



▪ THE GRAND TIMES ▪

THE BEST PART OF JANUARY

- January 7**
11 A.M.
Cracker Barrel
- January 8**
3 P.M.
January Birthdays
& New Resident Party
- January 12**
6 P.M.
Hen's Hen Party
- January 13**
3 P.M.
Wine & Cheese
- January 14**
11 A.M.
Casino with Happy Dan
- January 18**
4 P.M.
Thunder Bay
- January 20**
1-4 P.M.
Homebound Health
Care Foot Spa
- January 22**
1:30 P.M.
Silvertones & Pie
- January 27**
3 P.M.
Happy Hour
"Beach Party"

FROM THE MANAGER—

DARE TO DREAM...

10, 9, 8, 7, 6, 5, 4, 3, 2, 1...Happy New Year 2010!!! It's a time for reflections and resolutions. Or...we could be different this year and "Dare to Dream" instead of making those same old, time-worn promises and resolutions. Let's do it! Let's brainstorm about what we want in this brand new year that's about to begin. No, really, stop and think. What dream do you have, what do you want to learn and do and see? Don't set limits, let go and "Dare to Dream."

LEARN—Have you always wanted to learn about computers so you can communicate more easily with family? Have you wanted a little computer of your own? Has a far-away land always intrigued you and you'd like to find out more about it's culture, it's food, it's people? Would you like to get the diploma you've always wanted?

DO—Have you always wanted to try dance lessons? Do you know of someone that lives here at Grand Haven who has a dream you'd like to make come true? Is there a Veteran out there that hasn't received a medal earned?

SEE—Do you want to take a bus trip to see a certain production? Do you have a famous singer you would love to hear in person? Have you always wanted to see Vegas?

Do you see where I'm going with this? You are the author of your dreams. If you give voice to it, share it and believe it, it could come true! One of my dreams for the New Year is to hear about your dreams. Here's a challenge to you...we have two amazing activity coordinators—Hen and Lanette. They are going to assist me in documenting these dreams. Stop by their office so we can make note of these dreams and then, as a team, we'll brainstorm to see how together we can **dare to make some dreams come true.**

What dream do you have, what do you want to learn and do and see?

Joni—Grand Haven Manager



FROM THE DESK OF HAPPY DAN

I want to thank all of you for the cards and the gifts this year. This was not necessary and I am pretty sure that it was not good on my waistline either...HA!

December was a wonderful time of year at Grand Haven with all of the music and holiday cheer. As I look at the January events calendar, I stop and think that it is like Christmas all the time around here. There are no gloomy days with all of the events that we have constantly going on here. At Grand Haven, we strive to focus on the total wellness of our residents including physical wellness (daily exercise, walking clubs); emotional wellness (group discussions and sharing, one-on-one time with staff, creative activities, volunteer opportunities such as our Grand Friends Forever); and social wellness (game nights, card clubs, music, bus trips).

I tell those considering Grand Haven to stop by and talk with our wonderful residents. Their active involvement in activities and programs, appreciation of life, genuine commitment, and enjoyment of one another are the best testimony for the community you'll enjoy here. My door is always open and I look forward to this coming year with my extended family. I want to thank you for making my life better and happier being here with all of you at Grand Haven Retirement Community.

Dan—Director of Fun

HOW TO FIGHT CABIN FEVER

Living in the Midwest, we are all familiar with the changing seasons. Most of us love all of the different seasons, although winter does bring its challenges. We are not referring to the cold and snowy conditions. We are referring to the long, dark, days of winter and having to spend them inside...aka—cabin fever!

Cabin fever is an idiomatic term for a claustrophobic reaction that takes place when a person or group is isolated and/or shut in, in a small space, for an extended period. Symptoms include restlessness, irritability, forgetfulness, laughter, excessive sleeping, distrust of anyone they are with, and an urge to go outside even in the (less miserable) rain, snow or dark.

Don't let cabin fever get the best of you. Take this opportunity to do all the things that you have procrastinated about. Maybe, just maybe, you'll do away with that dreaded cabin fever!

- **Step one.** *The first thing you should do is to make a list of all of the things you'd like to accomplish over the winter season. Things such as cleaning the "junk drawer," writing to an old friend, organizing photos, sorting recipes, reading that book, repotting the violets, etc.*
- **Step two.** *Now, the next step is to prioritize that long list of yours.*
- **Step three.** *The next step is to guesstimate or make a timeline for each project; that way you'll know how to schedule your time. After you have completed this step, you should feel like you've accomplished something already.*
- **Step four.** *No more procrastinating. Gather what you need for your first project and get started.*

The sense of accomplishment is great and before you know it winter will turn into spring and you'll once again enjoy the great outdoors.

www.ehow.com • www.wikipedia.com

NOTES FROM THE NURSE

HAPPY NEW YEAR! Have you decided on a New Year's Resolution? If not, you still have time. If you are still trying to think of a few ideas for self-improvement, let us give you a suggestion. Seniors often forget to hydrate themselves. Maybe you could make a better attempt at drinking more water. Have a glass of water with each meal and with your afternoon snack. You should be drinking 4-6 glasses of water every day. If you're suffering from a cold or flu you may need more. An easy way to tell you're getting enough water is when your urine is almost clear.

What are the advantages of drinking water?

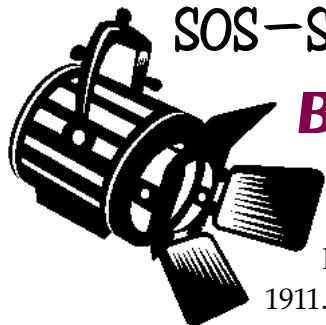
- **Drinking water cleanses your body and fights disease by washing away toxins.**
- **Drinking water provides energy and stamina.**
- **Drinking water activates fiber.**
- **Drinking water helps relieve digestive conditions.**

Here's to a happy and healthy New Year!

Jennifer and Jane—Health Care

SOS—SPOTLIGHT ON SENIORS

Bessie Sierk



Bessie Sierk is our featured senior for January. Bessie was born to Orvie and Bessie (Birney) Norton in Princeton Township on February 1, 1911...you do the math...she will turn 99 this year! Her mother died when Bessie was nine weeks old. She was raised by her maternal grandparents, Henry and Jane Birney, who farmed in the same area. The family moved to Princeton when Bessie was ready to start school. She attended the old school in Princeton for 10 years and graduated from Clinton High School. She attended six weeks of normal training after graduation and started teaching at a country school in the fall.



After nine years of teaching, she married Lloyd Sierk on June 18, 1936. Lloyd and Bessie moved to a farm and she became a farmer's wife. Later, she was called back to teach but first had to take more classes to do so. She eventually became the Kindergarten teacher at Virgil Grissom in Princeton where she remained for 20 years. In total, she taught off and on for 30 years. In fact,

Grand Haven resident Helen Howson was a student of Bessie's in 1930 at Grassy Lane School. Bessie still receives correspondence from several of her students.

Lloyd and Bessie enjoyed a "honeymoon" in 1967 visiting relatives and touring the countryside of Germany. They had two sons. Robert (Bonnie) lives in Scottsdale, Arizona after 40 years in banking in Iowa City. Dr. Donald (Patricia) lives in Bettendorf and he is the local orthodontist. She has 7 grandchildren (three of which are doctors and several are teachers) and 11 great-grandchildren. Lloyd passed away in 1993.

Bessie was the Princeton Correspondent for the North Scott Press for over 30 years. She is a lifelong member of Princeton Presbyterian Church. She was very active in her church and taught Sunday School for many years. She has been a member of the Echo Rebekah Lodge and the Grassy Lane School Club since the 1930s. She moved to Grand Haven in May of 2008. She says it is very comfortable and "there is no reason why anyone couldn't be happy here." When asked about turning 99 in February, Bessie said, "I have had a full, blessed life including good health, a devoted, loving family and a host of friends."

DID YOU TAKE THE GARBAGE OUT?

Lets all work together to keep Grand Haven smelling like Grand Haven.



We will gladly take out your garbage every day if you set it outside your door.

Thank You!

A Friendly Reminder

WE LOVE YOUR DOORWAYS!

However, please make sure that decorations and throw rugs don't become a hazard to your neighbors passing by.

Thank You!



PLEASE return to the office each month the plastic bags that hang on your door knobs with rent invoices and monthly newsletters in them. THANK YOU

May we have your ATTENTION?

THIS MONTH'S REQUIRED FIRE DRILL IS SET FOR

THURSDAY, JANUARY 28

AT 3:30 P.M.

DON'T BE TOO ALARMED!



JANUARY BIRTHDAYS & ANNIVERSARIES

If you were born from December 22-January 19, you are a Capricorn. They are very independent because they know their capabilities and therefore they rarely trust others to finish details, they like to do it all themselves.

If you were born from January 20-February 18, you are an Aquarius. Most Aquarians are extremely humanitarian and often involved in social programs that assist others. They can also be objective in judgement, for they never let their emotions get in the way. Outgoing and amiable, they attract friends wherever they go.

Robert Duvall (actor)	January 5, 1931
Maureen Van Loon	January 8, 1922
Whitey Mohr	January 11, 1922
Ruby Paustian	January 11, 1924
Helen Howson	January 17, 1928
Dolly Parton (country singer)	January 19, 1946
Duane Litscher	January 22, 1927
Ernest Borgnine (actor)	January 24, 1917
Norm & Inez Mohr	January 27, 1946

WHO'S NEW?

We would like to welcome the new residents joining our Grand Haven family.

- Carma Hoffmann**
- Harold Holdorf**
- Charlotte Shollenberg**
- Uneda Adams**
- Mary West**

We are delighted to have you all with us and hope you feel right at home.

Our sympathies to the families of those with recently passed away
Nona Olson



201 East Franklin Street
 Eldridge, Iowa 52748