

January 2019

Brunswick Village

316 Olympia Park Circle, Grass Valley, CA 95945

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RCFE Lic. No. 292700174

You're HOW Old!?

These popular brands, events and places turn 100 years old in 2019. Makes you feel young, huh?

- Grand Canyon National Park
- Disney On Ice
- American Legion
- National Football League
- Woman's National Bowling Championship
- Bentley Motors
- Hilton Hotels

Jazzy for January

Speakeasy and step lightly to our Jazz Party featuring the Jazz Cats and French 75 cocktails!



Friday, January 18th, 2:30pm

Vibrant Life Activity Room



Upcoming Events

January 9

Resident Council

January 11

GV Charter Buddies

January 18

Jazz Party!

January 21

Nondenominational Church Service

January 25

Lunch Outing to Penny's
GV Charter Buddies
Community Birthday Party
Family Night

🎵 Live Music 🎵

January 5 – Christin Hunt

January 17 – Carl Jones

January 18 – Jazz Cats

January 24 – Billy Bensing

January 25 – Chet Salvatorelli

Department News

A Message from Kristen Day, Vibrant Life Director



The New Year brings **new activities** to Brunswick Village! Look for the following new activities on the calendar and Daily Activity Board:

Library Outing – Inspired by Book Blitz Month, we will visit the Nevada County Library in Nevada City on the first and third Thursday of each month.

Tea & Trivia – January is Hot Tea Month and Trivia Month. Join your neighbors as we sip a wide variety of teas and test our knowledge on the most random of things!

Mail-order Gardening – January is Mail-order Gardening Month. We will celebrate this odd occasion by growing our own photo gardens from varied catalogs.

Golden Age of Radio – The very first Radio Broadcast was in January and another reason to celebrate is because the first demonstration of FM radio was on January 5, 1940. Turn off the TV and turn on the radio.

Scrabble – The classic word-based board game is back on the regular schedule!

Travelogue – Armchair travel throughout the world!

A Message from Meghan Garn, Culinary Services Director

Now that we are in the wake of the holiday season, our culinary department would like to help fulfill your food-related resolutions. Simply notify your servers of any diet goals and we would be glad to help you achieve them. If you prefer, we can arrange a private consultation with your Culinary Services Director. And for all our family members and friends out there, I hope you have resolved to attend our next Family Night on the 25th. We all look forward to seeing you there!

Nondenominational Church Services

Pastors Dennis and Dan will be here Monday, January 21st at 11:00am.



Staff Directory

Executive Director

Kristie Laine

Business Office Director

Faith Brown

Health Services Director

Marlene McCrary

Building Services Director

Clayton Fowler

Vibrant Life Director

Kristen Day

Culinary Services Director

Meghan Garn

Generations Program Coordinator

Ashly Yates

A Message from Marlene McCrary, Health Services Director

Why is Play Important for Seniors? – From *Greater Senior Living*

In our later years, many of us become more prone to issues that can affect our health and happiness. So many activities that can help us restore or prolong our vitality are essential. Having fun is a lot more powerful in that regard than most people probably realize. Scientific studies continue to show that play and fun activities can have several major benefits. For example, play has the power to help:

Improve how your brain works – Playing and having fun, on a regular basis, can help you avoid memory problems and enhance your creativity and mental sharpness.

Heal, establish, or maintain relationships – Our social lives are incredibly important for our overall well-being. Fun and play can enable seniors to make new friends and improve existing relationships.

Improve your mental and emotional well-being – Engaging in fun and playful activities can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help you fight depression.

Extend your life and improve your physical vitality – Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of an existing pain you may already have.

New Year's Day

Many celebrate the new year with the tradition of watching the **Rose Parade** in Pasadena. This year, the Tournament of Roses celebrates its 130th year of festivities. We will be airing it in the Vibrant Life Activity Room starting at 8:30am until 10:00am on Tuesday, January 1st.

Resident Council

Your December **Resident Council Meeting** will take place on Wednesday, January 9th at 4:00pm in the Vibrant Life Activity Room.

January Holidays

January 1

New Year's Day

January 9

National Law Enforcement
Appreciation Day

January 21

Martin Luther King Jr Day



January 24

Gold Rush Day

Brunswick Birthdays

January 2

Gayle B.

January 17

Norma R.
Bill S.

January 18

Gary C.

January 22

Tom W.

January 24

Mary Anne M.

January 26

Richard B.

Grass Valley Charter School Buddies

Our Buddies will be here January 11th and 25th at 9:30am. Please come on down to the dining room for a morning full of fun, games and treats!

Saturday Music

Beginning on January 5th, **Christin Hunt** will be here to play the piano and sing at 11:00am on the first Saturday of every month. Join your neighbors while you sip hot cocoa and listen to Christin serenade the crowd.

Lunch Outing

Our January Lunch Outing will be to **Penny's Diner** on Friday, January 25th, departing at 11:45. Please sign up with Kristen if you would like to attend.

History Hour

To celebrate **Reminiscence Month**, we will go on a decade-by-decade voyage of discovery through life-changing inventions, like the radio that made the world smaller, the machine gun that made it more dangerous, or the parking meter that made it more expensive. Wednesdays at 2:30pm in the Vibrant Life Activity Room.

Brunswick Village Employee of the Month



Join us as we congratulate Samantha Ball, our December **Employee of the Month**. Samantha was born in Jackson, CA (a few hours south of Grass Valley) and grew up nearby. After spending much of her childhood in Nevada County, she relocated to Oklahoma for the next six years. While going to Poteau High School, Samantha met a young man named Kyle in art class and the rest, as they say, is history. The high school sweethearts married and came back to California. Samantha and Kyle have an adorable young son named Adam, who is always a crowd favorite here at Brunswick Village. While in Oklahoma, Samantha took classes and was certified in phlebotomy, CNA, veterinarian technician, EKG technician and home health aide. But, alas, she chose caregiving and has been enriching the lives of our residents here for 7 years. You might also know her as the lady who takes care of the fish; as she is often seen overseeing our aquatic friends in the lobby. We are happy to have Samantha on our Brunswick Village team and congratulate her for a job well done.

Chefs Academy



The December Chefs Academy brought a lot of fun and victory to a mother-daughter team. Culinary Services Director Meghan Garn and her sidekick, Cook Ryan, made an especially yummy batch of **Gingerbread Men** cookies that were decorated by a whole group of artistic, hungry folks. Sonja Nettles and her daughter, Hollie, worked together on their creation; ultimately bringing home the championship. Congratulations!

Culinary Council

Our monthly **Culinary Council** meeting will take place on Thursday, January 4th & 31st. This is your opportunity to speak directly with Culinary Service Director Meghan Garn and play an active roll in your dining experience.

Special Days in January

Be on the look out for these special days and even more special activities to celebrate them in January:

Putty in Your Hands Day – 1/7 – Join us as we make our very own putty!

Martin Luther King Jr Day – 1/21 – We will learn more about the Civil Right Leader that changed America and the world.

Gold Rush Day – 1/24 – On this day in 1848, John Marshall sparked the largest migration of people the United States has ever seen – the California Gold Rush. Join Kristen as she talks about the history of the discovery and the aftermath.

Marshmallow Day – 1/28 – What better way to celebrate the fluffy, sugary treat? With a S'Mores Social, of course!

Family Night

This month our Family Night is going to be a **Pizza Party!** Friday, January 25th at 5:00pm in the Dining Room. We will have live music with Chet Salvatorelli and don't miss the Root Beer Floats for dessert! Please RSVP by January 21st.



Furry Friend Visit



We've had to move our Furry Friends schedule around a bit starting in January. **Olaf the Mastadane** (Mastiff/Great Dane) will visit on Mondays at 11:00am and **Chloe the German Shepard** will be here on Fridays at 11:00am. We will visit the Activity Room, Lobby and individual apartments.



Meet Your Neighbor

Some love stories are worth shouting from the mountain top, like the one of Joe and Marilyn Vondracek. Marilyn, working as a secretary in Joe's father's office, saw a small framed photo of Joe in his Naval uniform and was instantly smitten. She made a point to ask who the handsome, young sailor was and the pair soon became pen pals; writing to each other often. When Joe left the Navy, the lovebirds were married in 1946. Prior to his enlistment, Joe bicycled across the United States and fell in love with California, so the couple relocated to the Golden State. As a part of their honeymoon, Joe and Marilyn drove from Iowa to California – camping all along the way. In the years following, the couple welcomed five children; four daughters and one son. The family was always up for an adventure and camping trips were a go-to vacation. When the 1971 San Fernando Sylmar earthquake struck Southern California, the family packed up and headed north to Redding. After all the kids were on their own, Joe and Marylin spent their free time camping on the weekends with their motorcycle group and volunteering their time with the Democratic Club working the polls. In 2016, Marilyn relocated to Grass Valley to be closer to her daughter, Mary; eventually settling here at Brunswick Village. We're so happy Marilyn chose us, and she has been a wonderful member of our family!

