

# NEWSLETTER



## NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

**Stay Connected:** Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

**Daily Physical Activity:**

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

**Learn Something New:**

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

**Healthy Eating Habits:**

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

**Read More:** Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

**Maintain a Positive Outlook:**

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

*Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.*



## HAPPY BIRTHDAY

### STAFF

Chelsea Tibiru	1-13
Melissa Cisneros	1-14
Nicole Surczk	1-15
Monica Garcia	1-16
Kimberly Cortez	1-17
Daleion Israel	1-22
Lindsay Martines	1-28
Evelyn Romero	1-28

### RESIDENTS

Belia G.	1/07
Ruby S.	1/10
Margaret L.	1/11
Patsy B.	1/13
Jerry S.	1/14
Jimmy A.	1/16
Arnoldo L..	1/29

## Monthly Weekly Socials

Taco Tuesday	Tuesdays
Christian Praise & Worship	Tuesdays
Popcorn & Pickles	Wednesdays
Ice Cream Socials	Thursdays
Catholic Communion	Saturdays

## WARM UP WITH A CUP OF HOT CHOCOLATE!



Few things can brighten a cold, rainy day like a warm, creamy cup of hot chocolate. This delightful drink has roots in the Mayan and Aztec civilizations, where roasted cocoa seeds were blended with spices like chili and annatto to create a rich, flavorful beverage. In ancient times, chocolate was considered a source of health and power, often reserved for royalty and the upper class.

Today, anyone can enjoy this comforting treat, whether made from scratch or a simple packet. Celebrate Hot Chocolate Day on January 31 by trying a new twist on your cocoa:

**Sweet-tooth twist:** Swap regular milk for a splash of coconut milk for a rich, tropical flavor.

**Spicy kick:** Add a pinch of cayenne and cinnamon powder for a bold, warming kick.

**Minty delight:** Stir with a candy cane, melt a peppermint patty or add a tiny splash of peppermint extract for a refreshing twist.

Warm up and indulge in the timeless joy of hot chocolate!



## Glaucoma Awareness Month

Glaucoma is an eye condition that can lead to vision loss and blindness if not detected and treated early. It often develops without noticeable symptoms in its early stages, making regular eye check-ups crucial for early diagnosis. Increasing awareness about glaucoma and its risk factors, such as age and family history, is vital for prevention.



# ACTIVITY PHOTO HIGHLIGHTS



All Cimarron Staff joined together to decorate the facility for Christmas



Cimarron Staff decorates the halls for Christmas



## Special Events

Elvis Presley Birthday Social	Jan 8
National Hat Day	Jan 15
MLK Documentary	Jan 20
National Wig Day	Jan 31
Hot Chocolate Day	Jan 31

## STAR of the Month

**Patti Collins, LVN** charge nurse. She goes above and beyond for our residents, staff and family members. Most recently she invited a family member to the night shift Thanksgiving Dinner because he didn't have any other family to celebrate with. Thank you Patti for all your hard work.



## Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





**3801 CIMARRON BOULEVARD  
CORPUS CHRISTI, TEXAS 78414**

Admissions: 361.993.8500  
 Fax: 361.993.4004  
 info@cimarronplacenursing.com  
[cimarronplacenursing.com](http://cimarronplacenursing.com)

## ADMINISTRATIVE STAFF

- Jennifer Steele  
ADMINISTRATOR
- Kimberly Wallace  
DIRECTOR OF NURSING
- Stephanie Jimenez  
ASSISTANT DIRECTOR OF NURSING
- Shelley Beers  
ASSISTANT DIRECTOR OF NURSING
- Totsy Carrion  
ACCOUNTS PAYABLE
- Stephanie Brown  
DIRECTOR OF ADMISSIONS
- Veronica Lopez  
DIRECTOR OF BUSINESS DEVELOPMENT
- Kim Ponce  
BUSINESS OFFICE MANAGER
- Anita Buenrostro  
MDS/CASE MANAGER
- Blanca Esquivel  
WOUND CARE NURSE
- Dee Thompson  
DIETARY MANAGER
- Victoria Flores  
REHAB DIRECTOR
- Anastasia Filmore  
SOCIAL WORKER
- Eva Perez  
ACTIVITY DIRECTOR
- Vincent Salas  
MAINTENANCE DIRECTOR
- Freida Zavadil  
MEDICAL RECORDS
- Melissa Cisneros  
CENTRAL SUPPLY
- Anna Ortiz  
HOUSEKEEPING SUPERVISOR
- Tony Zamora-Kershaw  
TALENT AND LEARNING DIRECTOR



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

H	P	A	W	Z	O	E	Y	M	O	K	J	R	G	H
C	O	C	O	A	U	N	B	F	A	E	Y	E	S	E
B	S	B	D	Q	G	B	L	J	C	Y	Y	S	F	P
M	I	O	B	G	Y	F	J	N	T	C	C	O	D	U
P	T	S	J	Y	K	D	Z	E	I	F	T	L	R	Z
P	I	K	V	Z	D	E	G	W	V	X	H	U	E	Z
Y	V	Z	K	C	O	Q	O	Y	I	A	T	T	A	L
M	E	Z	S	O	N	W	A	E	T	M	Z	I	M	E
F	B	W	Y	N	O	X	L	A	I	P	S	O	E	G
E	C	U	C	N	R	J	K	R	E	C	D	N	P	B
S	X	O	A	E	O	R	H	L	S	A	L	A	X	Q
U	Z	Z	A	C	H	O	C	O	L	A	T	E	R	H
N	E	H	G	T	T	I	S	I	G	H	T	P	L	G
I	E	V	K	E	Q	U	A	L	I	T	Y	O	I	I
T	N	Z	F	D	G	Z	S	V	O	Q	Z	P	L	T

### WORD LIST

- ACTIVITIES
- CHOCOLATE
- COCOA
- CONNECTED
- DONOR
- DREAM
- EQUALITY
- EYES
- GOAL
- HOBBY
- NEW YEAR
- POSITIVE
- PUZZLE
- RESOLUTION
- SIGHT