



COMING EVENTS

RED HAT LADIES SOCIAL: *Tuesday, January 10th, 2:00 pm, Dining Room*

GIRL SCOUT COOKIE SALE: *Wednesday, January 18th 4:30—7:00 pm, Lobby*

ANIMAL AMBASSADORS: *Friday, January 20th, 1:30 pm, Dining Room*

CHANDLER UNIVERSITY : *Tuesday, January 31st @ 10:00 am, Community Room*
Presented by American Healthcare & Mobility, Home Medical Equipment

NURSING NEWS



Greetings and Happy New Year from the Nursing Staff! Hope your holidays were joyful and full of blessings. I am not too much of a believer in New Year's resolu-

tions but one thing I try to do at the beginning of each year is to make a small change in my lifestyle that will contribute to my overall health and well-being. Did you know that the most effective way you can stay healthy is to wash your hands frequently and thoroughly throughout each day—for example, before and after preparing food, before eating, after using the bathroom, after being out in public areas, etc. Our world is full of billions of germs—they live on us, in us and all around us. We spread germs through hand-to-hand contact, coughing and sneezing. Germs are in the foods we eat, the fluids we drink and the air that we breathe. They are everywhere. So in order to prevent illness from germs, try following the hand washing steps outlined below:

- *Remove rings and other jewelry
- *Use hot water
- *Wet arms and forearms thoroughly
- *Use soap and lather up well
- *Clean under your fingernails
- * Rinse well under warm running water
- *Dry your hands thoroughly with a clean

Happy New Year!...Joan Roberts, Nursing Director

Chandler Pub

Resident Choice Menu

The next Resident Menu Meeting will be **Wednesday, January 4th @ 1:30 pm in the Dining Room**

January 4, 2012

*Tator Tot Hot Dish
 Served with a Dinner Roll and
 Small Side Salad*

January 11, 2012

*Build your own Taco Bar
 Available hard and soft taco shells
 Shredded Lettuce, Diced Tomatoes
 Shredded Cheese, Sour Cream
 Salsa, Taco Sauce Served with a Side of Frijoles
 Refritos (Refried Beans)*

January 18, 2012

*California Burger
 served with Lettuce, Tomato, Cheese
 Catsup, Mustard, Mayonnaise available
 Seasoned Potato Wedges*

January 25, 2012

*Mock Chow Mein Hot dish
 Served with Seasoned Roasted Vegetables
 and a Dinner Roll*

