



Skyline Estates
Senior Living and Memory Care
A Tierra Senior Living Community

2861 Mountain St. Carson City, NV. 89703/775-885-9223

www.SkylineCarsonCity.com



January 2022

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Around our Community

There have been some updates to our COVID visitation policies, for more information please see the Administrator's Corner on page 2.

From the Skyline family to yours, Happy New Year everyone! Let's make 2022 the best it can be!

2022



Welcome our new residents:

- *Rex Moss-MC*
- *Billy Heinz-CD*

Administrator's Corner



Happy New Year everyone! I hope everyone had a wonderful Holiday Season. I wanted to update everyone on current changes concerning our COVID policies. We are now allowing unvaccinated family members to visit fully vaccinated residents here at Skyline. However, you must still abide by our visitation guidelines: appointment required; must be screened prior to being admitted for the visit; only two visitors at a time; max ½ hour visiting time; masks worn by everyone during the visit; and you must remain in the resident's room the entire time and are not allowed to walk around the inside of the community. We are still doing outdoor visitations those residents that have chosen not to get the vaccine. If a resident leaves our community overnight, when they return, they must quarantine for 5 days and then family must provide and administer an at home COVID test prior to the resident being released from quarantine.

In other news, we have a very exciting year planned for the residents and continue to improve/add activities to encourage all residents to partake, socialize, and improve their overall well-being. We all enjoy what we do and want to be able to provide the very best for our residents.

Thank you all for your support this past year, and we all hope and pray that 2022 is going to be the year of getting back to normal.

-Eric

Let's TACO 🌮 about it with Jen & Donna!!

Traditional Christmas Food

Why are roasted chestnuts, savory smoked ham, fruity cakes, specialty cookies, and eggnog popular Christmas traditions? These iconic foods, vital to holiday menus, are fully ingrained in the culture of the holiday, and although used in various ways at different latitudes, they all tend to be eaten solely during this time of the year.

Before farm-raised poultry came to be, families who lived off the land had to choose carefully which animals to eat on special occasions because hens provided eggs and cow's milk. Whole geese were cooked because they laid eggs only seasonally. This bird was the most common on Christmas tables before Turkeys and Thanksgiving traditions took over.





Melissa's Minutes

January is the month for new beginnings. It's when we start fresh and New Year resolutions are made. The tradition of making New Year's resolutions goes back 4,000 years. During a 12-day celebration, the Babylonians would plant crops, crown a new King, or reaffirm the reigning King, make promises to their gods, and pay back debts. All to stay on the good side of the gods. Modern New Year's resolution became a thing in the 19th century. Still while over a third of the population make resolutions only about 8% follow thru. So, weather you choose to get healthier; spend less, save more; enjoy life to the fullest or to not make a resolution at all, here is to a safe and happy year!



Keeping Healthy with Kenise

Nutrition

The way we eat throughout our lives impacts the way we age. Science has proven that a well-balanced and varied diet full of nutritious foods like fruits and veggies, whole grains, legumes, nuts, and lean proteins; and limited in sugar, salt, saturated or solid fats, is critical to good health. This means we all have the power to maximize and improve our health, add vitality to our years, reduce the risk of disease, and increase our health span, the number of years we live in good health. And it's never too late to make improvements.

What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet, so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

Did you know:

- An estimated 42% of U.S. adults ages 60+ are obese.
- 60% of U.S. adults have 1 or more diet-related chronic diseases.
- 1 in 2 older adults are at risk for malnutrition.
- 10 to 20% of older adults have sarcopenia.
- 1 in 2 women and 1 in 4 men ages 50+ will break a bone due to osteoporosis.
- Only 63% of adults ages 60+ follow the dietary guidelines.
- Up to 46% of adults ages 70+ do not get the recommended amount of protein.
- Adults ages 60+ typically drink only 3.1 – 3.5 cups of fluid/day.
- Around 7% of older adults each year experience food insecurity and struggle to put healthy food on their plates.



HAPPY BIRTHDAY!

Residents

Elizabeth Rau-1st; Janice Gravkin-17th; Suzette Watson-18th;

Marlene Jung-27th

Employees

Yesenia Meza-Melgoza-14th; Chris Meitzner-27th

Life Enrichment

*"For last year's words belong to last year's language and next year's words
await another voice."*

-T.S. Eliot

Greetings from Life enrichment! I'm so glad everyone enjoyed all the Christmas activities we had scheduled for last month; they were all so much fun to do! Santa was so happy he was able to spend time with everyone here. We have more fun activities scheduled for the new year! Remember to check your activities calendar for the schedule and I can't wait to see everyone there! Happy new year everyone!

-Shannon



Ariel Wilson



**GOOD
JOB!**

Outstanding Employee of the Month

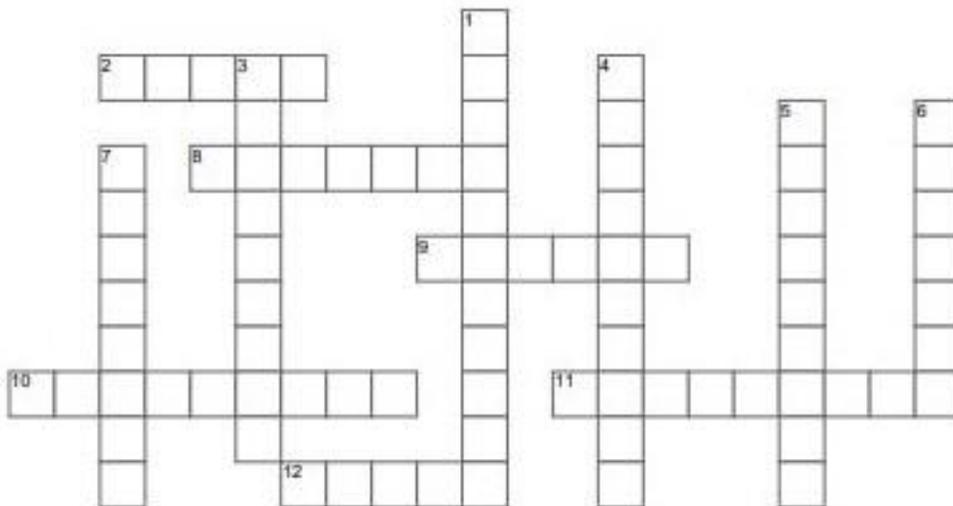
*Congratulations to Ariel Wilson for being awarded as
January 2022 Outstanding Employee of the Month.
Ariel has tirelessly dedicated her time to Skyline
Estates and has demonstrated a high-level of
professionalism and work ethic.*

*She continually provides excellent care for the
residents and goes the extra mile to help make this a
better place.*

— Congratulations —

Exercise Your Mind

HAPPY NEW YEAR



ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.



Answer Key on Page 7

Happy New Year!



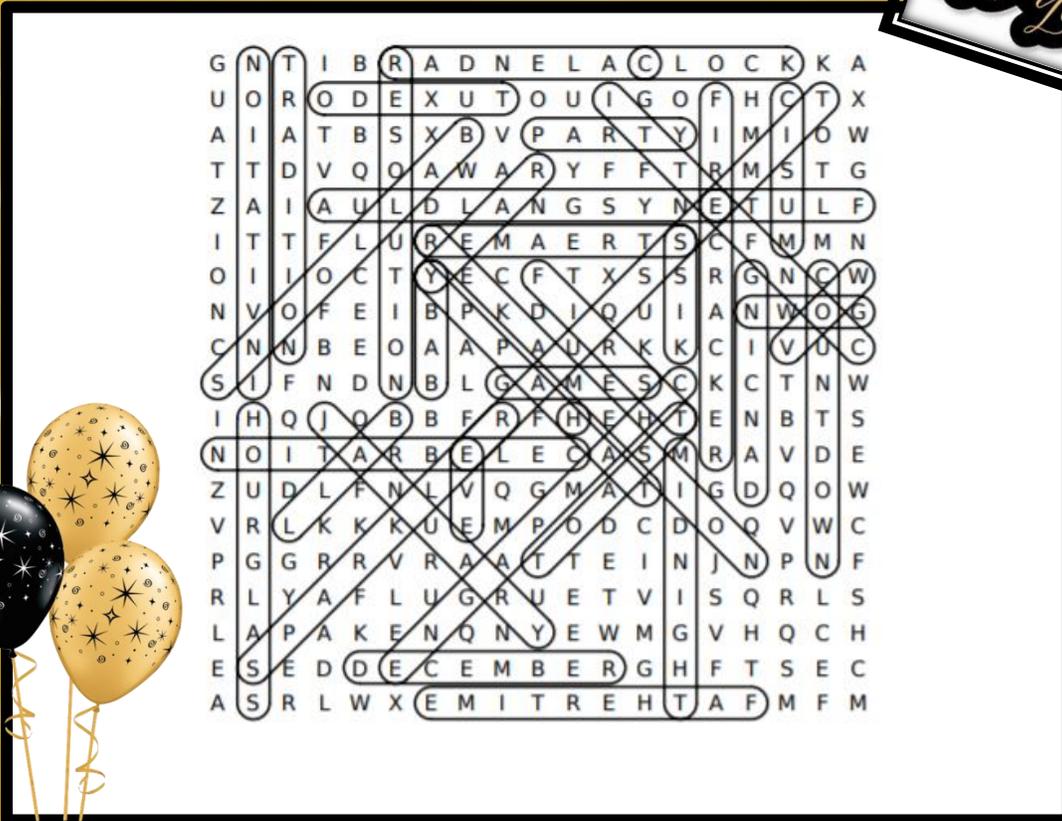
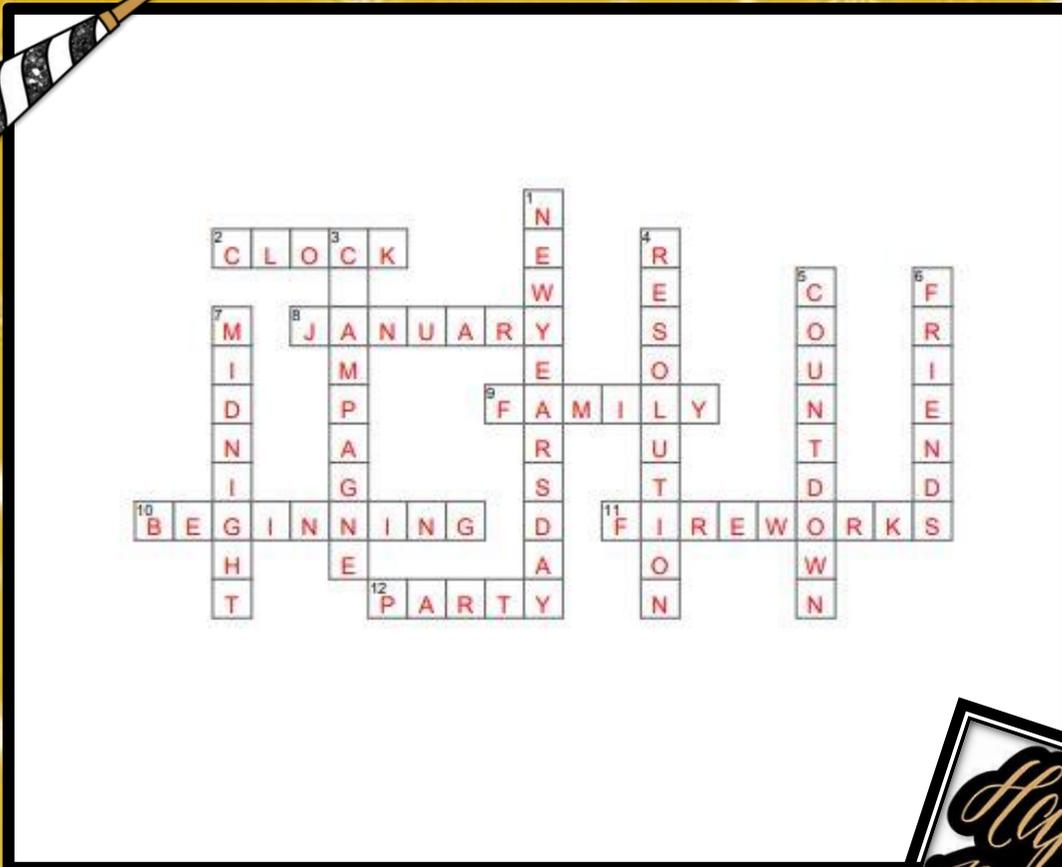
AULD LANG SYNE
 BABY
 BALL
 BALLOONS
 CALENDAR
 CELEBRATION
 CHAMPAGNE
 CLOCK
 CONFETTI
 COUNTDOWN
 DANCING
 DECEMBER
 EVE

FATHER TIME
 FIRECRACKER
 FIRST
 FLUTE
 GAMES
 GOWN
 HAPPY
 HAT
 HOURGLASS
 INVITATION
 JANUARY
 KISS
 MIDNIGHT

MUSIC
 NOISE MAKER
 PARTY
 RESOLUTION
 SPARKLER
 STREAMER
 TIMES SQUARE
 TOAST
 TRADITION
 TUXEDO
 VOW
 YEAR

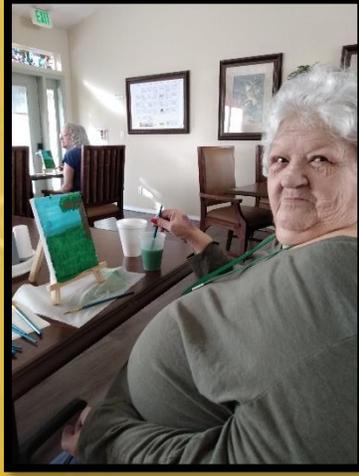


Answers to crossword and word search



Life here
at
Skyline









Leadership Team



Eric Mager – Administrator



Amber Cervantes – Community Relations Liaison



Melissa Moody – Business Office Manager



Kenise Smith – Wellness Director



Jennifer Rodriguez – Director of Dining Services



Chris Meitzner – Maintenance Director



Shannon Gruening – Director of Life Enrichment



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