



SEDGWICK PLAZA

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™



JANUARY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

M R O T S W O N S N O O N F R
E S C E V E E R A C H I I E E
V E O O D F L I N A N R C I V
A C L V L F A I S T E N E S O
E S O W E D G T I P D R S T L
H T A U H R O J L A R A O N L
U A I S G O C A R Y A D L R U
E S R B B H C A S O Z I S L P
U A T I T E O L S N Z A T T D
H T C A P S E H L T I T I A R
T S S A B E O W A N L O C D A
O N E U T D O R B Y B R E F F
E B R U G H A R F Y F I C E T
D N C O M F O R T E R K J Z Y
D V Z R X Y G N I Z E E R F P

- | | | |
|-----------|-----------|-----------|
| Blizzard | Fireplace | Ice |
| Boots | Freezing | Overcast |
| Cap | Frostbite | Pullover |
| Cold | Gale | Radiator |
| Comforter | Gust | Sleet |
| Cough | Harsh | Snowstorm |
| Drafty | Howl | Solstice |

Your Team

- Executive Director // Danielle Jefferies**
Sedgwick Plaza Administration
- Lawonder Markham // Life Enrichment**
Sedgwick Plaza Administration
- Eric Blassingane // Maintenance Director**
Sedgwick Plaza Administration
- Meshell Boydson // BOM**
Sedgwick Plaza Administration
- Crystal Johnson // Housekeeping Supervisor**
- Michelle Edwards// Dining Director**
- Samantha Simmons/ Wellness Director**
- Vivian Smith // Sales Director**

Resident Birthdays

- Alice Funk 1/11
- Betty Roeser 1/11
- James Cotter 1/12
- Katie Adkins 1/16
- Norma Doolittle 1/22
- Rita Reibel 1/23
- Elaine Parker 1/26
- Richard Sudderth 1/29

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.

JANUARY 2022

Winter in January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CO - Cognitive CR - Creative I - Intergenerational PR - Physical PS - Purposeful SB - Sensory SO - Social SP - Spiritual	Kindness is like snow—it beautifies everything it covers. - Kahilil Gibran	MR - Meadowlark Room GL- Garden Level BPC - Blood Pressure Clinic PR - Pioneer Room MDR - Main Dining Room / CD - Circle Drive	First Thursday each month - Interim Home Health & Hospice Second Thursday each month – Encompass Home Health & Hospice Third Thursday each month –Home Health & Hospice of Kansas Fourth Thursday each month-Mobile Medical	Alice Funk 1/11 Betty Roeser 1/11 James Cotter 1/12 Katie Adkins 1/16 Norma Doolittle 1/22 Rita Reibel 1/23 Elaine Parker 1/26 Richard Sudderth 1/29	"The magic in new beginnings is truly the most powerful of them all." - Josiyah Martin	1 New Year's Day SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo SP 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD"
2 SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice	3 PY 10:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo CO 3:15 January EZ Does It Trivia SE 6:00 Evening Movie "Romance Monday"	4 SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional SE 10:00 Music with Eddie SO 1:30 Men's Coffee Social SE 2:00 Afternoon Movie Matinee CO 3:30 Searching for January word search SE 6:00 Evening Movie "Action Tuesday"	5 PY 10:00 Jump Start and Devotional CO 1:30 Play Bingo Quiz CO 2:00 Big Money Bingo SO 3:15 Wine Wednesday SE 6:00 Evening Movie "Western Wednesday"	6 SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional CO 12:30 BPC (Interim) SO 1:00 Bridge Game SE 2:00 Baking Goodies with Peggy CR 3:15 Jewelry Making SE 6:00 Evening Movie "Drama Friday"	7 PY 9:00 Jump Start and Devotional CO 10:00 The Traveler with Jerry PR 12:00 The Little Store PY 1:00 Bean Bag Toss CO 2:00 Big Money Bingo with Jerry CO 3:15 Remembering Elvis Songs SE 6:00 Evening Movie "Comedy Friday"	8 SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo SP 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD"
9 SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice	10 PY 10:00 Jump Start and Devotional SE 11:00 Lunch Brunch to Hog Wild BBQ PR 12:00 The Little Store CO 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SE 3:15 Manicure Monday SE 6:00 Evening Movie "Romance Monday"	11 SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional SE 10:00 Music with Eddie CO 1:00 "Awe" Inspiring – fill-in-the-blank PR 2:00 Resident Council SE 3:15 Music Entertainment with Rick Allen	12 PY 9:00 Jump Start and Devotional SO 10:00 Mass / St Thomas Church SO 10:30 Women's coffee and Chit Chat CO 1:00 NBA Basketball Trivia CO 2:00 Big Money Bingo CR 3:15 In-Door Snowflakes SE 6:00 Evening Movie "Western Wednesday"	13 SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional SE 11:00 All Men Lunch Brunch with Lamont at "Twin Peaks" SO 12:30 BPC (Encompass) CO 1:00 Bridge Game CO 2:00 Hanuman	14 PY 10:00 Jump Start and Devotional PR 12:00 The Little Store SO 1:00 AL Resident Council Meeting CO 2:00 Big Money Bingo with Jerry SE 3:15 National Strawberry Ice Cream Day SE 6:00 Evening Movie "Comedy Friday"	15 SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo SP 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD"
16 SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice	17 Martin Luther King Day PY 10:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo CO 3:15 Martin Luther King "I have a dream speech Aug 28,1963" SE 6:00 Piano Music with Greg Spring SE 7:00 Evening Movie "Romance Monday"	18 SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional SE 10:00 Music with Eddie SO 1:00 Social Committee PY 2:00 Afternoon Movie Matinee SE 3:30 Hallway Golf SE 6:00 Evening Movie "Action Tuesday"	19 PY 10:00 Jump Start and Devotional SE 1:00 Sing Along with Brad - 'Oldies Show on Youtube CO 2:00 Big Money Bingo SE 3:15 Wine Wednesday SE 6:00 Evening Movie "Western Wednesday"	20 PY 10:00 Jump Start and Devotional SP 10:30 Ladies Brunch with HHHOK SO 12:30 BPC (HHHOK) SO 1:00 Zoo to Visit SE 2:00 Bridge Game CO 3:15 Music with Buster Bones CO 3:15 Remember Where Brain Exercise	21 PY 10:00 Jump Start and Devotional SE 11:00 Lunch Brunch to Angelo's Pizza PR 12:00 The Little Store CO 1:00 Can You See the Big Picture? CO 2:00 Big Money Bingo with Jerry PR 3:15 Resident Education with	22 SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo SP 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD"
23 SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice	24 PY 10:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SE 3:15 Manicure Monday SE 6:00 Evening Movie "Romance Monday"	25 SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional SE 10:00 Music with Eddie SO 1:00 In my Suitcase Fun SO 2:00 Hot Tea Social PY 3:15 Balloon Volleyball SE 6:00 Evening Movie "Action Tuesday"	26 PY 10:00 Jump Start and Devotional SO 10:30 Women's Coffee and Chit Chat SP 1:00 Biblical Names Word Search CO 2:00 Big Money Bingo CO 3:15 Charades SE 6:00 Evening Movie "Western Wednesday"	27 PY 10:00 Jump Start and Devotional SP 10:30 Prayer Warriors SO 12:30 BPC (Mobile Medical) SO 1:00 Bridge Game CO 2:00 Famous January Birthdays – Word Search SE 3:15 Thirsty Thursday SE 6:00 Evening Movie "Drama Friday"	28 PY 10:00 Jump Start and Devotional PR 12:00 The Little Store CR 1:00 Freestyle Watercolor Art CO 2:00 Big Money Bingo with Jerry SE 3:15 Resident Birthday Celebrations SE 6:00 Evening Movie "Comedy Friday"	29 SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo SP 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD"
30 SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice	31 PY 10:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo PY 3:15 Ring Toss SE 6:00 Evening Movie "Romance Monday"	Happy Anniversary: Don & Cathie Webster January 29, 1972	Riddle: I have a heart that never beats, I have a home but I never sleep. I can take a mans house and build another, And I love to play games with my many brothers. I am a king among fools. Who am I?	Riddle: I'm a god, a planet, and measurer of heat. Who am I?	Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen." —Deep Roy	Welcome to January 2022 Make the best of every day Stay Positive in moving forward in your life.

Events are Subject to Change.

Did You Know?

POP CULTURE



Boots reached the height of their fame in the **early 1970s**. The unlimited varieties of boots that were produced was unparalleled.

WEIRD LAWS



In Mount Vernon, Iowa, you'll need written permission from the City Council before throwing bricks into a highway.

Independent Living

“
In the middle of every difficulty lies opportunity.
”
- Albert Einstein

HEALTH Tips

Grapefruit

Grapefruit is low in calories and also provides a significant amount of fiber, vitamins, minerals, and antioxidants.

Assisted Living

GUINNESS WORLD RECORDS

Maria Paraskeva of Cyprus fulfilled her childhood dream by wearing a lace veil that stretched 22,843 feet and 2.11 inches, or roughly 63.5 football fields!

HEALTH Tips

Be Grateful

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health.