



Making Holiday
Flower Arrangements

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.
A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done,
I wish you
Happy New Year,
and many more.

By Joanna Fuchs



Davenport Central Choir singing
Happy 100th Birthday to Jeannette
Keppy. Led by her Nephew, Choir
director Michael Reese. Happy
100th!!!

Welcome to Grand Haven
Ann & Terry Petersen!



HAPPY
New Year



**Christmas Door Judging
at Genesis**

Staff Anniversary

Mosie Knutsen - 1yr
Elecia Arrington - 3yrs
Michaela Mink - 4yrs

January Birthdays

Gary Johnston (Staff).....	1/3
Lois Latare.....	1/7
Marcy Steinke.....	1/9
Dorothy Hasenmiller.....	1/10
Karen Auliff.....	1/11
Jennifer Maass (Staff).....	1/11
Haley Holst (Staff).....	1/11
Jessica Post (Staff).....	1/14
Ralph Stanford.....	1/16
Phyllis Hamann.....	1/18
Arlene Goettsch.....	1/18
Paige Durant (Staff).....	1/19
Orville Elmshaeuser.....	1/23
Julia Douglas.....	1/29
Renee Ward (Staff).....	1/29
Ann Petersen.....	1/30

Fight Off Winter Sickness!

We are more vulnerable to catching a cold or flu in the winter due to spending more time indoors and around others who may be sick. The most common way to pass on sickness is through hand contact, contaminated surfaces, and contact with an infected person's mucus or saliva. The most common sickness are: Common Cold, Stomach Flu (norovirus), Flu (Influenza). Cold symptoms come on gradually, and can cause stuffy or runny nose, sneezing, cough, scratchy throat, and/or watery eyes. Stomach Flu comes on suddenly and can last for several days. The most common symptoms are nausea, vomiting, and diarrhea. Influenza symptoms come on suddenly and last longer. Flu can cause fever, headache, chills, dry cough, body aches, and fatigue. You can also experience cold symptoms with the flu.

Practice healthy habits to prevent illness:

- Wash your hands often, especially after using the bathroom and before eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- Drink water throughout the day, every day.
- Eat a balanced diet.
- Stay active. (Take walks in the halls or join an exercise class!)

If you do become ill, increase fluids and take time to rest. Cover your mouth with your sleeve or a kleenex when you cough or sneeze to prevent spreading illness. Please stay in your apartment for 24 hours after having a fever, vomiting, or diarrhea. Notify the nursing staff as soon as you have symptoms.

January Events

Jan. 1st -		NEW YEAR'S DAY
Jan. 2nd-	1:00 pm	Shopping @ Dollar General
Jan. 3rd-	2:30 pm	Talent Show w/ NS Kids
Jan. 5th-	1:00 pm	Grace Lutheran Church Cantana + Cookies
Jan. 8th-	1:00 pm	Music w/ Ken Paulsen + Darlene Breuwet
Jan. 9th-	1:00 pm	Presentation w/ Cathy from Scott Co. Library
Jan. 10th-	8:30 -11:00 am	Scott Co. Library History Scanning
Jan. 12th-	1:00 pm	Music by Robert Dahms
Jan. 13th-	10:00 am	Book Club w/ Cathy
Jan. 14th-	9:30 am	FIRE DRILL 🔥
Jan. 16th-	9:00 am	Book Mobile
Jan. 19th-	1:00 pm	Cake + Punch to Celebrate Phyllis Hamann's 97th Birthday
Jan. 22nd-	1:30 pm	Entertainment w/ Angela Meyer
Jan. 23rd-	1:00 pm	Presentation w/ Cathy from Scott Co. Library
Jan. 26th-	1:00 pm	Music by John + Kay Retzel
Jan. 27th-	1:00 pm	Entertainment w/ Piano Man Jim Radloff
Jan. 30th-	1:00 pm	Presentation w/ Cathy from Scott Co. Library



Getting Some Quality Time with Cuddly Friends from Down by the Creek



Spotlight on Senior



This month's Spotlight on Senior is Rosalyn "Rose" Teidje. Rose was born on December 21st, 1932 and lived in Dixon before coming to Grand Haven. She considers herself a "jack of all trades," having grown up on a farm, and continuing farming throughout most of her life before working at a Super 8 Hotel for fourteen years! During her farming days, she has cared for chickens, pigs, and young stock. When she talks of her farming days a wide smile stretches across her kind face, as she recalls being responsible for milking the cows.

Her smile only got wider when asked about her family. Rose married her husband Ralph in 1953, and they spent sixty-three wonderful years together. They originally met at a dance and Ralph mustered up the courage to ask Rose to dance. The following week they began dating even though Rose lived all the way in Louisburg, Wisconsin and Ralph was from Davenport. Still, he would often make the trek all the way to her home to see her. Over the years they would parent three wonderful children; two girls, Cindy and Nancy, and their son Randy (who has taken over the family farm.) They also have two granddaughters, Brittany and Cara.

In July of 2018, she sold her home and joined the Grand Haven community. You'll often find her enjoying our activities, although she gets an extra glint of joy in her eye when talking about playing euchre. She also says she enjoys coloring, stitching, and just visiting with a lot of her friends out in the dining hall and common space. While it took some getting used to, she's really come to enjoy living at Grand Haven- making it her "home," as is very evident with the wonderful holiday decorations adorning her apartment.

She admits that life has plenty of ups and downs that can really take a toll, but she has words of advice. "You have to keep going. Life is really hard sometimes, but people make it worth it. You just have to keep on going week by week, day by day."



Grand Haven

RETIREMENT COMMUNITY

201 East Franklin Street
Eldridge, Iowa 52748



Happy Christmas Hour
with
Manor Care
&
Heartland Hospice

