

SMOKY HILL



NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

Stay Connected: Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Daily Physical Activity:

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New:

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits:

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Read More:

Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

Maintain a Positive Outlook:

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.



STAR of the Month: SANTANA!!

Your kind heart and hard working nature never ceases to brighten all of our days here at Smoky Hill Health & Rehabilitation. Thank you for everything you do day in day out for us. Keep being you!



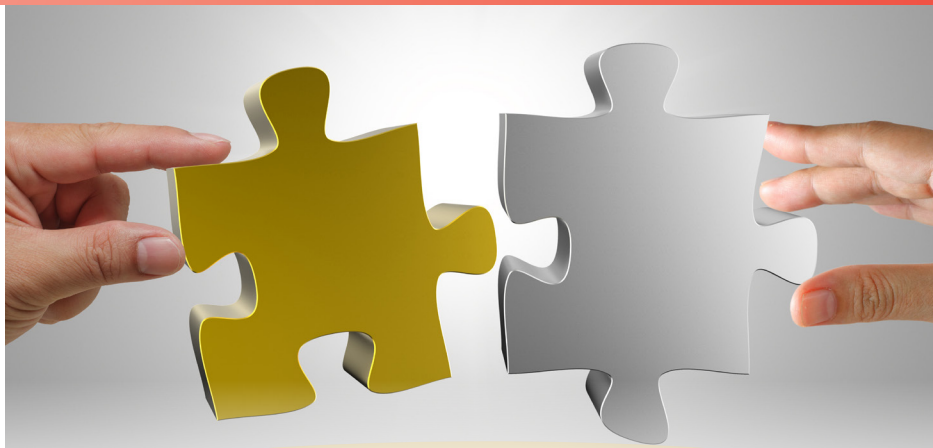
Activity Photo Highlights



RESIDENT OF THE MONTH: MACHELLE!

Machelle you are great company with a great taste in food! She enjoys spending time with family and loved ones. When she is not busy doing that she enjoys to hangout with us at any and all activities. Keep letting your creative side show and thank you for being you.





JIGSAW PUZZLES: THE PERFECT PIECE FOR WINTER

Jigsaw puzzles have been a favorite pastime for over two centuries! The very first puzzle, crafted by a cartographer, was a wooden map of Europe cut into pieces, sparking a tradition that continues to bring joy today.

Puzzles appeal to all ages, offering challenges that range from a few pieces to thousands. They're perfect for keeping the mind engaged, passing time on cold winter days, or simply enjoying the satisfaction of completing a beautiful image. Popular themes include scenic

landscapes with fluffy clouds, vibrant sunsets, and serene meadows—ideal for a calming and rewarding activity.

For those recovering from illness or surgery, puzzles can provide a relaxing way to spend time. **They also make thoughtful gifts and are a great way to connect with family across generations.**

This National Puzzle Day, January 29, find a puzzle that speaks to you—whether in-store or online—and enjoy the timeless pleasure of fitting the pieces together!



HAPPY BIRTHDAY

RESIDENTS

Cecelia S .	1/12
Gary R .	1/17
Mark B .	1/19
Machelle M .	1/20
Daniel C .	1/22
Marie C .	1/24

Glaucoma Awareness Month

Glaucoma is an eye condition that can lead to vision loss and blindness if not detected and treated early. Making regular eye check-ups crucial for early diagnosis.

Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





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RESTORATIVE AIDES

TBA

TRANSPORTATION DRIVER

Chanel Thomas

WOUND CARE NURSE

Mindy Mercado

DIRECTOR OF TALENT & LEARNING

Skylar Wands



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

ACTIVITIES
CHOCOLATE
COCOA
CONNECTED
DONOR
DREAM
EQUALITY
EYES
GOAL
HOBBY
NEW YEAR
POSITIVE
PUZZLE
RESOLUTION
SIGHT