

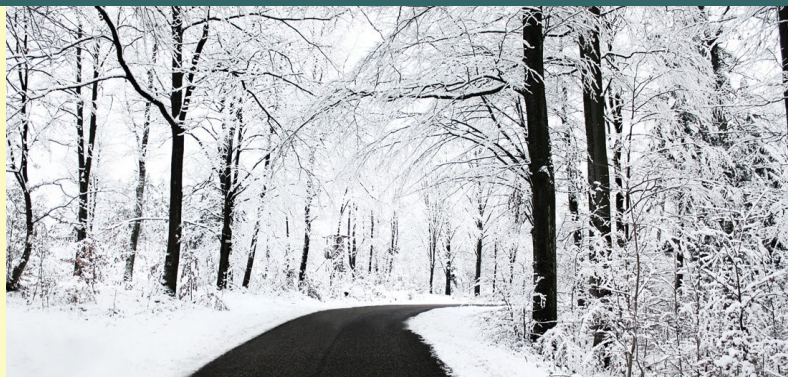
Save the Date:

March 18 – April 29th
Aging Mastery Program -

Small steps for lifelong rewards

A speaker series on Wednesdays from 10:15 to noon at the YMCA with new topics each week.

Free materials and attendance is free.
RSVP to Laura 937-599-7293



Flu: know the signs

Flu symptoms vary by age but can include:

- Fever/chills
- Sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose



How can I avoid the flu?



***Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

***Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

***Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

***Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Enjoy Winter!

Lorraine Fischio, Administrator

Q: What year did New Years Resolutions start?

A: The first recorded New Years resolutions were made by the Babylonians around 4000 years ago. Most commonly, it revolved around returning any borrowed farm equipment, as their New Year coincided with the start of their farming season.

ezinearticles.com/?History-of-New-YearsResolutions



Is snow removal hard work or a dream come true?



That depends on who you ask!

If you ask Scott, a resident of Logan Acres Care Center, bundling-up and buzzing around campus on a gator is a dream come true.



Scott is also a fan of snowball fights.



Above left and center: David Schwartz, a member of the LASC maintenance team, -making Scott's day.

Above right: Playing the handbells with The Church of God at the Logan Acres Care Center Christmas Party.



Access Expands to the Logan Acres Beauty Shop.

Now open to serve by appointment.

- Residents and their visitors
- Staff and their families
- Community members



Darlene Mendenhall, the shop operator, is able to offer haircuts, perms, color, (no highlights yet) blow-outs, deep conditioning/Malibu treatments, and eyebrow waxing.

To schedule an appointment, contact Darlene directly.

567-674-7575

Keeping the laundry moving in the right direction...



When bringing in clothing for a resident of the care center, please put the clothing in a bag, along with a piece of paper with the resident's name marked on it and give it to a staff person to take to laundry. A permanent label will be attached to the clothing.

We will label, clean, and return the clothing items to the resident's closet.

Following this process prevents clothing from being lost in the process or mistaken for another resident's clothing. Many times, families mark clothing with black markers and it wears off through our laundry process.

It is absolutely vital that the labeling step is not skipped. Even families of 6 find it challenging sometimes to make sure that everyone ends up with the correct clothing in their closet. We need to eliminate guesswork.

PLEASE HELP US HELP YOU!

Thank you!