



Dignified Living in a Nurturing Home



## New Hope Valley COMMUNITY VOICES

### New Hope Valley's Expansion Now Completed and Move-In Ready



Rumi and several other community leaders cut the ribbon at the expansion's Ribbon Cutting Ceremony.

After seven months of construction, we have finally reached the exciting conclusion - the opening of New Hope's expansion!

To mark the occasion, a Ribbon Cutting Ceremony was held on November 12th. The ceremony was attended by representatives from the Saginaw County Chamber of Commerce, the Saginaw Township Board of Trustees, and many other community members. Our own Roy

McColgan, resident Rita's son, hosted the ceremony. Guests were also invited to tour the new space and explore model apartments.

The 13,000 square foot addition features fifteen new assisted living apartments, a larger beauty salon, a new activities space, and more. Residents have now begun to move into the new apartments. Thank you for sharing in the excitement with us over the past year!

### Holiday Dinner

On Saturday, December 6th, New Hope will host a Holiday Dinner for residents and guests. The meal will feature a variety of delicious offerings, from prime rib and rotisserie chicken to stuffed mushrooms and tiger shrimp. There will also be live music during the meal. To accommodate the number of guests, there will be two seatings: one at 11 am and one at 1 pm. Due to space constraints, residents may each invite only two guests to attend. Please RSVP to Dori Amthor, Front Desk Manager, with your preferred seating time. RSVPs will be honored on a first-come, first-served basis.

### Happy Birthday!

Please remember to wish these residents and employees a happy birthday this month!

- Maryann V. - December 6th
- Maurice C. - December 8th
- Thelma H. - December 13th
- Marissa M. - December 20th



## Upcoming Events and Reminders

### Holiday Dinner

New Hope will host a Holiday Dinner for residents and their guests on Saturday, December 6th. One seating will be held at 11 am, and another at 1 pm. Due to space constraints, each resident may invite only two guests to join them. Please RSVP to Dori Amthor, Front Desk Manager.

### Employee Holiday Party

This year's Employee Holiday Party will be held on Friday, December 12th at 2 pm. If you would like to participate in the White Elephant gift exchange, please bring a gift valued at \$10 or less.

### Employee Awards

Keep an eye out for nomination forms for our 2014 Employee Awards! Based on your nominations, we will select both an Employee of the Year and a Direct Care Partner of the Year. More details will be provided in the near future.

## Christmas Thought

“Christmas is a season for kindling the fire for hospitality in the hall, the genial flame of charity in the heart.”

- Washington Irving

## Managing Holiday Stress

While the holiday season is a time for joy and celebration, it also brings a surprising amount of stress, particularly to seniors. The demands of the holidays, from family get-togethers to gift shopping, are often overwhelming. Here are some strategies for finding more joy and less stress in the season.



- **Keep a realistic schedule.** While it is important to spend time with friends and family during the holidays, be sure not to overschedule yourself. Leave time for rest, so you can fully enjoy your loved ones.
- **Stick to a budget.** It's easy to go overboard on gifts for friends and family. However, this can lead to stress and financial worries. Instead, determine a reasonable amount to spend, and don't stray from your budget.
- **Keep up your routine.** Though the holidays are bound to interrupt your daily routines, try to keep your typical schedule when possible. A sense of normalcy in the holiday chaos can prevent stress.

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## Painterly Pottery Workshop

Mark your calendars! On Tuesday, December 16th at 2 pm, Painterly Pottery of Saginaw will visit New Hope to hold a workshop on pottery painting. After the pottery has been painted, it will be taken to a kiln for finishing, and returned to New Hope for residents to keep. All pottery and paints will be provided free of charge, and family members are encouraged to join residents in the fun.

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## Note on Christmas Trees

To protect resident safety and comply with state regulations, real Christmas trees will not be allowed in New Hope Valley, as they are deemed a fire hazard. However, artificial Christmas trees are perfectly acceptable to bring in. We thank you for your understanding, and are thrilled that so many residents are bringing their own holiday touches to the community!