



**February 2019-April 2019**

*From the campus director...*

Arvella McCollom

### **Jesus and Spring Bring New Life**

Additional sunlight and the warmer temperatures bring life to our land. I love watching the bulbs like tulips and daffodils begin to emerge from the warm ground and sprout into such beautiful colors. Birds began singing and building their nests. The vibrancy of Spring is synonymous with life. There is nothing better than being outside and experiencing the fresh air and nature at its best.

John 20:31 says, "But these (miraculous signs) are written that you may believe that Jesus is the Christ, the son of God, and that by believing you may have life in His name."

Spring reminds us of new life with growth and green plants. The Bible reminds us that true life is about believing that Jesus is the Son of God.

What does Spring look like where you live? Can you relate to this spiritual joy that comes with the abundant life of Spring? ♡



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## Birthdays at the Village

Baptist Village of Broken Arrow wishes all of these residents a happy birthday!

### RESIDENTS

#### February

6	Charlene B.	23	Sally F.
10	Gene Po.	24	Alice H.
13	Helen B.	27	Kenneth B.
16	Tommy S.	27	Naomi D.

#### March

3	Jean Po.	18	Don B.
4	Gene Pr.	26	Janet B.
7	Lucille M.		

#### April

2	Patsy G.	27	Joe F.
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### FRIENDS TEAM

#### January

22	Alice J.	27	Shelby S.
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#### February

1	Arvella M.	22	Linda K.
1	Ric M.	27	David T.

#### April

13	Velevia S.	28	Jennifer G.
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## From Dining Services:

In case you are not aware, there is a suggestion box in assisted living. It is just inside the door past the mail boxes. If you have not seen it, please ask Friends Team members to help you locate it. It is there for anyone to use.

Suggestion boxes can be used in a number of ways. If you are dissatisfied with something, you may let us know. This can be done anonymously if you choose.

Another way that you can use the suggestion box is to make requests for dining services. If there is a breakfast cereal that you enjoy and we don't have it, let us know. This is the same for any snacks, condiments or other food item that you would like to see us get. If you do request something this way, it is helpful to have your name on the request. Dining services would then be able to pay you a visit and let you know that we have the item you have requested and where it is located. Or, if we are not able to provide an item, we can discuss alternatives.

If there are any menu items that you would like to see us put on the menu, the suggestion box is a great way to communicate this. Again, putting your name is helpful, as it allows us to follow up with any questions that we may have.

- Chef Max



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## From Environmental Services:

Spring will be here before you know it! If you see a problem in or around your home/apartment, please let me or a Friends Team member know about this.

- David



## Team Member Anniversaries

We're proud to recognize the Friends Team members for their service!

### January

Jacque R. (8 yrs.)  
Stella D. (6 yrs.)  
Regina C. (2 yrs.)

Misty W. (1 yr.)  
Chandra C. (1 yr.)  
Donella A. (1 yr.)

### March

Ally G. (2 yrs)  
Diana H. (1 yr)

Leslie M. (1 yr.)  
Linda K. (1 yr.)

### April

Cody S. (3 yrs)

Krystal M. (2 yrs.)

## Nursing Notes:

There are several steps you can take to help prevent catching the flu and reduce the spread of viruses that cause it.

**Get vaccinated.** Vaccination is the first step to flu prevention. In general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high risk groups.

**Wash your hands.** Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.

**Do the elbow cough.** Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.

**Disinfect common surfaces.** Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use Clorox® disinfecting products on phone receivers, doorknobs, light switches, and remote controls.

**Drink Water.** Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day. If the color of your urine is close to clear, then you are getting enough. If it's deep yellow, drink more water.

- Donelle, LPN/DOHS

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## Life Enrichment Photos

