

Encouragement for a Long Winter



It seems to me by the time mid-February comes around, people are tired of winter. Since God designed the seasons and the different climates, I don't think He is surprised when we experience winter blues. When we do have moments of discouragement and blue moods, it is important to turn to a source that will actually help us. For many of us, our first response is to mindlessly scroll through the tv channels. What I need is something unchanging, steadfast and honest. God's word!

What does God say about winter? What can help us out of our winter blues? It's found in Proverbs 31:21. "She has no fear of winter for her household, for everyone has warm clothes" (NLT) Yes, the Proverbs 31 woman was prepared for winter, and she welcomed it! She knew her family had provisions and supplies and they would be fine. She accepted that it was coming and planned for it.

We will survive winter. And more than just survive, we can be thankful during winter. Most of us live in warm houses, have warm food and drinks, and have plenty of warm clothes. Even in the dreary winter months, we have plenty for which to be thankful!

Ecclesiastes 3:1 tell us, "For everything there is a season, a time for every activity under heaven...A time to plant and a time to harvest." If I were to continue on with King Solomon's sentiments, I would add, "There is a time for spring and a time for fall, a time for summer and a time for winter."

I think during winter, a lot of us struggle with contentment. We are wishing away the current season, longing for spring and summer to come. But as the verses in Ecclesiastes points out, everything has its time.

Contentment is hard. No matter what we face, the answer is the same: Jesus. Need strength to get through a dark day? Jesus. Need joy in your daily grind? Jesus. Need peace in times of stress? Jesus. As we face the rest of the winter, let's seek more Jesus. He is joy. He is peace. He is strength. We find all we need in Him.

"Seek first the Kingdom and His righteousness and all these things will be given to you as well." – Matthew 6:33

From

<https://www.kristenkayjohnson.com/2020/02/13/encouragement-for-a-long-winter/>

Director of Health Services Corner



How To Cope with Daylight Savings Time: Tips for Seniors

Daylight savings time will be here before we know it: March 10, 2024. Are you prepared for it? It can be difficult to deal with changes in your environment or schedule during this time. Consider the fact that 40% of people over the age of 65 struggle with memory impairment. When it's time for us to lose an hour this March, this cognitive issue can be even starker. Dealing with such a day-to-day shift can be a challenge for us all.

The Basics of Daylight Savings Time

Daylight savings happens twice a year. March is when we move our clocks forward in the spring, as opposed to backward in the fall. This means we lose an hour of sleep in the spring and gain an hour in the fall. The idea of daylight savings time started in the late 1800s. Its purpose was to save energy and give people more daylight in the evenings. Germany was the first country to use daylight savings time during World War I. Other countries soon followed. In the United States, daylight savings time was first used during World War I. Not every country uses daylight savings time, and some have stopped using it altogether. Daylight savings time can cause confusion and disrupt sleep patterns – especially for those who might be living with dementia. Some argue that daylight savings time saves energy and reduces traffic accidents, too. While opinions on daylight savings time are divided, it remains a part of our lives and an important topic for discussion.

Adjusting Sleep Schedules

You can start by going to bed 15-30 minutes earlier each night leading up to daylight savings time. This can help you slowly, but surely, adjust to the time change without being too dramatic. Try to avoid heavy meals and caffeine close to bedtime.

You should establish a consistent sleep schedule and stick to it, even on weekends. After daylight savings time has passed, you will ideally be much better adjusted since you have already been intentional about this.

Taking Advantage of Natural Light

Exposure to natural light in the morning can help regulate the body's internal clock. Taking advantage of natural light can help you adjust to daylight savings time. This is because natural light helps the body produce melatonin, a hormone that helps regulate sleep. Get outside and go for a walk, for example. Aim to get at least 30 minutes of natural light exposure in the morning. This is the best way for your bodies to adjust to the time change.

Spend Quality Time with Family

Spending quality time with family, friends and the Homestead staff will help keep your minds sharp. When it's time to adjust to daylight savings time, you will be much more prepared to cope with it. Examples include reading, playing games, or doing puzzles.

As daylight savings time approaches, please reach out to me if you have concerns or are having a difficult time adjusting.

Lisa Culver-Sharrer BSN, MSN, RN, PMHNP
Director of Health Care Services

Dining Services

Valentine's Day is right around the corner.

We will be having a lunch of:

- Teriyaki Glazed Salmon
- Baked Potatoes
- Green Beans
- Wheat Roll
- Valentine's Day Cupcakes



Reminder for Independent residents:

If you plan to come to dinner instead of lunch, please let a dining room server know so the kitchen can plan the amount of food needed accordingly. It's also a good idea to let them know if you plan to be out of the facility for the day or an extended time. Thank you.

Homemade Soup Available for Lunch & Dinner



Current soup will be posted on the board in the dinning room or by the elevator TVs. Available as a bowl or a cup with your meal

The PRIVATE DINING ROOM is available for family and friends to come in and join residents for a meal. Please make a reservation 24 hours in advance.

Meal tickets can be purchased at the front desk or business office. We do have limited space, but will do the best to accommodate the size of your party.



DISHING WITH DIETARY

Join us for Dishing with Dietary meeting in the activity room to help us plan for St. Patrick's Day and Easter meals!

**Tuesday,
Feb 13th
1:00 pm**

Stacy Arndt,
CDM, CFPP
Dietary Director

**The Homestead
at Montrose**



Life Enrichment & Activities

Upcoming Events

Winner of the BINGO Tournament will be announced Feb. 1



Resident Council
Elections will be
held in February



Have an activity idea?

Please share it with Dawn, Life Enrichment Director

Celebrating Activities Professionals Week

JANUARY 21-27, 2024

THANK
YOU!

Dawn - Christy - Mike



Christy, activity assistant, loves to create and engage mentally with the residents through crafts, gardening or trivia.



Dawn, our Activity Director, is a talented musician! She often shares her talents on the flute and drums with the residents.



Mike, transportation driver and activity assistant, enjoys taking residents to appointments or on recreational outings in the greater community.

The Homestead
at Montrose





Hydrate for Happiness!

From
The Homestead at Montrose

Each resident was gifted a New Year's present of a water bottle. The bottles have measurement lines to help track how much water you drink each day. We hope everyone will use these to help keep your mind and body hydrated!



Maintenance Minute

Thank you for your patience as we have heating units repaired in several apartments. We had to take a few out of the ceiling to do the necessary work. Our speed bumps have been removed so the snow can be plowed in the upper parking lot. We are working on a mobile stop sign as an alternative, so that traffic through the area will remain slow. The speed limit in the parking lot is 5 MPH.

As a reminder, the entry door portico is only for loading and unloading of passengers. Please do not park in this area for long periods of time or leave the vehicle unattended as this prohibits others from loading and unloading.

Cody Coram, Maintenance & Environmental Services



Communicating with YOU

What is VOICE FRIEND?



At The Homestead at Montrose, we use an email and text notification system (called Voice Friend) to deliver important messages to our residents, family members and staff. When you move in, we ask if the resident and other family members want to be added to our distribution list. It is optional and you make that choice whether to be included on it or not. We highly recommend that you do join, so you don't miss important communication messages.

These messages are sent out periodically about a variety of things: Covid or flu outbreaks, any kind of emergency, policy changes, wishing you a happy holiday, or our bi-monthly newsletter.

If you are not signed up and want to be, please let Erin know. Also, if your or your family contact information changes (i.e. cell phone number or email address), we will need that to update our system.

Second Floor Project & Other Updates

Last month, we welcomed in our Home Health of Western Colorado team, our Human Resources group and our regional clinical nursing consultants and trainers to the second floor area previously known as the Loft. Everyone has moved into their new office space and is getting settled. We are planning to hold an open house soon so that residents and any interested family members can meet our co-workers and see the area.

Carpet replacement for the first floor apartment hallways is awaiting approval from our finance office. Once this is approved, we can schedule installation and will update everyone on the dates and times this will take place.

We will soon install new lighting in the private dining room to create a more appealing ambiance for dining and meetings.

And we hope to soon finish up the hallway walls and apartment door painting on the second floor. There's one more hallway to go!

As always, we appreciate your ongoing support and feedback.

Erin Berge, Interim Resident Director

**The Homestead
at Montrose**



**HAPPY
BIRTHDAY**

February
Resident Birthdays:

Gerald - Feb 7

Judy T. - Feb 7

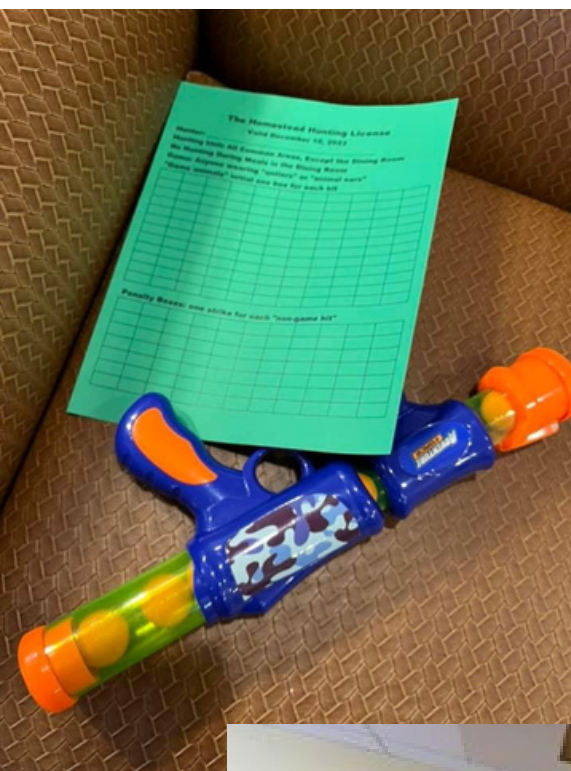


March
Resident
Birthdays:
Patti - Mar 3
Louise - Mar 26
Judy P. - Mar 30



What we've been up to!

We enjoyed a “deer hunt” that involved residents, staff and some nerf guns! Everyone who participated kept a score card to complete for prizes.



The Homestead
at Montrose

 Volunteers
of America  NATIONAL
SERVICES



What we've been up to!



Activities staff took us out to see Christmas lights two cold evenings in December, but we bundled up and enjoyed the sights and sounds of Christmas from the bus.



A donation of a variety of hand painted Christmas and winter door and wall decor was offered to residents.

We made many cute crafts like snow globes, salt shaker snowmen and penguins.



**The Homestead
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What we've been up to!

The Homestead at Montrose



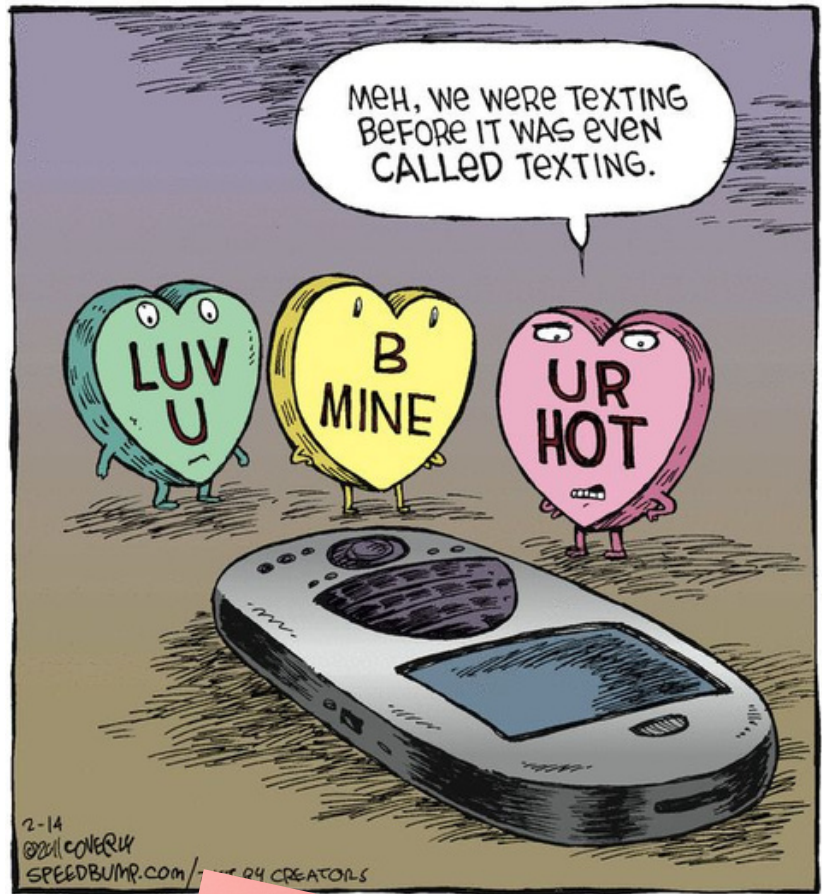
For national home baked bread day, the staff brought in a variety of breads for the residents to try at one of our winter happy hours.

Happy hours in December included hot cocoa with lots of different toppings.

The Thanksgiving food drive was a huge success and we appreciate all the donations! Food boxes went to staff from across Montrose and Delta Counties who were in need of food for the holiday meal.



Laughter is the Best Medicine!



The Homestead
at Montrose

Volunteers of America | NATIONAL SERVICES



The Homestead
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Treat Your Valentine to a Chocolate Bundt Cake

**Mini, personal size chocolate bundt cakes with fresh raspberries
will be available for sale from our kitchen Feb. 12- Feb. 14**

They are individually boxed for easy gift giving.

Cost: \$8 each or 2 for \$14

**Please give your order to Lauri at our front desk by Feb. 9
Money can be deducted from your trust account, if you like.**