



## *NorBella News!*

### *January 2025*



## Emergency Pendant Use

When a resident moves into our community, we assess whether they would be appropriate to have an emergency pendant assigned. This is reviewed ongoing during the time the resident is living with us.

These pendants are specifically designed for emergency use.

So, what's considered an emergency? Some examples, although not all inclusive, are falls and time-sensitive medical concerns, such as chest pain, moderate to severe joint/body pain, numbness, change in ability to speak or swallow, increased confusion, severe headache, new/severe dizziness/lightheadedness, etc.

What isn't an emergency? "I dropped something and want it picked up." "I don't like where my furniture is placed and want it moved." "I need to be reminded when the hair salon is open." "I want my services at a different time than they are scheduled (we can accommodate this, but please do your best to coordinate ahead time)."

Think of it this way - imagine that the aides receive 4 pendant calls at the same time. 1 resident can't find their TV guide. 1 resident wants to change their dinner order. 1 resident wants to know when Bingo is. 1 resident in on the floor. Only 1 of these 4 residents are having a true emergency. The aides don't get information beyond that someone is requesting help. If they aid chooses to answer one of the other 3 pendant calls, that leaves the person who fell laying on the floor with help delayed.

## Home Care Referrals

*With our aging population, we often refer our residents to home care for physical therapy, occupational therapy, speech therapy, and skilled nursing (typically for wound care) to help improve a change in their status that we're currently noticing.*

*When we initiate these referrals, Lifespark Home Care (or the home care agency of your choice) will reach out to the resident's first contact to start these services, including scheduling appointments.*

*We ask that you please assist with setting up these appointments - this scheduling is often deferred to the staff at the community. Our plates are already plenty full; assistance with something, as small as it may seem, really helps us!*

*We appreciate your understanding!*

- **Resident Council Meeting:**  
-Friday, January 17th - 10:30AM
- **Bingo Store:**  
-Tuesday, January 14th - 3:30PM  
-Tuesday, January 28th - 3:30PM
- **Church Service & Bible Study w/ Pastor Larry:**  
-Sunday, January 5th - 10AM  
-Sunday, January 19th - 10AM
- **Pet Therapy Visit w/ Howie:**  
-Wednesday, January 8th - 11AM
- **Pet Therapy Visit w/ Bergen:**  
-Wednesday, January 15th - 11AM
- **Aegis Therapies Meet & Greet!**  
-Thursday, January 16th - 10:30AM
- **PODIATRY:**  
-Monday, January 13th - 12:30PM

**UPCOMING OUTINGS:**

***Tuesday, January 7th - 10:30AM***  
IHOP Lunch Outing!

***Thursday, January 30th - 10:30AM***  
*Freddy's Custard & Steakburgers Lunch Outing*

**\*REMINDER:**  
**St. Michael's will be joining us every Tuesday at 9AM in the dining room for communion.**  
**Thank you!**



**UPCOMING EVENTS:**

***Friday, January 10th - 2PM***  
***Music w/ Grace & Gigi!***

***Friday, January 24th - 2PM***  
***January Birthday Celebration & Music w/ Bree!***

- **January 3rd: Mary Jane C.**
- **January 6th: John C.**
- **January 20th: Kathy S.**

# TRYathlon Tournament!

**Team Name: NORBELLA BOOMERANGS**

**Join us for TRYathlon Tournament every  
Tuesday & Thursday (starting Jan 14!) at 1PM!**

Tuesdays - 1PM - Walking!

Thursdays - 1PM - Arm & Leg Crank!

Fridays - 1PM - Really Big Show! (Weekly Recaps)

## **Important Dates:**

-Wednesday, January 8th - 2PM - TRYathlon Team Meeting!

-Thursday, January 9th - 2PM - TRYathlon Mentor Meeting!

**See you at 1PM to cheer on your fellow 'NorBella Boomerangs'!**



- What do you call a slow skier?
- A SLOPEpoke!
  
- How does a snowman get to work?
- By icicle!
  
- What did the wool hat say to the scarf?
- You hang around while I go on ahead.

**Welcome to NorBella!**

New HHA's:

Bee

Lashay

Iqra

Ruth





# January Word Search

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

**SNOW**

**SLED**

**COAT**

**FROSTY**

**COLD**

**SCARF**

**FIREPLACE**

**EARMUFFS**

**MITTENS**

**BLANKET**

**BLIZZARD**

**PENGUIN**