

January 2019 holds many titles of honor. One of our favorites is "National Soup Month." For your tasting pleasure, please try:

Olive Garden Zuppa Toscana Copycat Recipe

~ adapted from "The Recipe Critic"

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 4 slices bacon, diced
- 1 lb. spicy Italian sausage, casing removed
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 4 cups chicken broth
- 3 russet potatoes, peeled and thinly sliced
- 3 cups baby spinach
- 1 1/2 cups heavy cream
- Kosher salt and freshly ground black pepper, to taste.

Directions:

- Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
- Add Italian sausage to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside.
- Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in chicken broth and bring to a boil. Add potatoes and cook until tender, about 10 minutes.
- Stir in sausage and spinach until spinach begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste.
- Serve immediately, garnished with bacon.



Interesting Dates to Remember:

- Jan.1st – New Years Day
- Jan.4th – National Trivia Day
- Jan.5th – National Bird Day
- Jan. 6th – Epiphany/Feast of 3 Kings
- Jan.7th – National Bobblehead Day
- Jan.9th – Law Enforcement Appreciation
- Jan. 11th - National Milk Day
- Jan.12th – Kiss A Ginger Day
- Jan.16th - Museum Selfie Day
- Religious Freedom Day
- Jan.17th - Benjamin Franklin's Birthday
- Jan.19th - National Popcorn Day
- Jan 21st - Martin Luther King Jr. Day
- National Hug Day
- Jan.24th – National Peanut Butter Day
- Jan. 26th – National Spouses Day
- Jan.27th - International Day of Commemoration: Victims of Holocaust
- Jan.28th - National Croissant Day

Fun Fact: January is named for the Roman God Janus. He was often depicted with two heads; one looking forward, the other looking back.

Mark Sroczynski	Administrator
Tammy Berens	Clinical Transitions Coordinator
Ivy Bryant	Director of Case Management
Heather Hazen	Director of Senior Living
Susie Horner	Director of Culinary Services
Micha Ives	HR Coordinator
Kim Jardine	Admissions Coordinator
Stacy Quakenbush	Director of Nursing
Kay Rakes	Director of Resident Accounts
Gene Steppat	Director of Environmental Services
Rebecca Bowen	Clinical Education Coordinator
Sara Spencer	Director of Therapy
Constance Howard	Director of Life Enrichment

Happy Times

January 2019 - Health and Rehabilitation



"Nothing is predestined. The obstacles of your past can become the gateways that lead to new beginnings." ~ Ralph Blum

Hoorah for 2019! Another year has officially been ushered in. Let's make the most of it!

January, although sometimes bleak depending on what part of the country you live, is often seen as a time for new beginnings. It's a time to start fresh. A time to make new plans. And a time for those dreaded New Year's Resolutions.

While most of us completely agree with the reasoning and the motivation behind resolutions – following through with continuing results is a lot more difficult.

So, why not start out small. Make a promise to yourself to be kinder; to others and to you. Try smiling more for no particular reason. Take walks. Call your friends. Be adventuresome and make new friends! Positivity is a great way to support the changes we wish in our lives.

Make obtainable, realistic goals when first starting with change. Dreams are great and can be made real. However, you have to walk before you can run; no matter how quickly you would like to win the race.

Please take time to find things that you are passionate about and do them; whether it be a new skill or an old one.

Let's start the New Year out the right way. Remember that goodwill and caring is an all year round goal no matter where you live.

May this New Year be filled with love, happiness, good health and fortune!


Here's to new beginnings everyone! May you be blessed in all your endeavors!

Gateway Vista
a Nye Health Services campus

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January 2019 - Health and Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To attend an activity that is not on your floor, please press your call light at least 15 minutes prior to the activity start time. Thank you!</p>	<p>Activities and times are subject to change. For a daily list of events tune in to channel 901 or Call 4228</p> <p>Daily Movies can be found on channel 902 at 10am, 2pm, and 7pm</p>					
6 2:00 Hymn Sing-A-Long - 3rd FL	7 10:00 Music & Movement -4th FL 1:30 Devotions - 3rd FL 2:00 Ortho Plus (exercise) - 3rd FL 3:00 Quarter Bingo - PUB	8 10:00 Wii Bowling - PUB 1:15 Ortho Plus (exercise) - 3rd FL 2:00 Resident Council/ Culinary Corner - 3rd FL Afternoon Popcorn - ALL FLOORS	9 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 1:30 Birthday Bash - 3rd FL 2:30 Ortho Plus (exercise) - 3rd FL	10 9:00 Sing-A-Long - 3rd FL 1:30 Ortho Plus (exercise) - 3rd FL 3:00 Giant Crossword - PH 7:00 Music with Justin - AUD	11 9:30 Catholic Rosary - MC 10:00 Music & Movement -4th FL 3:00 Beer and Bingo - PUB	12 10:00 Sing a long - 3rd FL 2pm Performance: Justin Brookens
13 2:00 Hymn Sing-A-Long - 3rd FL	14 10:00 Music & Movement - 3rd FL 2:00 Ortho Plus (exercise) - 3rd FL 3:00 Quarter Bingo - PUB	15 10:00 Healthy Minds - AUD 1:00 Resident Council/ Culinary Corner - 4th FL 2:00 Ortho Plus (exercise) - 3rd FL Afternoon Popcorn - ALL FLOORS	16 10:00 Church Service - AUD 1:15 Ortho Plus (exercise) - 3rd FL	17 9:00 Sing-A-Long - 3rd FL 1:15 Ortho Plus (exercise) - 3rd FL 2:00 Carnival Crafts - AUD	18 9:30 Catholic Rosary - MC 10:00 Music & Movement- 3rd FL 3:00 Beer & Bingo - PUB	19 10:00 Sing a long - 3rd FL
20 2:00 Hymn Sing-A-Long - 3rd FL 4:00 Indian Hills Church - AUD	21 10:00 Music & Movement -4th FL 10:00 Manicures - 4th FL 1:30 Devotions - 3rd FL 2:00 Ortho Plus (exercise) - 3rd FL 3:00 Quarter Bingo - PUB	22 10:00 Healthy Minds - AUD 1:15 Ortho Plus (exercise) - 3rd FL Afternoon Popcorn - ALL FLOORS	23 10:00 Church Service - AUD 10:45 Catholic Mass - PUB 1:30 Seated Dancing (exercise) - 3rd FL	24 9:00 Sing-A-Long - 3rd FL 1:30 Ortho Plus (exercise) - 3rd FL 3:00 Giant Crossword - PH	25 9:30 Catholic Rosary - MC 10:00 Music & Movement -4th FL 3:00 Beer & Bingo - PUB	26 10:00 Sing a long - 3rd FL
27 2:00 Hymn Sing-A-Long - 3rd FL	28 9:00 Ortho Plus - 3rd FL 10:00 Manicures - 3rd FL 2:00 Quarters Bingo - PUB	29 10:00 Healthy Minds - AUD 1:15 Ortho Plus (exercise) - 3rd FL Afternoon Popcorn - ALL FLOORS	30 10:00 Church Service - AUD 1:15 Ortho Plus (exercise) - 3rd FL 2:30 Family Feud - PUB	31 9:00 Sing-A-Long 3rd FL 10:00 Ortho Plus (exercise) - 3rd FL 2:00 Sisterhood of Gateway Vista - PH		Outings: Red Special Events: Blue Religious Activities: Purple EnerG/Wellness: Brown EnerG/Activities: Black

Locations
 3rd FL - 3rd Floor Living Room
 4th FL - 4th Floor Living Room
 3rd DIN - 3rd Floor Dining Room
 4th DIN - 4th Floor Dining Room
 AUD - Auditorium Garden Level
 MC - Meditation Chapel 1st Floor
 PH - Penthouse - 6th Floor
 PDR - Private Dining Room
 PUB - Grill & Pub

Birthdays
 Roger Jackson: 1/17
 Bonnie Bennett: 1/23

Barber & Beauty Shop
 Tuesdays with Connie
 1:00 p.m. - 5:00 p.m.
 Wednesdays with Connie
 9:00 a.m. - 5:00 p.m.
 Thursdays & Fridays with Linda
 9:00 a.m. - 5:00 p.m.
 **Call 5020 (as a courtesy, please call ahead to make an appointment)