

# Chateau Brickyard

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## Flower – Carnation

This month's flower is as rich in history and significance as it is diverse—and with around 300 species, that's saying something! Their genus, *Dianthus*, means "flower of the gods," which explains why they were a favorite among early Romans, who made them into celebratory wreaths. According to some sources, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love.

## Outings

Sign up in the book located at the front desk for meals out, shopping, and these exciting outings!

**Let's go to the movies! - Cinemark 10**

Monday, January 7 at 10:25 am

**Let's feed the homeless at the Road Home**

Monday, January 14 at 1:00 pm

**Wendover trip: Rainbow casino**

Monday, January 21 at 8:45 am

**Hockey game! Idaho Steelheads vs Utah Grizzlies**

Monday, January 28 at 12:45 pm

Our beautiful flower arrangements are provided by



## Bird of the Month – Snowbird



A deep, distinct call (*hoo, h'HOO, hoo, hoo*) earned great horned owls the nickname "hoot owl." These muscular, nocturnal owls live in monogamous pairs, using this code of hoots to locate each other. Their piercing yellow eyes adapt to low light, and a unique auditory ability endows them with superb hunting skills. Great horned owls can detect the milliseconds it takes a sound to travel from one ear to the other. They turn their heads until the sound enters both ears simultaneously. At that point, they can home in on the exact location of prey, usually rodents, but occasionally skunk, porcupine, or other raptors. Rather than building nests, great horned owls scout out abandoned ones and spruce them up with grass, twigs, and their own breast feathers. They are wonderfully adaptable, living in every U.S. state in woodlands, swamps, mountains, suburban parks, and even empty city buildings.



## January Events

**Elvis Presley Day!**

Tuesday, January 8

Fun activities all day!

\*Elvis Party 3:15 pm

**Ladies Pajama Party!**

Tuesday, January 22

6:00-7:00 pm

**Happy Hour!**

Friday, December 11

3:00-4:00 pm



**Lunch Bunch**  
January 19 La Frontera  
January 25 Red Robin

## Wolf Moon

January's full moon, which occurs on January 21, is commonly known as the wolf moon. It received its name because, amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside early Native American Indian villages. Other names include "old moon" or "moon after Yule."

**Management Staff**  
**Executive Director** Willow Greer  
**Community Outreach** Hope Jenkinson  
**Activities Director** Gigi Gazani  
**Dining services manager** Hector Flores  
**Business Office Manager** Issac Lewis



**Now at Chateau!**  
Celebrate your special occasion with us.

The Chateau will help you host a great party!

- Birthdays
- Special occasions
- Club meetings, etc.

We will provide a place and the supplies for your celebration!

Contact our Activities Director



*"JANUARY,  
The first month of the year,  
A perfect time to start all  
over again,  
Changing energies and  
deserting old moods,  
New beginnings, new  
attitudes."  
~ Charmaine J. Forde*



**Making An Impact**

Did you know that Blue Harbor communities are home to more than 2,000 residents and employ nearly 1,500 employees? Our communities are open and operating 24 hours a day, seven days a week, 365 days a year. In any given year, we share more than 2 million meals together, celebrate thousands of birthdays, host hundreds of events, and create countless memories. To make that all possible, we use a lot of natural resources.

To offset our use of natural resources, we have taken a number of steps aimed at creating a more sustainable future. Here are just a few of the initiatives we have taken on in the last few years:

- Last year, we performed a successful LED light retrofit at a pilot community in California that reduced our common area lighting consumption by 65%, while providing brighter lighting for residents and employees. This initiative also reduced the time and expense spent replacing lightbulbs allowing us to focus more on our residents. Following this pilot, we started rolling this program out to all communities and plan to be finished very soon.

- We have installed more than 400 occupancy sensors that automatically turn off lights in common areas, offices, and storage areas when not in use.

- Over 75% of our resident rooms already have LED lights and we are committed to retrofitting 100% of our rooms in the coming year.

- We are replacing inefficient toilets, aerators, and showerheads across our communities. To date, we have installed 1,500 high-efficiency water fixtures and 2,500 aerators.

- To divert our waste stream away from landfills, we have increased recycling programs at our communities.

- Our communities have been using green certified housekeeping products, flooring, and paints since 2012.

We believe it's our responsibility to do what we can to make a positive impact on our environment. At the end of the day, our primary goal is to create comfortable, engaging living environments that promote wellness for our residents and work environments that allow our employees to learn, grow, and thrive. If we can reduce our impact on the environment at the same time, that's even better. Thank you for joining us in this effort.

**Upcoming Musical Performances**

1/8 Elvis impersonation with Bob Shorten at 3:15 pm

1/11 Gorgeous Gourds at 3:00 pm

1/21 One wagon three wheels at 1:00 pm

1/25 Heart and soul: Starlord duo at 2:30 pm

\*All music performances are held in the living room



Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri.

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**January Activities**

**Every Friday at 2:00 pm**

Nintendo bowling

**Every Tuesday at 1:00 pm**

Manicures with Vicki

**Every Tuesday at 2:30 pm**

Bingo prizes!

**Every Wednesday (except 1st Wednesday)**

at 3:00 pm

Craft class

Come and make beautiful and easy projects!

**Every Saturday at 11:00 am**

Nintendo Wii golf

**Monday-Saturday (times vary)**

Group exercise, sit and stretch, strenght training, moving to music, chair volleyball, theraband exercises

Check your Activities calendar for details!

**Every Wednesday (No specific time)**

N.P. Kurtis Hinderman Visits Check at the front desk for more information. Ask Vicki from Creekside when does Dr. Lewis and other health providers come in!

**Every Saturday at 2:15 pm**

New-release movie at our Theater Room.

**Wednesday, January 2, at 3:30 pm**

Man Cave! (Activity Room)

**Wednesday, January 7, at 3:30 pm**

Ladies Club! (Living Room)

**Tuesday, January 8, at 1:30 pm**

Tai-chi class w/Gwen

**Thursday, January 10 3:00-4:00 pm**

Daughters of Utah pioneer meeting

**Friday, January 25 1:30 pm**

Resident council

**Wednesday, January 30 6:30-8:30 pm**

Genealogy class w/ missionaries



**January Birthdays**

January 6 Wallace C.

January 8 Doug B.

January 9 Sylvia W.

January 17 Floyd G.

January 19 Virginia M.

January 20 Marty S.

January 28 Celeste K.



**We Appreciate Referrals**

The highest honor you can bestow on us is referring someone you care about. We are committed to providing service that is worthy of referral. Your referrals are the heart of our business. Please direct all referrals to our Community Outreach Director.



"Like" Our Facebook Page at Chateau Brickyard Senior Living and stay updated of all the fun our residents have!

If you would like your family to receive our newsletter and be informed of our upcoming events, activities and more, please fill out our new contact information form! Get your forms at the front desk!