



Dear Families:

Happy New Year and I hope you had a blessed Christmas with family and friends. The Willow Park Winter Wonderland was a huge success! It was great to have so many families and friends joined our celebration.

The January meal celebrations will be a New Year's Day lunch and Martin Luther King, Jr. Day lunch. Please purchase your meal tickets at the Front Desk if you desire to join your loved one for either meal.

Our highlighted "adventure" for January will be a tour to the World Center for the Birds of Prey.

The caregiver's dementia support group will be meeting on Thursday, January 10th and 24th from 6:00 – 17:30 PM in the game room. This is an open group sponsored by the Alzheimer's Association. The Alzheimer's Association Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health, as well as optimally care for the person with dementia.

Kind Regards,

Linda Arends
Memory Care Program Director
Willow.ad2@blueharborsl.com
Direct line: 208-854-3815