

# LEBENSRAUM

## ASSISTED LIVING

January, February, March

QUARTERLY NEWSLETTER

### Happy New Year 2022

Dear Residents, Families and Friends The world changed in March of last year and 2020 will be remembered as a year of lockdowns, fear, anxiety and – even– toilet paper shortages. The pandemic impacted most every facet of our life and we lived each day with the goal of keeping our residents, staff, and families safe. Many of us stopped looking forward to the possibilities of the future because we were just trying to get through each day. Admittedly, it is difficult to look forward with anticipation when you are overburdened with daily life, but challenging times often offer some wonderful reminders of what is important. We were reminded that life is precious, a hug is priceless and that a virtual visit or phone call is good, but an in-person visit is spectacular. We were reminded of the importance of communication. It can alleviate fear and provide comfort when it is needed most. A phone call, email, or letter may be just what the recipient needed to get through the day. We were reminded of the power of family and that the unwavering support we offer each other will be one of the main reasons we will make it through this pandemic. We were reminded that we are stronger and more resilient than we thought we were. We adapted and persevered and we did it together. We have leaned on our faith to get us through the toughest times. We put our faith in God and prayed for each other and our community. I think I speak for everyone - we are so ready for a post-pandemic world!- but we must remember that we are not there yet. The impact of the pandemic is still strongly felt in staffing struggles, the impact of ongoing rising costs and lack of availability of almost everything! We sincerely appreciate your ongoing patience as we forge on through these difficult times. We must be diligent as we continue to move into a post pandemic world, we must not let our guard down. We urge everyone to continue to follow the infection control guidelines to protect yourself and others. Much like other struggles in life, we will persevere. The reminders of the past 19 months have strengthened our Lebensraum Family! Together we will make it!

Just a Reminder our Family Christmas Dinner will be held January 12th from 6pm-8pm



The  
best of all  
gifts around  
any Christmas tree  
is the presence of a  
happy family all wrapped  
up in eachother. - Burton Hillis



### FUNNIES



Instead of the John I call my  
bathroom the Jim!  
That way it sounds better when I  
say I go to the Jim first thing  
every morning!!!

## Staying Safe this Winter

**Stay active-** Participate in light exercise on a daily basis, including aerobic, stretching, and/or muscle strengthening. Prioritize tasks and activities that are meaningful to you and continue to complete them. Take rest breaks as you need to.

**Stay warm-** Dress in layers to keep your core temperature warm. Use hot packs or heating pads before, during, or after activities.

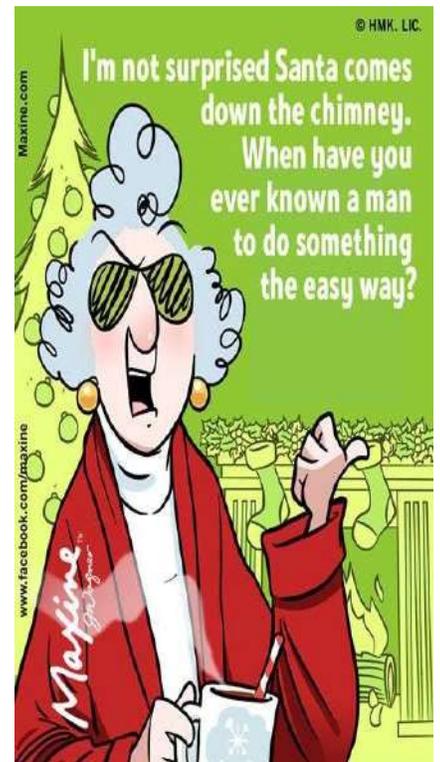
### **Reduce pressure and discomfort when working with or holding objects-**

Wrap handles of commonly used objects with foam, cloth, or tape to cushion the grip. Use ergonomically designed tools to make everyday jobs easier, such as jar openers and button hooks.

**Increase the ease to stand up and reduce risk to fall-** Use armrests to push yourself up from. A raised toilet seat and/or toilet rails can help stand up. Avoid using throw rugs in any area of your home.

**Avoid or reduce stress to your joints-** Push larger items, instead of pulling or lifting them. Use items with wheels, such as carts and suitcases, to avoid lifting and carrying.

**Keep up your energy-** Get plenty of sleep. Position painful joints on pillows or blankets for comfort when in bed. Eat well and stay hydrated. Adequate sleep and a balanced diet will also help manage the inflammation



A little holiday cheer from Shirley at craft club!

## RECIPE FROM OUR KITCHEN

### Homemade soft caramels

1 Cup light corn syrup  
2 cups packed light brown sugar  
1 can sweetened condensed milk  
1/2 lbs. butter

#### Directions

Combine corn syrup, brown sugar, milk and butter in saucepan. Bring to boil over medium heat. Cook for 20 minutes stirring constantly. Pour into buttered oblong pan. Let stand for awhile then cut into squares when cool!



### Get to Know our Staff

Deb Halm-Owner  
Megan Corona- Owner  
Lasha Hudson- Manager  
Giann Willey- Activity Director

### JANUARY, FEBRUARY, MARCH BIRTHDAYS



#### JANUARY

9TH -JANE MITCHELL  
20TH- MARJORIE JOHNSON  
23RD -PATRICIA WALLACE  
23RD -WANDA RUNGE  
30TH -RUTH ZERBE

#### FEBRUARY

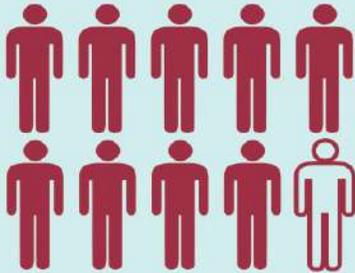
13TH -KAREN KIERBS  
25TH -ELLEN SCHRITT  
28TH -ELLEN SPILNEK

#### MARCH

7TH -HELEN BROWNING



# HOLIDAY Fun Facts



**9 OUT OF 10**

Americans celebrate Christmas.

## HOW WILL AMERICANS CELEBRATE CHRISTMAS?

 Attend a gathering with extended family or friends

**86%**



Give homemade gifts (baked goods, crafts, etc.)

**58%**



Buy gifts for family or friends

**86%**



Attend a religious service

**54%**



Put up a Christmas tree

**79%**



Pretend Santa Claus will visit home

**31%**



Send Christmas or holiday cards

**65%**



Go caroling

**16%**

The U.S. Postal Service receives



**MILLIONS**

of letters to Santa each year.



More than

**1.8 BILLION CANDY CANES**

are made each year.

**90%** of those are sold between Thanksgiving and Christmas.

American adults are expected to spend an average of

**\$720**

on Christmas gifts this year.

*Top items Americans are planning to buy this year:*

Clothing	79%
Gift Cards	65%
Toys	60%
Books	51%

**8-12 MILLION ARTIFICIAL TREES**

are sold in the U.S. every year.

**25-30 MILLION REAL TREES**

are sold in the U.S. every year.



Estimated retail sales by the nation's department stores:

**\$24.4 BILLION DOLLARS**



## HOW DOES ST. THOMAS CELEBRATE CHRISTMAS?



St. Thomas's artificial tree decorating the student center is

**34 FEET** tall.

**46,000**

Christmas lights will illuminate the St. Thomas campus this holiday season.

