



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- 1/11 Mardene Eichhorn, 135
1/16 Donna DeMars, 126

Staff Birthdays

- 1/1 Edwina Giadyu, HHA
1/3 Bethany Swan, CLD
1/4 Kebeh Beyan, HHA
1/11 Ellen Karn, HHA
1/18 Helen Tamba, HHA
1/23 Lucretia Richards, HHA
1/30 Martha Molley, HHA



Executive Director

Happy New Year! I hope this message finds you well as we step into 2025 together. Over the past few weeks, I've had the pleasure of meeting with many of you during care conferences, and I look forward to completing the rest soon. These discussions have been so valuable as we strive to continue providing the best possible care for your loved one. On another note, we're excited to welcome new team members as we continue hiring Home Health Aides. Be on the lookout for new faces around the community and join me in making them feel welcome.

As I reflect on my time here at Norbella, I am so grateful for the warmth and support of this incredible community. Your collaboration and dedication make this a truly special place, and I'm excited for all that the new year ahead will bring for us.

Nursing

We are pleased to announce a new addition to our Nursing Department. Cynthia Rumuma, LPN, will be joining our team at the start of the new year. Cynthia will be supporting our interim nurses, Nancy and Rayette, as well as working closely with our Home Health Aides and providing direct care to residents. Our search for a Director of Health Services remains ongoing. We want to thank all of you for your dedication to the care of your loved ones. It is truly an honor to partner with such engaged and supportive families and friends in serving those who call NorBella home.

Community Life

I am so thrilled to share all the events and activities we have planned for the new year! First, some big news — we've been entered into a VERY serious competition with other Lifespark senior living communities. Starting January 16th, we'll face off in weekly challenges every Tuesday and Thursday at 1:00 PM. We'll compete virtually against our opponents, with each challenge recorded live. You'll see them on our TV, and they'll see us on theirs—all the action and drama playing out in real time! As your coach, I admit I'm shamelessly competitive, but I'm also supremely confident in the talent of our NorBella residents. We still need to decide on a team name (uniforms, swag, and accessories will be coming too!). So, head over to the whiteboard in the activity area to vote for your favorite name or add a new one. All that, and of course our favorite activities like bus trips, baking, crafts, music, games, and so much more. I can't wait to dive into it all with you. Until then, thank you for making 2024 so full of joy, laughter, and warmth. Here's to an even better 2025!

Marketing

Reflecting on this holiday season, it has been wonderful to see our community come together, with smiling faces and filled gatherings. We're also excited to share that we'll be entering the new year with a completely full building! It's inspiring to watch our community grow and connect. Wishing everyone a joyful holiday season and a happy New Year!

Culinary

As the year comes to a close, we want to thank everyone for a fantastic holiday season. Our kitchen had so much fun preparing special meals and desserts to bring joy to our residents and their families. We're excited for the new year and can't wait to share more delicious food options with you! Wishing you all a joyful end to the year and a bright start to the new one!

Spiritual Life

John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy New Year!

Get Social in 2025 – It's Good for Your Health

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

- **Having meaningful purpose could help you live longer.** Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.
- **People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery.** That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.
- **Talk with your primary care provider if you are feeling lonely or disconnected.** Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.

As you plan for 2025, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead.

Life at a Glance



Management Directory

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