and competences on all our staff will begin in January. One of the exciting things about learning is that we get to explore new evidence based information that will improve the quality of life for our residents. We look forward to interacting and learning with you in these sessions.

NURSING DEPARTMENT HIGHLIGHTS

Congratulations and best wishes to our Retirees for the year. We wish you awesome years doing absolutely nothing:

- Winnifred Mears, CNA
- Marie Jean Baptiste, CNA
- Marvel McKenzie, CNA
- Marie Therese Fenelon, CNA
- Lusnie Desrosiers, CNA
- Estrella Leviste, RN

We welcome our co-workers who were our sick back to work; and send "Get Well Soon" wishes to those who are out on FMLA/MLOA. We wish you a speedy recovery back to good health. We welcome all new employees to our Fairview Team, and wish you a long professional journey with our facility family.

Warm Regards,

Nadene Lewis-McCook, RN, MSN.

Your #1 Fan



GREAT NEW YEAR'S RESOLUTION IDEAS

8

- * Get Fit and Healthy
- * Lose Weight
- * Drink More Water
- * Quit Smoking
- * Spend Less Money
- * Be More Positive
- * Pay Off Debts
- * Get Organized
- * Have more Patience
- * Go on a Vacation
- * Spend less time on the Phone
- * Drink Less Soda
- * Eat Less Fast Food
- * Get More Sleep
- * Volunteer More
- * Get a Hobby
- * Advance Career
- * Quit Procrastinating
- * Watch Less TV
- * Keep New Year's Resolution



Less

Junk Food
Sitting
Late Nights
TV Watching
Frowning
Talking
Complaining
Negativity
Arguing
Worrying
Taking

More

Real Food
Walking
Rest
Reading
Smiling
Listening
Encouraging
Gratitude
Understanding
Praying
Giving

HOW TO STOP NEGATIVE THINKING



Avi Pleshtiyev, LMSW
Director of Psychotherapy
& Communications



Stop thinking in extremes

Most of life isn't black or white, completely this or that, all or nothing. But negative thinking tends to view bad stuff in the extreme. For example:

- Rather than not doing as well as I'd like on my test, I'm going to "fail completely!"
- Instead of my business venture taking a while to get going, it's going to "crash and burn, leaving me ruined!"
- Rather than just feeling a few nerves during my speech, I'm going to "die out there; they're all going to hate me!"

Stop over-generalizing the negative

Ask yourself: "If something bad happens, do I over-generalize it? Do I view it as applying to everything and being permanent rather than containing it to one place and time?" For example, if someone turns you down for a date, do you spread the negativity beyond that person, time, and place by telling yourself: "Nothing ever works out for me!"? If you fail a test do you say to yourself, "Well, I failed that test; I'm not happy about it, but I'll try harder next time."? Or do you over-generalize it by telling yourself you're "stupid" or "can't learn anything!"?

And while we're on the subject...

Don't minimize the positive

Negative thinking stops people seeing the positive when it does happen. It's as if there's a screen filtering out positives and just letting in stuff that confirms the 'negative bias'. Magnifying setbacks and minimizing successes leads to de-motivation and misery. Get into the habit of seeing setbacks as temporary and specific rather than as permanent and pervasive. We all tend to find what we look for. If you find yourself thinking negative thoughts about a person, for instance, get into the habit of balancing it out with one positive thought about them: "He's so insincere... Mind you, to be fair, he was helpful with that project...and he can be very funny..." The positive is there but you have to look for it.

Stop mindreading

Thinking negatively stops us relaxing with uncertainty. This can lead to 'mindreading'. "She hasn't texted me back; she doesn't like me!" or "He only said that to make me feel better, he doesn't really think that!" Having to assign a meaning to something before you have real evidence makes you more likely to believe what you imagine without question. Holding off assigning (made up) meaning to an ambiguous situation is a key part of overcoming negative thinking.

Stop taking all the responsibility

If I put it down to 'other people' or 'luck' when something is good or successful and don't take any credit myself (even if the success was largely down to me), then I am externalizing the positive. Or I might externalize the quality of goodness from my friend when he does something kind by telling myself: "He only did that to win favours!" If you (or someone else) do something good or well, just accept it. Negative thinkers also tend to do the opposite. They will internalize - that is, blame themselves - for all kinds of negatives that have little or nothing at all to do with them.

Stop making stuff up and believing it

Imagination is a wonderful thing, but not if you use it to scare yourself. Sometimes we need to be able to suspend the functioning of the imagination and relax.

WIRED FOR DESTRUCTION: **NEGATIVE THOUGHTS** CAN LITERALLY DESTROY YOUR BRAIN

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ARE YOU
HAPPY?

YES

NO

**CHANGE
SOMETHING.**

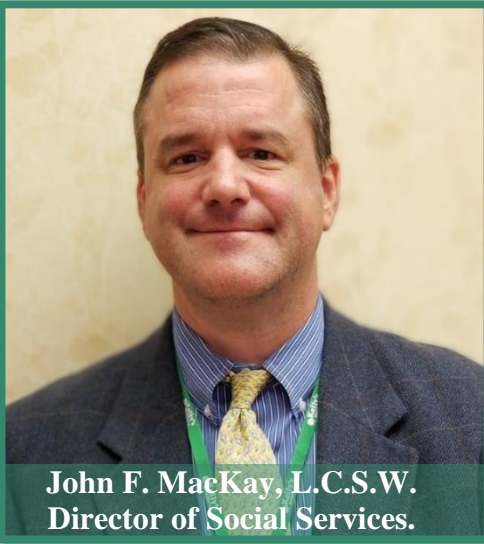
**DO YOU WANT
TO BE HAPPY?**

YES

NO

**KEEP DOING
WHATEVER
YOU'RE DOING.**

SOCIAL WORKERS



John F. MacKay, L.C.S.W.
Director of Social Services.

Resident Rights

In recent months, I have been a guest of the Fairview Resident Council. In this meeting, each month, we discuss important information including a resident right for that month. Resident Rights are very important to all who live in and work in our facility. In our home we share the same resident rights as our peers all across the great state of New York. In the United States, similar resident rights exist in each state. Resident rights are human rights, they were written with your best interest in mind, This is a short list of the resident rights as described in the publication "Your Rights as a Nursing Home Resident in New York State".

As a nursing home resident, you have the right to:

- Dignity, respect and a comfortable living environment
- Quality of care and treatment without discrimination
- Freedom of choice to make your own independent decisions
- The safeguard of your property and money
- Safeguards in admission, transfer and discharge
- Privacy in communications
- Participate in organizations and activities of your choice
- An easy to use and responsive complaint procedure
- Exercise all of your rights without fear of reprisal



We at Fairview are very committed to upholding the promise and value of each resident right, it is the principles of these rights that guide our policies and operations each day. We strive in providing the highest quality of service and care to ensure each person has their individual needs met in accordance with these rights.

Think of these rights as your own, if you have any questions about these rights, please feel free to ask your Social Worker or friendly and available Fairview staff member.



HOW IS LOVE DIFFERENT IN OLD AGE?

12



Mindy Negron, MSW
Master Social Worker

You're never too old to fall in love. As people get older in age they have not lost their lust for life or their desire to be loved. And sometimes, that love is right next door. Senior retirement communities, nursing homes and assisted living homes are filled with stories of residents who've met and fallen in love. From the perspective of psychological science, good quality relationships of all kinds, including quality romantic relationships, have a profound impact on physical health and psychological well-being. However, the quality of romantic relationships is important, and fragile, and the questions have to be asked, what makes a romantic relationship last? and How does love change across the lifespan? Restrictions and physical capacity can sometimes hinder intimate expressions of love. There is also a degree of embarrassment that exists on behalf of older patients who are sometimes too shy to proactively bring their sexual issues to the doctor's attention. The issue never gets addressed, and otherwise healthy senior citizens who would like to engage in sexual activity forego sex altogether. If you have questions or concerns please discuss with your primary care doctor at our facility.

Below are quotes from our residents regards to their thoughts on how is love different in old age?

- *"Love is when, even when you're sick, someone comes through for you in times of need".*
- *"Wonderful you appreciate each other more than ever, in your younger years you tend to forget to be that way. As you get older, you tend to be more forgiving"*
- *"Love is different as you get older because they are a friend and keep you company, if my husband was still alive, I'd still be in love"*
- *"Love is more enjoyable without hesitation"*
- *"You have to make it work regardless of the situation"*
- *"Love is much more deep and real- It's not just about emotions and sex but more on companionship"*
- *"People respect you, give respect and you will get it back"*
- *"Time is important and essential with the one you love, you tend to be close because you never know when you'll go"*
- *"Love is about the memories that you've had"*
- *"Love is love. It doesn't change, and even with those who aren't with us, my love for them didn't go away. You learn to adapt, but love is love".*

NUTRITION NEWS

Tips for a Healthy Holiday Season



Nella Shaulov, RD
Chief Clinical Registered Dietitian

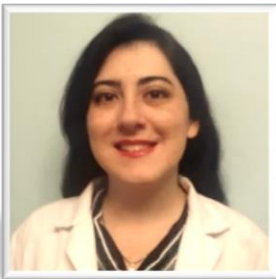
1. **Be realistic.** Do not try to lose pounds during the holidays, instead try to maintain your current weight. Different
2. **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain. Try a 10-15-minute brisk walk twice a day.
3. **Don't skip meals.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. **Choose your favorite foods and skip your least favorite.** Include vegetables and fruits to keep your plate balanced.

5. **Eat until you are satisfied, not stuffed.** Have your favorite holiday treats by eating small portions.
6. **Be careful with beverages.** Alcohol can induce overeating; Try not to drink sweetened drinks, since they add on the extra calories. Instead drink water for zero calories.
7. **If you overeat at one meal go light on the next.** It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound.
8. **Take the focus off food.** Plan group activities with family and friends that aren't all about food.
9. **Bring one healthy dish to a holiday gathering.** This way you know that you can eat at least one dish without feeling guilty.
10. **Practice Healthy Holiday Cooking.** Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating.

Take care of your body. It's the only place you have to live in.

A perfect time to start A HEALTHY NEW YEAR'S RESOLUTION

Health is not about the weight you lose, but about the life you gain!



Sonya Shamalov
Dietitian Assistant

Ring in the New Year is a lot of work, especially when it comes to picking out New Year resolutions! 50% of America choose to improve on their health and body for the upcoming year. Although it may be difficult, it is not impossible. Here are some easy tips on achieving your New Year Resolutions and living a healthier life!

1. **Incorporate more fruits and veggies into your diet:** 3-5 servings of fruits and veggies a day can reduce the risk of many diseases and get you started on living a healthier life! Add some extra veggies into your morning omelet or snack on dried/fresh fruits. Make your lunch and dinners more colorful and tasty by adding salads, sautéed vegetables, and fruity deserts.
2. **Make the switch to whole grains:** Whole grains are high in fiber and have cardio-protective factors. When making pancakes, waffles, cakes, or cookies, use whole wheat flour instead of white/refined flour. Switch your white bread into whole wheat bread when making sandwiches. Incorporating brown/wild rice or whole wheat pasta into your cooking are other ways to eat more whole grains.
3. **One fish, Two Fish:** Incorporate fatty fish at least once or twice a week. Fish is very high in Omega-3s; which reduces the risk for heart disease, as well as reduces inflammation. Bake some fresh salmon for dinner, put in some canned/frozen tuna into a salad, or order a fish dish when eating out.
4. **Eat Less Sugar:** Sugar is hidden in many different types of foods and may lead to weight gain if eaten too much. Some ways to eat less sugar:
 - a. Use natural sugars, such as honey and agave
 - b. Make your own fruit juices (juices, in general, have very high sugar content)
 - c. Set a limit to your sweet tooth, and lower your consumption gradually.

And remember, thinking of these changes as “healthy lifestyle choices” rather than a “diet” may help you achieve your New Year Resolutions. Happy 2018!!

To eat is a necessity but to eat intelligently is an art.



A Visit From Therapy Dog Sophie







A Visit From Therapy Bunny Charlie





I brake
for bunnies





A Visit From Therapy Cat Tiki



Happy Holidays everyone! Tiki here again! I hope everyone had a great holiday! I saw my first Christmas tree this year... it was really cool even though Tao made me get in trouble. He TOLD me it was ok to take off the stuff hanging on the tree and even said Kelly & Tom would think it was cute if I climbed up into it. I don't know why I listen to him! It seems like I've been in trouble all month long. I didn't know I wasn't supposed to crash into the rolls of wrapping paper or try to steal the bows. They looked like fun and were on the floor, how could I know they weren't for me? Ok, so they were in a bag, but since when has that stopped me???

I did get a stocking full of treats and toys though, so I guess I wasn't too bad. 😊

I also saw snow for the first time! I really want to run around in it but so far I'm not allowed to. I did get some boots to wear though so maybe the next time it snows I'll get to try them out.

See you soon! Have a Happy New Year!!!
XOXO,



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STAFF PAJAMA PARTY



Cheers















Friends



New Year's 2018 Traditions & Customs

New Year's Eve is celebrated differently all around the world. According to Time and Date, New Year's Eve is a public holiday in certain places, like the Philippines and Latvia and in a few countries like Japan, it is even a government holiday. But in many countries, people are not let out of work until the evening, and many retail stores remain open at least for a while.

Traditions range from eating 12 grapes at or before midnight and chowing down on a dish from the legume family to bring good luck. Many sing "Auld Lang Syne" at midnight, while others make resolutions, a tradition that may also date all the way back to the Mesopotamians. The Mesopotamians promised the gods they would do better in the coming year in order to incur their favor and avoid their wrath.

New Year's Eve is full of traditions, allowing us to follow those we like and to ignore those we don't. Still, it's hard to ignore that the ending of a year is usually a bittersweet moment.

As 2017 comes to a close, it is interesting to look at the origins of some of the world's most cherished New Year's traditions — from the familiar to some customs you may never have realized could provide good fortune in the year ahead.

Times Square - Before the ball, there were fireworks. The first New Year's Eve celebration in Times Square in New York City was held in 1904, culminating in a firework show. When the city banned fireworks two years later, event organizers arranged to have a 700-pound iron and wood ball lowered down a pole. In the years since, it's become a tradition for Americans to watch the ball start dropping at 11:59 p.m. and to count down the final seconds before the new year begins.

Auld Lang Syne - The song literally means "old long ago." The work by 18th-century Scottish poet Robert Burns has endured the ages and spread beyond Scotland and throughout the English-speaking world. The song is about the love and kindness of days gone by, but it also gives us a sense of belonging and fellowship to take into the future.

BLACK-EYED PEAS - It's a tradition to eat a stew made of black-eyed peas, in the American South. Many Southerners believed that the black-eyed peas symbolized coins and eating them insured economic prosperity for the coming year.

KISSING AT MIDNIGHT - Perhaps you'll have a New Year's Eve kiss that was the defining moment in a sweeping love story. Or maybe you'll pucker up with the person who happens to be standing next to you because, well, that's just what people do. But why? Not doing so will ensure a year of loneliness, according to tradition. The custom may date to ancient European times as a way to ward off evil spirits, the Montreal Gazette reports.

COLORFUL UNDERGARMENTS - In some Latin American countries, including Mexico and Brazil, it's believed the color of your undergarments will influence what kind of year you'll have. Tradition holds that yellow undergarments will bring prosperity and success, red will bring love and romance, white will lead to peace and harmony and green will ensure health and well-being.

12 GRAPES - In Spain and some other Spanish-speaking countries, one New Year's custom is to eat 12 grapes for 12 months of good luck. But here's the catch: to bring about a year's worth of good fortune, you must start eating the grapes when the clock strikes midnight, then eat one for each toll of the clock.

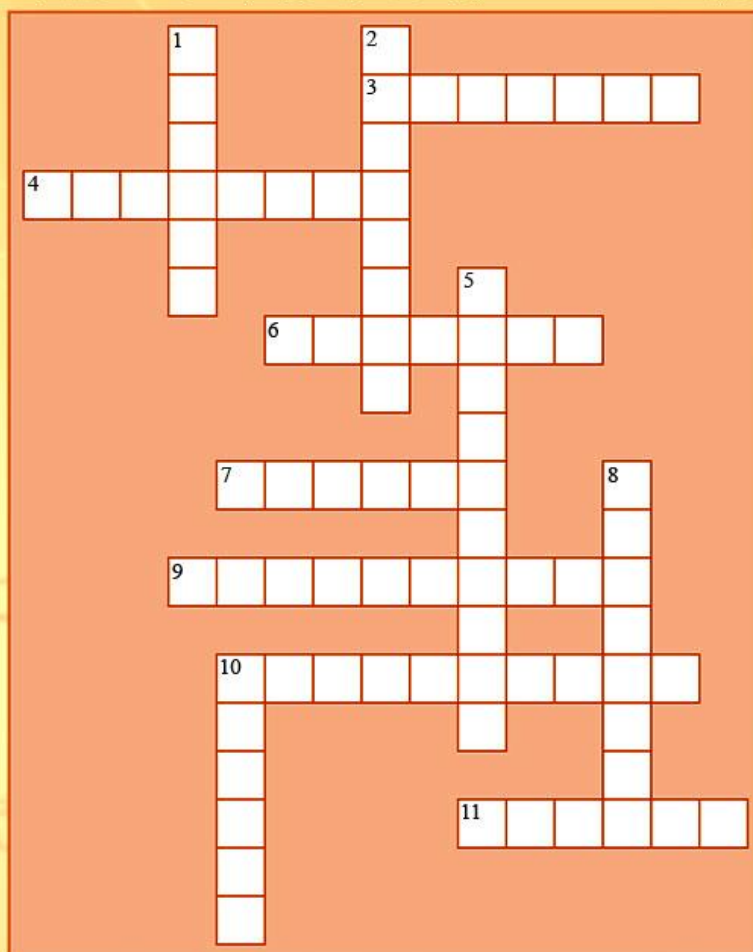
MOLTEN LEAD - Instead of reading tea leaves to tell the future, some in Germany and Austria read the molten lead. Here's how: Heat up some lead in a spoon. When it's melted, pour the molten lead into cold water. The shape of the lead will tell you what's ahead of you in the coming year (although the shapes are open to interpretation).

FIREWORKS - It's not surprising that China, the country that invented fireworks, also makes setting them off a central part of New Year's celebrations. It's believed the noise scares off evil spirits and misfortune. The Chinese observe the lunar new year, which this time falls on Jan. 31, 2014.

POLKA DOTS - Many in the Philippines wear polka dots because the circle represents prosperity. Coins are kept in pockets and are jangled to attract wealth.



New Year Crossword



Across

3. A "good luck" vegetable that is consumed on New Year's Day
4. Twelve 'o clock at night, the highest point of New Year's celebrations
6. The month that follows December 31st is
7. A ceremonial procession including people marching with bands
9. A promise to do something in the new year
10. A horn or rattle used to make noise at a party
11. People born on New Year's Day are commonly called New Year _____

Down

1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
5. He is the personification of time
8. Small pieces of coloured paper or streamers
10. The Iranian new year holiday is called this



HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.



32

C	S	L	L	X	N	O	I	T	U	L	O	S	E	R
A	Z	N	A	G	A	V	A	R	T	X	E	I	Q	I
G	G	A	T	H	E	R	I	N	G	W	Z	N	P	N
A	F	O	T	S	W	O	S	D	R	W	L	O	L	V
D	I	D	R	O	Z	T	H	G	I	N	D	I	M	I
H	R	T	A	H	F	Y	T	R	A	P	W	S	E	T
F	E	B	D	F	B	I	N	H	M	G	Y	E	U	A
N	W	Q	I	Q	A	Z	F	G	D	C	G	M	S	T
N	O	I	T	A	R	B	E	L	E	C	Q	A	J	I
L	R	M	I	Y	R	A	U	N	A	J	L	K	H	O
K	K	H	O	C	V	W	T	R	D	A	Q	E	J	N
I	S	K	N	X	V	J	O	I	B	U	E	R	Z	N
Y	Z	P	H	C	O	U	N	T	D	O	W	N	S	M
H	W	W	J	M	U	H	N	U	X	X	O	U	Q	R
L	F	A	A	H	S	E	Q	S	I	O	C	O	F	G

CELEBRATION
FIREWORKS
JANUARY
PARTY

COUNTDOWN
GATHERING
MIDNIGHT
RESOLUTION

EXTRAVAGANZA
INVITATION
NOISEMAKER
TRADITION





- **Warsawsky, Eva**
- **Cruz, Emma**
- **Burek, Gladys**
- **Reeder, Lawrence**
- **Chang, Hsiao H**
- **Saver, Geraldine**
- **Teekah, Doris**
- **Van Oss, Ann**
- **Passo, Richard**
- **Ng, Davy**
- **Shepey, Arthur**
- **Rivera, Carlos**
- **Jackson, Cassandra**
- **RAMSAYWACK, JOHN**
- **Perez, Cristobal**
- **Yuen, Jeannie**
- **Castillo, Ildefonso**
- **Fitzmaurice, Susan**
- **Mapp, Bernice**
- **Fellmeth, David**



CAPRICORN

Born December 22 - January 19

Capricorn, the tenth sign of the zodiac, is all about hard work. Those born under this sign are more than happy to put in a full day at the office, realizing that it will likely take a lot of those days to get to the top. That's no problem, since Capricorns are both ambitious and determined: they will get there.



AQUARIUS

Born January 20 - February 18

Aquarius characteristics are found to be Truthful, Curious, Affectionate Personality, Frank and Imaginative. The Aquarius is likely to have many friends and acquaintances, in part due to their ability to really hustle. These folks are philanthropic and keenly interested in making the world a better place.



DANCE

like there's nobody watching

LOVE

like you'll never be hurt

SING

like there's nobody listening

LIVE

like it's heaven on earth.



JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy NEW YEAR 2018 WISH YOU A GREAT YEAR</p>	<p>1 New Year's Day 10am-Table Games FLS 12pm- New Year's Fairview Luncheon RR 2pm- Zumba fitness w/ Arsen 1st & 4th FL MOVIE CH. 37 FLS 6pm- BINGO RR</p>	<p>2 Smile Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm- Yoga w/ Tommy 2nd & 3rd FL MOVIE CH. 37 FLS 6pm-Dominos Game RR</p>	<p>3 Fruitcake Day 10am- Painting FLS Prayer Service RR 2pm- Alex on the Sax RR MOVIE CH. 37 FLS 6pm- Wii Bowling RR</p>	<p>4 Spaghetti Day 10am- BAKING CLUB RR (Marble Cake) Table Games FLS 2pm- Opera w/ Lana RR MOVIE CH. 37 FLS 6pm- POKENO RR</p>	<p>5 National Bird Day 10am- Visit from Yeshiva Students RR 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR</p>	<p>6 Bean Day 10am- Current Events & Trivia RR 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-CARD GAME RR</p>
<p>7 Old Rock Day EUCARISTIC VISITS 10am-Arts & Crafts 1FL & 2FL Strolling Minstrel w/ Bob FLS 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR</p>	<p>8 Bubble Bath Day 10am- Bible Class 4FL Table Games FLS 2pm- Book Club RR MOVIE CH. 37 FLS 6pm- BINGO RR</p> 	<p>9 Play Fetch Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm- Chair Aerobics w/ Tommy 4th & 1st MOVIE CH. 37 FLS 6pm- Dominos Game RR</p>	<p>10 Chocolate Day 10am- Painting FLS Catholic MASS RR Music Stroll w/ Jean FLS 2pm- Law & Order Acting Your Chance to be a Star RR MOVIE CH. 37 FLS 6pm- Wii Bowling RR</p>	<p>11 Dress it up Day 10am- BAKING CLUB RR (Chocolate Chip Cookies) Table Games FLS 2pm- Canvas Painting w/ Tommy RR MOVIE CH. 37 FLS 6pm- POKENO RR</p>	<p>12 Pharmacist Day 10am- Visit from Yeshiva Students RR Accessories sale with Valerie ML 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR</p>	<p>13 Friday the 13th 10am- Current Events & Trivia RR 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME RR</p>
<p>14 Pet Day EUCARISTIC VISITS 10am-Arts & Crafts 3FL & 4FL 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR</p>	<p>15 Martin Luther King Jr. 10am- Bible Class 4FL Table Games FLS 2pm- Zumba fitness w/ Arsen 2nd & 3rd FL MOVIE CH. 37 FLS 6pm- BINGO RR</p>	<p>16 National Hat Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm-Music & Movement w/ Tommy 5th & 2st MOVIE CH. 37 FLS 6pm- Dominos Game RR</p>	<p>17 Appreciation Day 10am- Painting FLS Prayer Service RR 2pm- Music w/ Isaak RR MOVIE CH. 37 FLS 6pm- Wii Bowling RR</p>	<p>18 Winnie the Pooh Day 10am- BAKING CLUB RR (Carrot Cake) Table Games FLS 2pm- Aroma Therapy Message w/ Tommy RR MOVIE CH. 37 FLS 6pm- POKENO RR</p>	<p>19 Popcorn Day 10am-Arts & Crafts FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR</p> 	<p>20 Cheese Day 10am- Current Events & Trivia RR 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME RR</p>
<p>21 National Hug Day EUCARISTIC VISITS 10am- Strolling Minstrel Bob Corey FLS Arts & Crafts 1FL Protestant Service RR 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR</p>	<p>22 Blonde Brownie Day 10am-Bible Class 4FL Table Games FLS 2pm- Drum Circle w/ Robert RR MOVIE CH. 37 FLS 6pm- BINGO RR</p>	<p>23 National Pie Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm- Yoga w/ Tommy 3rd & 1st FL MOVIE CH. 37 FLS 6pm- The Fairview Movie Theater RR A Movie theater experience with delicious refreshments</p>	<p>24 Compliment Day 10am- Painting FLS Catholic MASS RR 2pm- Law & Order Acting Your Chance to be a Star RR MOVIE CH. 37 FLS 6pm- Wii Bowling RR</p>	<p>25 Opposite Day 10am- BAKING CLUB RR (7up Cake) Table Games FLS 2pm-Violin w/ Victor 5FL MOVIE CH. 37 FLS 6pm-Music w/ Kevin RR</p>	<p>26 Spouse's Day 10am-Arts & Crafts FLS 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games RR</p> 	<p>27 Trivia Day 10am- Current Events & Trivia RR 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-CARD GAME RR</p>
<p>28 Fun at Work Day EUCARISTIC VISITS 10am-Arts & Crafts 1FL & 5FL 2pm-Wii Bowling RR MOVIE CH. 37 FLS 6pm-Bella on the Piano RR</p>	<p>29 Puzzle Day 10am- Bible Class 4FL Table Games FLS 2pm- Birthday Event Music & Comedy with Vicky RR MOVIE CH. 37 FLS 6pm- BINGO RR</p>	<p>30 Grab a Coffee Day 10am-Coffee Clotch RR Beauty Culture FLS 2pm- Chair Aerobics w/ Tommy 2rd & 4st MOVIE CH. 37 FLS 6pm- Dominos Game RR</p>	<p>31 Inspire Day 10am- Painting FLS Prayer Service RR Musical stroll w/ Jean FLS 2pm- Resident Council RR MOVIE CH. 37 FLS 5pm- Candle Light Dinner Music with Russel RR 6pm - Wii Bowling RR</p>	 <p>DR. MARTIN LUTHER KING JR. DAY</p>	<p>PATIO OPENED DAILY 9:00am-8:00pm <u>Patio Daily Smoking Hours</u> Morning Hrs. 9am –9:30am Afternoon Hrs. 1pm-1:30pm Evening Hrs. 7pm – 7:30pm In case of inclement weather, the patio hours are subject to change.</p>	<p>WORD KEY RR=RECREATION ROOM FLS= ALL FLOORS ML= MAIN LOBBY 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY</p>