

The LEEflet

JANUARY 2019

Bright with promise, a new year is a perfect time to start fresh and establish some new habits. It may be hard to change some habits in older adults; however, it is never too late to try and create a healthier, happier lifestyle. So, give these suggestions a try .

- Do you have some family recipes that you have been keeping to yourself? Has your granddaughter been pestering you to show her how you make your famous apple pie? Now is the time to share! Recipes which have been passed down from one generation to the next provide families with a powerful trigger of happy times gathered around the kitchen table and help keep the memories of those no longer with you alive.
- set a goal to increase your exercise in the New Year. This can be as simple as purchasing a pedometer and vowing to walk a certain number of steps each day. Include your neighbors by asking them to join you on walks around the neighborhood or right here in our building. This will make your health care provider very happy!
- Pass the fine art of letter writing down to the next generation by writing letters to some of your loved ones. Vow to send handwritten birthday cards and thank you notes throughout the year as well.
- Learn more about the technology your family is using. You will bond with a tech savvy family member as they help you set up your accounts, and once you have learned how to use them, you'll be able to better keep in touch with the younger members of your family.
- Revisit an old hobby you may have given up if your health allows. If this activity made you happy in the past, it can certainly brighten up your current life.
- Rekindle a past friendship with someone you've lost touch with. Perhaps, they are wishing to do the same.

Make healthier food decisions. Perhaps swapping-out your daily dessert with some healthy fruits and vegetables. It's never too late to make smart food decisions.

Whichever New Year's resolution you choose, I wish you much success!!

Happy New Year !!

Barb Watson



Building Business



SUDS....SUDS....SUDS

SUDS....SUDS....SUDS

We are having an ongoing problem with suds backing up in tenant kitchen sinks. Although they are clean suds, they are a nuisance. The maintenance staff has done drain cleaning and investigating, but we can't figure out where they are coming from, or how to eliminate. The only possible places these clean suds are coming from are other tenants units caused by a portable dishwasher, portable washer, or excessive soap in the kitchen sink. The Lease agreement specifically states no washing machines in the units. While I can't control how much soap you use for your dishes or personal items, I can ask you be aware and considerate of our neighbors. If you have a portable washer, please discontinue using it. Thank you.

There are Better Things to Talk about than Other People An old proverb tells the story of a person who repeated a rumor about a neighbor. Soon, the whole community had heard the rumor. Later, the person who spread the gossip learned that the rumor was untrue. it doesn't take much to spread hurtful words, but once you do, you can never completely undo the damage.

Safety: Use of auxiliary heaters other than a UL-approved small electric heater is prohibited. Your unit contains two (2) smoke detectors and a sprinkler system. Do not tamper or interfere with the smoke detectors, sprinkler head, or any other safety equipment. Tenants are responsible for notifying management if they suspect their smoke detector is not working properly. Do not use worn electrical cords or overload electrical outlets. You must use a power strip when plugging in multiple cords.

CANNOLI CHEESEBALL

Ingredients

- 1 8 ounce softened Cream Cheese
- 1/2 Cup Ricotta Cheese
- 1/2 Cup powdered Sugar
- 1 Teaspoon Cinnamon
- 1/8 Teaspoon All Spice
- 2 1/2 cups mini chocolate chips



Directions

In an medium mixing bowl combine the cream cheese, ricotta cheese, powdered sugar, cinnamon, allspice and one cup mini chocolate chips. Form the cheese mixture into a ball refrigerate for one hour. Then roll the cheese ball in the remaining chocolate chips and serve with vanilla wafers or graham crackers.

Welcome

Gonna Miss you

Bobbi Jo Apt # 306

Dolly # 503

Norleen # 210





It is because of our Christian faith that Avinity is guided by the following core values in support of our mission:

*Excellence– we have high standards; we seek to be innovative.

*Compassion– we open our hearts to our residents, caring for the whole person: body, soul and spirit.

*Respect– we hear and support the needs of others; we work to build trust.

*Integrity– we consistently adhere to high ethical standards and best practices.

*Fellowship– we encourage an inclusive spiritual community.

*Stewardship- we use our resources prudently.



The Birthday party will be on January 31st

Alice B # 405 1/5

Betsy K # 410 1/6

Sonia F # 406 1/28

Marian H. # 402 1/29

Dottie D # 209 1/29

Ice Cream, Cake, Coffee and live entertainment

by Dave & Laurie for \$2.00.

No Charge for Residents with a

December or January Birthday.



Resident Resources

LEE Center of Hibbing
3220 8th Avenue East
Hibbing, MN. 55746

LEE Center Office
218-262-2166

Resident Services Coordinator Barb
218-336-2361

Housing Administrator Sandra
218-336-2362

Certification Specialist Angela
218-336-2363

Maintenance Supervisor Ward
218-336-2365

After Hour Caretakers
218-969-8599

AEOA Meals on Wheels
218-262-4784

Hairdresser Shirley
218-262-6324

Healthy Foot Care Dawn
218-969-5770

Hibbing Area Transit
218-263-7115

LEE Center Office Hours

Monday—Friday 9-4:00

Stamps \$10.00 for a book of 20

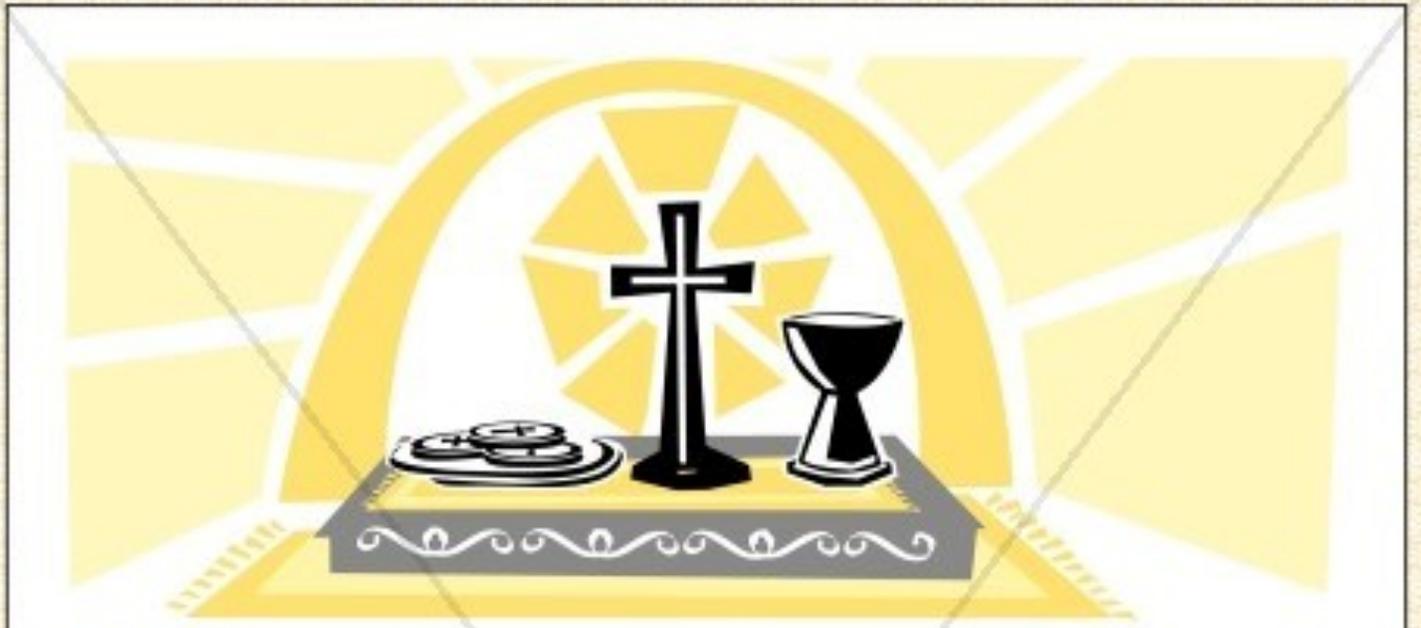
Quarters \$10.00/ roll

Bus Passes

\$15.00 for 15 rides with no expiration, or unlimited monthly pass.

Copies .10/ each

Stamps, quarters and bus passes are available from the office
Mon-Friday 9-11:00 AM



Catholic Church Services

Catholic Mass 2nd Wednesday @
1:30

Rosary Every other Tuesday @ 2:00

Catholic Connection 4th Wed @1:15

All services will be held in MPR

Bible Study

Every Thursday
@ 2:00 MPR

Lutheran Church Services

Lutheran Communion 1st
Wednesday @ 10:00

Lutheran Church Service 1st & 3rd
Sunday @ 1:00

Methodist Church

Methodist Communion/Church service

1st Tuesday @ 1:00

HAPPY NEW YEAR EVERYONE

"Write it on your heart that every day is the best day in the year."

- Ralph Waldo Emerson

Articles written for January 1st are usually reserved for New Year's resolutions. This is no exception. I want to share one of my resolutions. In recent weeks I have been reminded of the importance of starting each day with *thanksgiving, joy and confidence*. Even my doctor has told me that it is good for your health to wake up and begin the day by reflecting on three things for which you are thankful. As in the past, I get a head start on my New Year's resolutions by trying to put them to practice during the month of December, so I can confidently share with you my progress and hopefully inspire you to a similar goal.

My early thoughts as I wake up and begin my days are of three simple words of thanks. And as I walk through the day, I expect to be surprised by joy. It's something that if you expect it to happen, it usually will. This in turn helps me to receive love and kindness from others and in turn willingly "pay it forward" by sharing the same with all who cross my path. Such a positive start to each day has contributed to my sense of confidence in living because it begins my day in faith looking to God and trusting in the many ways God cares for me. Psalm 65 portrays God's strength, care and love in a way that helps us begin and end our days:

By awesome deeds you answer us with righteousness,
O God of our salvation,
the hope of all the ends of the earth
and of the farthest seas;
the one who by his strength established the mountains,
being girded with might;
who stills the roaring of the seas,
the roaring of their waves,
the tumult of the peoples,
so that those who dwell at the ends of the earth are in awe at your signs.
You make the going out of the morning and the evening to shout for joy.

Written by Chaplain Lane Skoglund



<https://scljnghtzencort.com/blog/2019/01/new-year-wishes-for-dog-horse>