

ANGEL ASSISTED LIVING

Happy New Year everyone! Welcome to another new year full of hope and smiles and good times with loved ones. The weather is changing soon so don't forget to bundle up during these cold days of January. We, hopefully, made the Angel Assisted Living homes festive and to the delight to our residents. Thank you to the family members who came and spread holiday cheer with turkey, pie, smiles and presence! Angel Assisted Community is the best and I believe they deserve a round of applause and a big hug for them and the many staff of Angel Assisted Living. The staff have work hard to maintain a homelike environment, after all this is home for all who live here. Once again Happy New Year and Thanks all around!



HAPPY BIRTHDAY Ms. Edwards!

Laziness is nothing more than the habit of resting before you get tired.



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Thyroid Awareness Month

January discusses organizations that are bringing awareness to thyroid disease. The thyroid gland is a small, BUTTERFLY-shaped gland located in the base of the neck just above the Adams' apple. Small yet powerful as it influences the entire body such as the heart, brain, liver, kidneys and skin. So its important to ensure its functioning. When things go wrong hypothyroidism (think cold slow and tired) or hyperthyroidism (hot, fast and sweaty) occurs to the body systems

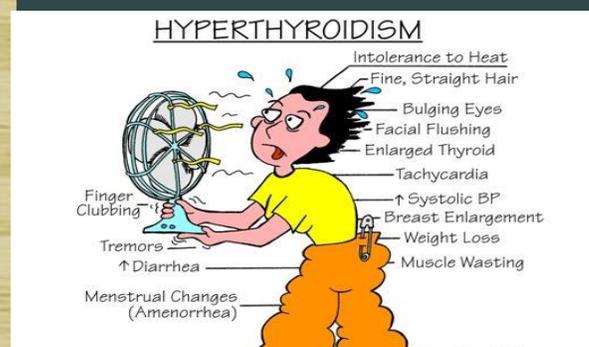
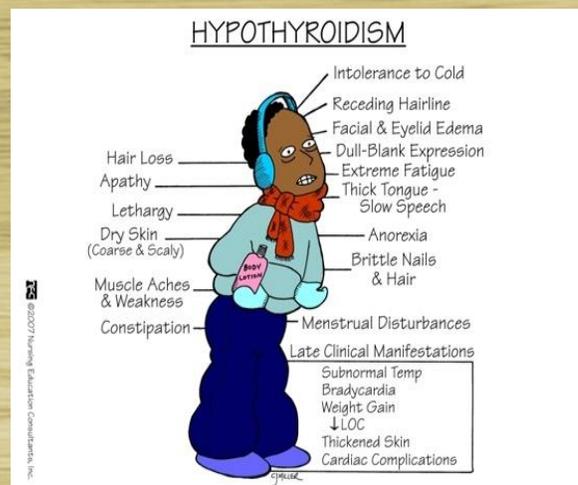
So how do we know we have it:

We do a neck check!. 15 million Americans have undiagnosed problems and to help with early detection or finding lumps or enlargements we perform a simple neck check.

- Focus with a mirror on the lower front area of your neck, above the collarbones, and below the larynx (voice box). Tip your head back and swallow a glass of water.
- As you swallow, look at your neck for any bulges or protrusions in this area as you swallow. Repeat several times to not to mistake with the Adam's apple.
- See your physician if you see any bulges or protrusions. He should give you a TSH (Thyroid-stimulating hormone) test to measure normal functioning

RISK FACTORS

- AGE – Over the age of 60
- Genetics –Family History
- Symptoms-See below



Get Check!

Happy New Year Birthday at College Park

Birthdays are a new start; fresh beginnings, a time to start new endeavors with new goals. Move forward with fresh confidence and courage. You are a special person, may you have an amazing today and year!

Happy Birthday Ms. Edwards!

Happy 95th Birthday, Ms. Best

Happy Birthday, Mr. Sims

Have a wonderful happy, healthy birthday and many more to come. Happy Birthday!

We started the year with Ms. Edwards birthday. Very nice occasion where family, residents, and employers came together to embrace Ms. Edwards in her special day. We sang we danced and we enjoyed cake and food. Enjoy the pictures!



Just a Little Humor



A man goes to his doctor and says, "I don't think my wife's hearing isn't as good as it used to be. What should I do?" The doctor replies, "Try this test to find out for sure. When your wife is in the kitchen doing dishes, stand fifteen feet behind her and ask her a question, if she doesn't respond keep moving closer asking the question until she hears you. "The man goes home and sees his wife preparing dinner. He stands fifteen feet behind her and says, "What's for dinner, honey?" He gets no response, so he moves to ten feet behind her and asks again. Still no response, so he moves to five feet. still no answer. Finally he stands directly behind her and says, "Honey, what's for dinner?" She replies, "For the fourth time, I SAID CHICKEN!"

Cheers to a new year and another chance for us to get it right. ~Oprah Winfrey

Shout outs to the staff

President

Angelina Ughiovhe
Dirisu Ughiovhe

CEO

Alex

Administrative Assistant:

Angel

Nurses:

- Ken,
 - Patricia
- Angel Assisted Manager
- Aba
 - Bernadette
 - Fridah
 - Jessie
 - Kristabela

CareGivers

- Atu
- Ashura
- Celica
- Cynthia
- Janet
- Joyce
- Mary
- Olivia
- Rose
- Trezia

Angel Assisted Living Pledge

- Hope You enjoy the newsletter
- We will continue to bring joy to your love one's life
- We thank you for your business
- Please leave comments or criticism
- It's our way of know where improvements can be made for your love ones
- Enjoy life!



Come back for more Interaction!

VOLUNTEERS

Be a volunteer! Brighten the day of seniors in your community by volunteering at Angel Assisted Living. Stop by one afternoon for a visit with a few residents or come to help with an activity. Whatever your contribution is, we welcome you! Call at any of our homes to make arrangements for your visit.