



Gazebo Gazette

Greer Management
Services

Volume 4, Issue 1
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Top 10 New Year's Resolutions for Senior Citizens

Experts list ways seniors can improve their lives in 2013!

Senior citizens can face the New Year with a happier, healthier new outlook if they follow a Top Ten New Year's Resolution list. "We came up with this list of top ten resolutions so seniors can start off the New Year making healthier, smarter choices," Adam Strosberg, Owner of Senior Helpers in Hudson County. "Often it takes just a few small adjustments to make a big difference in your life.

Senior Helpers' Top Ten New Year's Resolutions for Seniors:

1. Eat snacks rich with nutrients- Instead of grabbing a bag of chips; seniors should reach for fruit, like a banana to help boost potassium to regulate blood pressure or oranges to boost vitamin C and immune levels.
2. Check up on your dental health- seniors often neglect dental health, thinking that brushing their teeth is enough. Seniors need a bi-yearly exam because minor teeth issues can lead to big problems for their mouths and wallets.
3. Get out and walk- walking is an easy way for seniors to get low impact exercise that won't take a toll on their bodies. Seniors should take short walks of about 15-45 minutes 3-5 times per week in their neighborhood or park.
4. Take up a hobby- start coloring, painting or sculpting. Seniors should do crossword puzzles or Sudoku. These activities are fun, easy and help stimulate the mind.
5. Make a budget plan- seniors should know how much money they have to spend each week, month and year, especially if they don't have a current source of income.
6. Make sure medications are in order- the New Year is a good time for seniors to check up on current medications.
7. Get an energy audit- energy companies will come out at the beginning of the year to talk with seniors about how they can reduce energy costs, and most will do it for little or no fee.
8. Bond with friends and family- the holidays are a good time for seniors to get back in touch with friends and family they don't get to see often. Seniors who spend time with family and friends improve their quality of life because they don't feel isolated and out of touch.
9. Laugh more- laughing relaxes the body, lets out tension and stress and triggers the release of endorphins, the body's natural feel-good chemicals.
10. Hire an in-home caregiver – seniors or their families often hire an in-home caregiver as a companion or driver to make sure seniors get out, stay social and keep moving. In-home caregivers can come a few hours a week or full-time and help with everything from light housekeeping to grocery shopping.



Cindy Rapp
Vice President of Operations
Greer Management Services, Inc.

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Welcome New Residents

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Helen Clendenin

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Delores Carr
Donald Crane

Mason Woods

Lester Porter
Eletta Stephens

Salem Woods

Employee Spotlight



Kim Knopp

Office Manager

Craig Farms

June 2012

[\[Read more about Kim→\]](#)

A Note from the Administrator

We had a nice Christmas celebration with the help of our own maintenance man, Stan. He volunteered his time to be Santa Claus for our residents and their loved ones. We playfully refer to him as Stanta. We would also like to thank everyone who contributed toward our "adopt a family" for the holidays. We raised \$226.00! I was able to work with a local teacher who helped us get presents for the children and pay a few bills for the family. The family was so very appreciative. Reta Mott won the Christmas tree raffle; she is the daughter of resident Musette Roberts. She graciously donated it back to the facility. We had a resident drawing at the resident council meeting and Olinda Wagner won the tree.

A reminder that the resident council meetings are held on the 3rd Tuesdays of the month. This is a meeting that is lead by our residents to discuss upcoming events, pick a resident meal choice of the month, and to address any concerns. Everyone is welcomed and encouraged to attend.

We are gearing up for our New Years Day celebration with our residents. We will ring in the year 2013 "Manor style" at noon with a toast and ribeye steaks. Save me a seat! We will also have various appetizers donated by one of our resident's family members.

With all the recent tragedies in the news, my heart goes out to the many families that will struggle with bringing in a new year. Count your blessings. Happy New Year,

Shelley Bollman



January 2013



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Craig Farms



This Month in History - January

The ball was first dropped at Times Square in New York City. (1908)

The U.S. Supreme court rules that taping on home VCRs does not violate copyright laws. (1984)

Beer was first sold in cans. (1935)

Batman debuts on television (1966)



Resident of the Month

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Mary Ellen Atchison

Mary Ellen Atchison was born in Rockwood and grew up in Chester. She moved back to Rockwood after she was married and raised seven children. She has 22 grandchildren and 2 great-grandchildren.

Mary Ellen has always been a 'people' person. She was manager at the Moto Mart for around 12 years.

When she first visited the Manor, she was so impressed with the decor of the home. There was such a warmth here.

After moving here, she felt very welcomed and comfortable here. She said "We have good meals and so many activities. Holidays are so special here, especially Christmas. We participate in the decorating and the festivities. I'm very grateful for my home."



A note from the Administrator

Happy Holidays to everyone! We have had a month packed full of fun here at Jerseyville Estates. The residents and staff have the building decorated beautifully. There have been many compliments from residents, visitors and families on our decorations. The residents enjoyed many Christmas movies and snacks throughout the month. Some of our residents had their Grandchildren come in to watch "A Christmas Story" with them, which was a lot of fun. Our cooking club baked sugar cookies for all the residents and we also took Christmas candies and cookies to our local doctor office's, nursing homes and IDPA office. The residents made lap blankets and donated them to nursing home residents who have no families to celebrate Christmas with. Of course we enjoyed the Christmas Lights, especially the one's on Paris Lane. Our residents Christmas party was a fantastic time with Joe Powell entertaining, gift opening and of course pictures with Santa Clause. Our "Build a Snowman" competition was exciting to watch and hard to judge...congratulations to our winners, first place Bea Ebker and second place Ann Caselton. Everyone liked the musical gift Christmas game on Christmas Day and everyone was a winner. Thank you to Ed Boker, one of our newer residents, who has a heart of gold and reminded us all in his Bible Study of the true meaning of Christmas. We have all been very blessed this Christmas and are thankful for our wonderful community, our families and each other. We wish everyone a safe and Happy New Year.

Amy Chapman



January 2013



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Jerseyville Estates



This Month In History

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Resident of the Month

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Ed Boker

Ed Boker and his wife made Jerseyville Estates their home on May 18, 2012. They have been married for 55 years and have 1 child, and 3 grandchildren. Mr. Boker worked for Mac Donald Douglas for 38 years before his retirement in 1993. He is a member of The United Methodist church here in Jerseyville. Ed volunteers his time and does a weekly bible study group at the Estates. He is a man who never has a frown on his face and enjoys every day that God gives him as a gift and he cherishes that gift to the best of his ability.



A Note from the Administrator

WOW! I know I say this all the time but where has this month gone and better yet where did 2012 go? As I look back on the year we have had some losses of loved ones that were near and dear to our hearts. When a person chooses to make Mason Woods their home it means a lot to us that themselves and their family trust us to care and love them and have them become part of our extended family. We count it a blessing and an honor to be that "home away from home" when they reach that point where they need a little extra TLC. If you are reading this and your Mom, Dad, grandparent, aunt or uncle is a resident of our home please know that we are privileged to be able to care for them. Take a look at the calendar each month and we hope that you can join in on activities that go on here. We look forward to seeing you in 2013. HAPPY NEW YEAR!

Brooke Fox

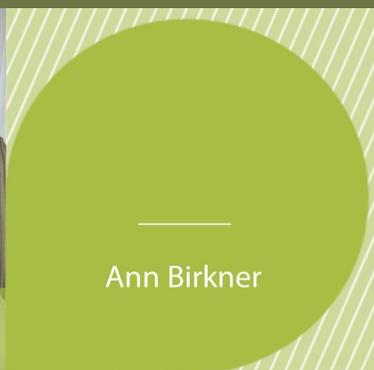


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Ann Birkner has been chosen as The Manor at Mason Woods resident of the month for December. Ann has lived at the Manor for 2 years. She has two children four grandchildren and three great grandchildren. Her favorite activity is playing bingo and she is also the Vice President of our resident council. She enjoys reading and has a extensive collection of Betty Boop items.



A Note From the Administrator

Debbie Artis is the new Administrator at Salem Woods. She and her husband have lived in Flora for 25 years. They have three sons and seven grandchildren. She has been in administration in supportive living for the past seven years prior to coming to Salem Woods. Debbie has a BA in Psychology and an MS in Educational Guidance & Counseling. She is also an LCPC (Licensed Clinical Professional Counselor) in the state of IL.

"It is an honor and privilege to serve as administrator for such a wonderful community as Salem Woods. I am looking forward to serving the residents, their families, the staff, and the extended community of Salem. Everyone has so warmly welcomed me, and I expect nothing but greatness in the coming future!"

Debbie Artis



January 2013



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Salem Woods



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Resident of the Month

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Lucille Black

Mrs. Lucille Black is The Manor at Salem Woods' Resident of the Month. Lucille is a very crafty woman who has already taught several of her fellow residents new and enjoyable crafts. Lucille is very involved and proud of her family, always ready to show a photo of her grandchildren. Though she is a recent arrival to The Manor, Lucille has already found her niche within the community. All of the residents and staff of The Manor at Salem Woods would like to welcome Lucille to the community/family.



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Senior Resources Links

- [AARP](#)
- [Alzheimer's Disease Education & Referral Center](#)
- [Illinois Dept on Aging](#)
- [Illinois Health & Wellness](#)
- [Illinois Healthcare & Family Services](#)
- [Illinois Supportive Living Program](#)
- [National Council On Aging](#)
- [Social Security](#)
- [Senior Corps](#)

Jerseyville Estates is especially designed to assist mature adults in maintaining an independent lifestyle. You'll delight in the many amenities of our community.



The Manor at Mason Woods is an attractive community in a beautiful, serene setting that provides comfort, safety and security for mature adults. We're proud to make The Manor at Mason Woods affordable and we welcome everyone.

The Manor at Craig Farms is located in a beautiful wooded setting and comes complete with a gazebo for relaxation and enjoyable conversation.



The Manor at Salem Woods is a safe, secure environment and we try to eliminate the worries which come with living alone. You and your family will have comfort in knowing that you live in this community—built just for you and your needs.

You'll be proud to call
The Manors
your new home too!

