

# LEISURE GARDENS/LEISURE VILLAGE

*Retirement Center with Personal Care~Available 24-7*

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## Winter 2015/2016 Newsletter

To: All Residents & Families

Greetings! As I'm writing this, we are having a 4-6 inch snowfall, which will then change to 50 degrees and rain tomorrow. Quite a unique winter we've had so far.

With the season comes many special activities:

- Many great holiday performances filled our December schedule.
- We had Santa stop in more than once, and encouraged our residents to bring out their ugly sweater for a day.
- Many gatherings by church groups, including carolers throughout the halls one day.
- Bake sales are continuing, of which I have personally benefited from with some amazing maple fudge. Don't be afraid to make more!
- Our Writer's Group, which was a new thing just a few months ago, has gotten so much interest that they are in the beginning stages of publishing a book for sale to the public.
- We've had our Eat Smart Live Strong program, hosted by ACAP, which has been teaching and practicing with residents certain ways to cook healthy.



**Donation:** In December, we asked for donations of items that you would typically find in a book bag. Things like notebooks, folders, pencils, crayons, rulers, etc. We are proud to say that just prior to the schools letting out for winter break, we donated a total of 18 book bags filled with supplies for our local students.

**Health Tip:** In a recent study according to Dailymail.com, those who drank 3 glasses of water a day, rather than the recommended 8 glasses of water a day, were 5x more likely to get a stuffy nose or sore throat. Why? Water helps keep your mucous membranes moist, and helps trap the dust & bacteria from getting into your lungs. Human bodies are made up of 60% water. Drinking beverages with caffeine can dehydrate you, so it is best to drink mainly water.

**Addition:** A popcorn machine became a great addition for our large gatherings. The smell travels through the halls and is another way to encourage our residents to come out and participate.

***“No matter how long Winter seems,  
Spring is sure to be around the corner”***

Sincerely,

Douglas Cyr  
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