

The Gazette



OFFICIAL NEWSLETTER: LIBBY BORTZ ASSISTED LIVING CENTER

February 2018

Newsletter via Internet

The monthly newsletter/calendar of events is available via PDF. If you are interested in receiving the newsletter or other information, please send email with resident and contact person's name & email to:

activities@libbybortzassistedliving.com

Shortest Month of the year and Busy!

2nd - Ground Hog Day

Will he see his shadow for six more weeks of winter or will we have spring soon?

4th - Mail Carriers Day

If you see our carrier - Say Thank You!

4th - Super Bowl Sunday

14th - Valentine Dance

Golden Tones Band playing for your enjoyment of the Valentine Holiday.

19th - President's Day

Welcome New Residents

Mary Lieb

Bill Weber

Josephine Benham

Betty Buckner

Rebecca Fix



In Memory of
"Carma Herrera"
"June Nelson"



Common Area Refrigerators



Residents are welcome to utilize the refrigerators in the common areas on the second and third floors. Food/containers must be labeled with the resident's name and date. The refrigerators are cleaned by the staff every Friday night. Food items in the refrigerator that do not have a resident's name, date, or have exceeded the expiration date will be thrown away. Please do not help yourself to food/beverages in the refrigerator if it does not belong to you.

A Note from the Medication Coordinators

Please remember that if you are going to see your primary care physician to stop by the receptionist desk and have the receptionist print out the current physician orders we have on file. Please have your physician review, update and sign/date the physician order sheet and return it to the Medication Coordinator/ or receptionist upon your return. Thank you for



your assistance and cooperation in this matter.

Time to Stretch

Come enjoy and socialize as you participate in chair based stretch movements designed by physical therapists. Class is taught by staff on Wednesdays at 10:00 a.m. & Fridays at 10 am on the 3rd floor. Join the fun of chatting, laughing and exercising all at the same time.....



Keep "US" Healthy



If you have a cold or upper respiratory infection please make sure to:

- Cover your nose and mouth when you cough (with a tissue or cough/sneeze into the bend in your arm. Throw the used tissue away after using. Do not save to reuse another time.
- Wash your hands frequently with warm water and SOAP Wash your hands for twenty seconds (20).
- If using the public restroom use the paper towel to open the door handle and then throw the paper towel away.
- Use hand sanitizer when soap and water are not available.
- If you are sick and feel like you have a fever and flu-like symptoms please remain in your apartment and notify the front desk.
- Families please do not visit the Center when you are sick.



February Calendar of Events

Keeping you "On the Move"!

Wednesday, February 6th "Baking with Mandy" - Come and make some homemade Valentine's chocolate covered strawberries in the 2nd floor Activities Room.

Tuesday, February 13th "Birthday Party with Gino" - Come and have some cake and ice cream and celebrate all the February birthdays with some good entertainment by Gino in the Main Dining Room at 2:30 p.m.

Wednesday, February 14th "Valentine's Day Dance with the Golden Tones" - Come and help us celebrate Valentine's Day and have some refreshments and cookies. We will also have some volunteers here to dance with everyone so make sure you have your dancing shoes on. Hope to see you all there.

Friday, February 16th "Music w/TNT" - Come join us with entertainment with TNT in the main dining room at 2:00 p.m.

Friday, February 19th "Living History -" Come join us and get to know others by hearing there history. Tell us a little bit about your own history. We will meet on the 3rd floor common area at 2:00 p.m.

Food Committee Meeting

Attend the **FOOD COMMITTEE** meeting Thursday, February 8th at 2:30 pm in the Main Dining Room.