

Living at The Gardens

The Newsletter of The Gardens at Calvary

Volume 16

January 2016

Issue 01

HOW TO FACE A NEW YEAR

The things we have witnessed in 2015 of protests, terrorists, home-grown violence, national distrust of government, and threat of world war, beguiles us to begin a new year with dread and fear. How can we face 2016 with all its dark clouds and ominous rumblings? In the Bible we are reminded that "God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7, NKJV).

How should we face the New Year? Start with the past. Has God ever failed? Can we remember amazing things God did in the past? Examining the past reveals the hand of God at work leading, providing, and strengthening us when we faced challenges and difficulty. In the past God was always there.

After looking back, look at today. We are living today with faith and enjoying God's rich blessings. We are okay in the present. Things we worried about yesterday did not happen as we thought they might. We arrived safely in the present and are giving thanks to God for it.

Our greatest fears and anxieties are about tomorrow. What will happen tomorrow? God was faithful in the past, He is faithful today, and He will be faithful tomorrow. Is it possible for us to shake off the "spirit of fear," allow the spirit of "power, love and sound mind" God has given us to take its place, enjoy the present, and trust God for the future?

We should not wish others a Happy New Year if we are expecting the worst. But, if we are facing 2016 knowing that our faithful God of the past and the present will be faithful in our future, we can sincerely say, "Happy New Year!"

Chaplain Norman Drummond

January

SUNDAY	MONDAY	TUESDAY
<p>Independent Games Games are located on the bookcase, right of TV in the Activity Room first floor</p>  	<p><i>*All trips are if weather permits</i> Sign up sheets on 2nd floor under large bulletin board for off campus trips</p> <p><i>** All Programs are subject to change. All changes will be reflected on daily sheets and/or announced.</i></p>	<p>*** Self Directive ***</p> <p>Brain Games are located on 1st floor Tuesdays Quiz is located on 2nd floor under large bulletin</p> <p>In room Activity Sheet are delivered to rooms on Monday's</p>
<p>3-Jan</p> <p>10:00 Catholic LEM (Living Room) 9:30 Sunday School (Activity Room) 10:45 Load Bus/3rd 11:00 Calvary Worship 3:00 Chapel Service/1st</p>	<p>4-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:15 AM Current Events with Chaplain Norman/1st 1:15 PM Nail Care/1st 2:30 PM Activity Council Planning/1st 3:00 PM RESIDENT Council Meeting/1st</p>	<p>5-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:00 AM Room Visits/ALL 11:00 AM Bookmobile/3rd 2:00 PM Cup Stacking/ Connect Four/1st 3:00 PM Wii Bowling/1st 4:00 PM Skee Ball/1st</p>
<p>10-Jan</p> <p>10:00 Catholic LEM (Living Room) 9:30 Sunday School (Activity Room) 10:45 Load Bus/3rd 11:00 Calvary Worship 3:00 Chapel Service/1st</p>	<p>11-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:15 AM Memorial Service/1st 1:15 PM Nail Care/1st 3:00 PM Dollar Tree/OC 4:15 PM Volunteer Orientation/1st</p>	<p>12-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:00 AM Room Visits/ALL 2:00 PM Cup Stacking/ Connect Four/1st 3:00 PM Wii Bowling/1st 4:00 PM Skee Ball/1st</p>
<p>17-Jan</p> <p>10:00 Catholic LEM (Living Room) 9:30 Sunday School (Activity Room) 10:45 Load Bus/3rd 11:00 Calvary Worship/OC 3:00 Chapel Service/1st</p>	<p>18-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:15 AM Current Events with Chaplain Norman/1st 11:15 AM Nail Care/1st 1:15 PM Winnie The Pooh Special Guest & Fun time/1st 3:00 PM Kmart/OC</p>	<p>19-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:00 AM Room Visits/ALL 11:00 AM Bookmobile/3rd 2:00 PM Cup Stacking/ Connect Four/1st 3:00 PM Wii Bowling/1st 4:00 PM Skee Ball/1st</p>
<p>24-Jan</p> <p>10:00 Catholic LEM (Living Room) 9:30 Sunday School (Activity Room) 10:45 Load Bus/3rd 11:00 Calvary Worship/OC 3:00 Chapel Service/1st</p>	<p>25-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:15 AM Current Events with Chaplain Norman/1st 11:15 AM Stress Free Bubble Wrap Fun/1st 1:15 PM Nail Care/1st 3:00 PM Walmart/OC 4:15 PM Volunteer Orientation</p>	<p>26-Jan</p> <p>9:30 AM Chairobics/1st 9:45 AM Strength Workout/1st 10:00 AM Room Visits/ALL 2:00 PM Cup Stacking/ Connect Four/1st 3:00 PM Wii Bowling/1st</p> <p>(Activity Room floors being replaced)</p>
<p>31-Jan</p> <p>Same as Sunday 24th</p>		

2016

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Location Key</p> <p>1st = First Floor Activity Room 3rd = Third Floor Living Room OC= Off Campus</p> <p>Meals Second Floor Dining</p> <p>Breakfast 8:00 AM Lunch 12:00 PM Dinner 6:00 PM</p>		<p>1-Jan</p> <p>OFFICE</p> <p>CLOSED</p>	<p>2-Jan</p> <p>Elders Day of Independent Games</p>
<p>6-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>10:00 AM River Town Dancers/1st</p> <p>10:00 AM Room Visits/ALL</p> <p>11:15 AM ROM Relaxation/1st</p> <p>Elders Afternoon of Independent Games</p> <p>2:30 PM ALL STAFF Blessing of the Hands</p>	<p>7-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:50 AM Bible Study/1st</p> <p>Old Rock Day</p> <p>1:30 PM "Rock" Fun/1st</p> <p>4:00 PM Lisa's Farwell Reception</p>	<p>8-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Sit N Dance/1st</p> <p>10:00 AM Crochet Club/1st</p> <p>Elvis' Birthday</p> <p>3:00 PM Special Guest/1st</p> <p>Join us for a fun celebration!</p> <p>4:15 PM Bingo</p>	<p>9-Jan</p> <p>10:30 AM Bingo/1st</p> <p>Elders Afternoon of Independent Games</p>
<p>13-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Scarves in Motion/1st</p> <p>10:00 AM Room Visits/ALL</p> <p>10:15 AM ROM Relaxation/1st</p> <p>National Rubber Ducky Day</p> <p>2:30 PM Meet and Greet/1st</p> <p>Special guest Mr. Jack Dalton</p> <p>4:00 PM Bingo/1st</p>	<p>14-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:50 AM Bible Study/1st</p> <p>2:00 PM Hat Chat/1st</p> <p>2:30 PM Noodle Ball/1st</p> <p>3:15 PM Inside Skeet/1st</p>	<p>15-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Sit N Dance/1st</p> <p>10:00 AM Crochet Club/1st</p> <p>11:15 AM Load Bus</p> <p>Out To Eat</p> <p>3:00 PM Bingo/1st</p>	<p>16-Jan</p> <p>10:30 AM Bingo/1st</p> <p>Elders Afternoon of Independent Games</p>
<p>20-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Scarves in Motion/1st</p> <p>10:00 AM Room Visits/ALL</p> <p>10:15 AM ROM Relaxation/1st</p> <p>11:00 AM Penguin Fun/1st</p> <p>12:30 AM Piano w. Mr. Mazur</p> <p>2:30 PM Birthday Party/1st</p> <p>Ding A Ling Band</p> <p>4:00 PM Bingo/1st</p>	<p>21-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:50 AM Bible Study/1st</p> <p>2:00 PM Hat Chat/3rd</p> <p>Elders Afternoon of Independent Games</p> <p>(Activity Room floors being replaced)</p>	<p>22-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Sit N Dance/1st</p> <p>10:00 AM Crochet Club/3rd</p> <p>Elders Afternoon of Independent Games</p> <p>(Activity Room floors being replaced)</p>	<p>23-Jan</p> <p>10:30 AM Bingo/1st</p> <p>Elders Afternoon of Independent Games</p> <p>(Activity Room floors being replaced)</p>
<p>27-Jan</p> <p>11:00 AM Roll out the Red Carpet 5th Annual OSCAR'S at The Gardens</p>	<p>28-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:50 AM Bible Study/1st</p> <p>2:00 PM Hat Chat/3rd</p>	<p>29-Jan</p> <p>9:30 AM Chairobics/1st</p> <p>9:45 AM Sit N Dance/1st</p> <p>10:00 AM Crochet Club/1st</p>	<p>30-Jan</p> <p>10:30 AM Bingo/1st</p> <p>Elders Afternoon of Independent Games</p>



“Servant Leaders”

By definition, “Servant leadership is a lifelong journey that includes the discovery of one’s self, a desire to serve others, and a commitment to lead.”



Here at The Gardens at Calvary we are blessed to witness those who exhibit these qualities. Our staff treat our elders with dignity and take the time to be in the “moment” with each of them. It can be easy to become very “task” orientated; however, acknowledging the contributions of others and allowing tender “moments” to be as important as a “tasks” is a gift. Listening, smiling, saying please and thank you can often be overlooked. Our staff not only do these things with loving hearts, they also admit mistakes, and show understanding to those around them. Seeking to “Serve” and be the hands, feet, ears, and heart as needed daily while caring for our



loved ones, our staff shines every day. May each of you continue to be blessed as you “serve” those around you.

Thank you for all you do!

Wendy Boyd
Life Enrichment Director



Dear family and friends,

Your time shared with your loved ones during meal times is appreciated.

Due to the increase of cost, effective January 1, 2016 our meal cards will be \$25 for 5 meals or \$50 for 10 meals.

If you have any questions, please see Belinda and if you would like to purchase your meal card (s), please see Pam in the main office.



*Plan
to eat*





JANUARY BIRTHDAYS



ELDERS

Mary Barnette 03

STAFF

Wren Arnold 03
Latoya Russell 06
Kayla Pressley 08
Calvette Miles 16
Vickie Harley 24
Mike Smith 31

HAPPY STAFF ANNIVERSARY

Jackie Hopkins 14 Years
Renee Pressley 14 Years
Deborah Edens 6 Years
LeAnn Pinner 2 Years
Norman Drummond 2 Years

Join us for our
Meet and Greet Social

Wednesday, January 13, 2016
2:30 P.M.

Activity Room



A heartfelt THANK YOU
to ALL of our visitors, volunteer and friends that
joined us during the past year!

Each one of you brought much JOY to us ALL!

Thank you

The River Town Dancers, The Ding-A-Ling Band,
The Merry Makers, The Hula Dancers, All students
and staff from Calvary School, Columbus State
University, Columbus High School, Northside High
School, Harris County High School, Arnold Middle
School, Blackmon Road Middle School, Troy
University, Chris Byrd, Cindy Hess,
LeighAnn Pinner, Mr. Van Barnett,
Ann's Porch (David),
Mrs. Gloria Enfinger,
Mr. Doug Cassey, Ms. Anna Gore,
Dan with Columbus Library Bookmobile,
Mike and Linda Smith, Mr. Roger King,
Calvary Awanas (Bonnie Britton and Pam Davis),
Mrs. Nancy McKee, Mrs. Jan Hyatt,
Mrs. Connie Ussery, Mrs. Janet Maple,
Columbus Hospice,
Gentiva Hospice (Matt and April),
Brotherly Love Choir (Mr. Steve Tarno),
Lakeside AMEN Choir, Mr. Jerry Ludy,
Mrs. Kathy Morris and students,
Mrs. Trudy Norman and students, Susan and Ila,
Mr. Mazur, Performance Dance,
Santa Clause (Mr. Brad Moore),
Mr. David Boyd, Mr. and Mrs. Richard Barrow,
Bear O'Brian and the Kiss99.3 family,
the wonderful and loving staff of the Gardens,
the supportive family members of our elders,
and all of our beloved elders!

Thank you to those who wish not to be named.

Because each of you shared moments, smiles, hugs,
laughter, and tears during the year
precious memories were made many
lives were touched!

Thank you for making a difference!



Assisted Living Community

**7595 Moon Road
Columbus, GA 31909
706-653-2000**

Assisted Living Services

- Three meals daily
- Medication management and/or monitoring
- Scheduled transportation
- 24 hour staffing
- Assistance with personal care needs
- Security alarm system
- Social, spiritual and cultural activities
- Personal laundry service
- Fire sprinklers & smoke detectors
- All utilities (except telephone)
- Call pendants
- House Keeping

The Gardens at Calvary Administrative Team

Lisa Dodgen, R.N.
Managing Director

Joy Stilwell
Marketing Director

Belinda McGahee
Dietary Director

Jennifer Williamson, LPN
Director Resident Services

Wendy Boyd
Life Enrichment Director

Pam Aldridge
Office Manager

Larry Moore
Building and Grounds Director

Norman Drummond
Chaplain