

Work Hard by Hardly Working

It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore.



We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

Donations Welcome

We are currently accepting donations for BINGO!

- Winter décor
- Candy bars
- Travel sized tissue packs
- Small stuffed animals
- Stationary
- Pens and pencils



Queen of the Sea

On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.



Queen Mary 2 has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the *QM2* is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.

Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



Celebrating January

- Hot Tea Month
- Blood Donor Month
- Brain Teaser Month

New Year's Day
January 1

Trivia Day
January 4

Step in a Puddle and Splash
Your Friends Day
January 11

Martin Luther King Jr. Day
January 15

Kid Inventors Day
January 17

Take a Walk Outdoors Day
January 20

National Seed Swap Day
January 27

Puzzle Day
January 29

January Greetings to all of our Families & Friends:

Happy 2024!! Hoping that you had a blessed holiday season with your families & friends. As we begin a new year, we continue to be cautious with COVID-19, Influenza and RSV. We had a tremendous amount of Holiday activities in December at Warde Senior Living. Our Family Gathering with the Opera singer on December 21st was one event that I will always remember!! Thank you to all of our families and friends that came. Please check out all of the fun pictures on our Facebook page, if you haven't already!!

January brings many winter events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment January calendar. This monthly calendar will be emailed to each of our families for assisted living and long-term care. Please feel free to join in on a life enrichment program with your loved one.

January 15th – we celebrate Martin Luther King, Jr. Day! Some famous quotes from Dr. Martin Luther King, Jr, "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.", "Out of the mountain of despair, a stone of hope.", and of course, "I Have A Dream."



Did you know that January 24th is National Belly Laugh Day? I am sure after the holidays and just in general, we all could use a good belly laugh. On Belly Laugh day, have a good, deep laugh. Did you know that laughter has been known to cause the tissue lining in our blood vessels to expand and increase blood flow? This makes you feel more positive, boosts your immune systems, and you will feel happier! Be sure to have a good belly laugh on Wednesday, January 24th! We all could use one!!

As always, we, the Associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us. Wishing you all a Happy New Year full of good health, happiness and peace.

With January Blessings,

Shari L. LaRoche, MS LNHA
Administrator



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Room Visits 10:15 New Years Day Social 11:00 Rosary - Chapel 12:00 Countdown to Noon 2:00 Movie Matinee - "Holiday Inn" and Manicures New Year's Day	2 9:00 Room Visits 10:15 Snowman Races 11:00 Rosary - Chapel 2:00 National Snowman Month - Snowman Social 4:00 One-to-One Visits 6:00 Evening Activity	3 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Music with Lori and Scott - Chapel 4:00 Activity Cart 6:00 Evening Activity	4 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Snowman Bowling 3:00 Biggest Snowmen and Snow Creations - Video	5 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary- Chapel 2:00 National Bird Day - Bird BINGO 4:00 Activity Cart 6:00 Evening Activity	6 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel
	7 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO	8 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Happy Birthday Elvis - Video Concert 4:00 Activity Cart 6:00 Evening Activity	9 9:00 Room Visits 10:15 Snowman Games 11:00 Rosary - Chapel 2:00 Winter Memories 4:00 One-to-One Visits 6:00 Evening Activity	10 9:00 Room Visits 10:15 Table Games 11:00 Mass - Chapel 2:00 Oatmeal Month - Baking In A Bag 4:00 Activity Cart 6:00 Evening Activity	11 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and Collage 4:00 One to One Visits 6:00 BINGO	12 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 National Hot Tea Day - Tea Party 4:00 Activity Cart 6:00 Evening Activity
14 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO	15 9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals 4:00 Activity Cart 6:00 Evening Activity Martin Luther King Jr. Day	16 9:00 Room Visits 10:15 Snowball Toss 11:00 Rosary - Chapel 2:00 Twenty Questions 4:00 One-to-One Visits 6:00 Evening Activity	17 9:00 Room Visits 10:15 Penguin Races 11:00 Mass - Chapel 2:00 Penguin Party 3:00 Movie - "March Of The Penguins" 6:00 Evening Activity	18 9:00 Room Visits 10:15 Pet Visits with Winnie and Ellie 11:00 Rosary - Chapel 2:00 Music with Brian - Gathering Room 4:00 One to One Visits 6:00 BINGO	19 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Resident Council 3:00 Happy Birthday Dolly Parton - Video Concert 6:00 Evening Activity	20 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Piano Concert - Gathering Room 4:00 Mass - Chapel
21 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO Activity Professionals Week	22 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Scrapbooking	23 9:00 Room Visits 10:15 Sing Along 11:00 Rosary - Chapel 2:00 National Pie Day - Making Pizza Pies	24 9:00 Room Visits 10:15 Table Games 11:00 Mass - Chapel 2:00 Creative Crafts 3:00 Belly Laugh Day - The Johnny Carson Show - Video	25 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Birthday Party with Bill - Gathering Room 4:00 One to One Visits 6:00 BINGO	26 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Australia Day 3:00 Arm Chair Travel - Australia - Video	27 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Creative Crafts 4:00 Mass- Chapel
28 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO	29 9:00 Room Visits 10:15 National Puzzle Day - Puzzle Social 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals	30 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Hot Chocolate Social	31 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Creative Crafts	 <h1 style="text-align: center;">JANUARY 2024</h1> <h2 style="text-align: center;">Warde Rehabilitation and Nursing</h2>		

Activities subject to change; see daily chronicle.