

January 2023

The Village Gazette

The Villages at the River Club | 1176 Warfield Blvd, Clarksville TN 37043 | 931-552-7455



Celebrating January

Bowling Month

Marshmallow Month

**Glaucoma Awareness &
Eyecare Month**

New Year's Day
January 1

Patti's in Grand Rivers, KY
Excursion
January 11

Martin Luther King Day
January 16

Chinese New Year
Presentation
January 20

Chinese New Year
January 22

Villagers Go Bowling
January 27

HAPPY NEW YEAR 2023!

Dear Residents, Staff & Family:

Wow, another year has flown by us all! First, I want to thank everyone for their patience and support during the past couple months as we transition into a year with myself at the "helm" of the community.

I wish to share that in December, thanks to your generosity, we were able to collect over \$5000 in donations for our hourly full & part-time staff. This allowed for 18 employees (front office, security, servers, cooks, and home care caregivers) to receive extra money as your appreciation for their awesome services here for the community!

I feel confident that our community team will be even more successful together in 2023! Hopefully our infamous "passenger van" will arrive soon since it has been purchased and serviced. We are just waiting for the community logo decals to be added. This will allow us to take more frequent trips together, both near and far, for events, shopping, doctor appointments, etc.

As plans for our second phase of buildings come into play, I will share with you all the news as they are confirmed. It will be nice to have another level of care added for our Residents to enjoy without having to leave the community entirely.

I will leave you with this poem:

*New years come and new years go,
Pieces of time all in a row.
As we live our life, each second and minute,
We know we're privileged to have you in it.
Our appreciation never ends
For our greatest blessings:
our family and friends.
Happy New Year!*

Love & Hugs,
Lisa Klasen



New Year Traditions from around the Globe



While most Americans associate the televised countdown and ball drop at the stroke of midnight with what is expected on a New Year's Eve, other countries

have their own interesting activities to ring in a new year.

- At midnight, Danes will jump off a chair or sofa—literally jumping into the new year. It's seen as good luck if you do, and bad luck if you don't, so be sure to take a leap if you ever ring in the new year in Denmark.

- The Irish have several New Year's traditions—such as banging the outside walls of their houses with bread to keep away bad luck and spirits, and starting the year with a spotless, freshly cleaned home. One of the most well-known is setting an additional plate at the dinner table for any loved ones lost in the prior year.

- Italians and Spaniards both wear red underwear for luck. However, Spaniards insist the underwear must also be new to be lucky. Italians take the new concept a step further, throwing old items out the window to symbolize the coming of new things with the New Year.

- Families in the Philippines make sure to serve 12 round fruits on New Year's Eve, like apples, grapes, and plums, which are believed to represent prosperity due to their shape, which mirrors coins. As for the lucky number, each fruit represents one month out of the year.

- In Mexico families gather to make New Year's Eve food—specifically tamales, which are corn dough stuffed with meat, cheese, and veggies all wrapped in husks—and then hand them out to loved ones on New Year's Eve.

- Colombian households have a tradition, called *agüero*, of placing three potatoes under each family member's bed—one peeled, one not, and the last one only partially. At midnight each person grabs for one with eyes closed and depending on the potato they select, can either expect a year of good fortune, financial struggle, or a mix of both.

Devotions will take place on Tuesdays and Thursdays starting at 10:00 a.m. **in the library.** Sessions will be based on “Our Daily Bread” books, which are available to residents for free.

(*Updated*) FIT in some time to get FIT by... Working out with Courtney from EmpowerMe Wellness on Mon & Thurs at 11AM in the Roxy. OR join instructor Diane to improve your stability, core strength and stretching during the 4 PM Yoga class on Mondays or chair yoga on Tuesdays at 10AM.

The last Wednesday of the month is our “Newcomer Orientation.” This is a time for recently arrived residents to introduce themselves and learn about their new home.

Housekeeping hours are Monday-Friday 9am-3pm. Please make sure trash is placed in the correct hallway bin **no later than 3pm.**

Dining to-go orders for *Lunch*: placed by 11:30am and picked-up from 11:45am-12:15pm. *Dinner*: placed by 4:30pm, and picked-up 4:45pm-5:15pm.

(*Updated*) Residents **must sign-up by 6:30pm on Thursdays** to get a breakfast box from the front desk on Saturday **AND SUNDAY** mornings.

Residents are reminded that salads, desserts, or other plated food items are not self-service in the dining room. Please see a kitchen staff member if you need a food item.

Please see Lisa Klasen to join our group messages on WhatsApp for up-to-the-minute announcements, information, and updates.

Don't forget to attend the resident Town Hall meeting held the first Wednesday of each month at 10:30am. This is the best way to stay informed and give feedback of all aspects of resident life here at the Villages.

New and Noteworthy...

- Beginning in January, retired school teacher Kathy Smith will be visiting to host “Coffee with Kathy: A Life Share Group”. This will be a new version of what was previously hosted as “Life Talks with Doug.” Please join Kathy at 10AM in the Roxy for a time to chat about the general challenges and issues experienced by all during this stage of life. Coffee mugs welcomed 😊
- A dedicated CHAIR YOGA session will be hosted on Tuesdays moving into the New Year. This is a great way to enjoy some of the benefits of yoga without the challenge of being on the floor.
- There will be a posted sign up for nail services starting in Jan. Once we can secure group transportation, outings will be planned to take residents to the local beauty college for services. Any resident unable to go in person is still welcome to contact Jenny for basic nail services.

Thank you, Village Angels!



A very heartfelt thanks to any residents, staff, or extended family who contributed to blessing our friends at Spring Meadows Health Care with Christmas presents. Their residents were so thrilled and thankful for their Christmas wishes being filled.

Hopping into Chinese New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.

On Jan 20th, APSU Professor Bing Xiao and some colleagues will be visiting to share her personal heritage of Chinese New Year customs. This will be a wonderful opportunity to learn more in-person about the traditions and customs of Chinese New Year as well as hearing traditional instruments, making a customary paper craft for good luck, and more.

Preview of Coming Attractions...

February

Flower crafting with The Bloom Project
Superbowl
Mardi Gras Party on 2/18

Towards Spring

2nd Tour of Ft. Campbell
*for those who missed the first outing

Meet Our Staff

Interim Executive Director

Lisa Klasen

Director of Maintenance & Security

Kenny Thomas

Executive Chef

Katy Heitzenrater

Home Care Professional Director

Tracy Sutton

Recreational Director

Jenny Roecker

Housekeeping Manager

Shannon Jacobs

Business Office Manager

Johnnie Friddle

Cooks

Bridgette Parisi

Tiffany Burlison

Martina Jefferson (Breakfast Attendant)

Servers

Rhonda Orr

Fredericka Lewis-Cado

Dyamond Coins

Nicole Davids Alexa Giordana

Housekeeping

Betty Martin Claire Cox

Villages at Home

Rina Gonzalez Gina Thibodeau

Ms. Chris Brown

EmpowerMe Wellness Team

Courtney Weaver (PT)

Jamie Smothers (Speech)

Kaylin Miley (OT), Manager

Security Guards

Mark Hughes Keith Stepp

Brenda Baez

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

5 - Cheryl Taylor (Villa)

18 - Eva Pendergrass

28 - Madeline Illgen

*Don't forget your birthday party on
Jan 20th!*

Prayer and Well-Wishes to:

Ilene Blumberg

Joan Wallace

Wanda Thompson

Marsha Young

The Vaughan Family

Charles Mosley

Sybil Thornton

Allen Anthony & wife

Norman and JoAnn England

**All our residents
for a year filled
with health,
happiness and
blessings.**



WELCOME New Residents

Julee Poole, Apt 304

Richard Short, Apt 305