

FRANCISCAN VILLA

Post Acute Care • Long Term Care • Assisted Living

17110 E 51st Street • Broken Arrow, OK 74012 • (918) 355-1596

Franciscan Villa Community Event

Polar Bear Charity Walk - Run

Friday, January 29th, 1–3:30 p.m.

Come take a walk or run on our beautiful grounds to benefit your neighbors in need. Please bring an item for the Broken Arrow Neighbors pantry. Giving back or paying it forward is the best trophy you can ever receive!



To Benefit B.A. Neighbors Pantry



Broken Arrow Neighbors Pantry needs canned meats (a favorite is chicken), peanut butter, jelly, boxed meals, instant potatoes, canned fruit, box pudding, box Jell-O, Manwich, pork & beans, chicken noodle soup, cream of chicken soup, spaghetti sauce, canned tomatoes, tomato sauce, pie filling, cake mix, ramen noodles & dry beans.

Franciscan Villa is open to having community meetings and events at our facility, give us a call!

January 2016

HAPPY NEW YEAR!! 2016



New Year's Prayer

Another year is drawing near with the chance to start anew.

May I be kinder, wiser dear Lord?

In all I say and do, not so caught in selfish gain that I would fail to see.

The thing in life that means the most cost not a fancy fee.

The warm, kind word that can give, the outstretched hand to help more precious these than the wealth.

I know not what lays ahead of laughter or of tears.

I only need to know each day that you're walking near.

I'm thankful for this brand new year.

I'm thankful for this brand new year.

As now I humbly pray my hand secure in yours dear Lord.

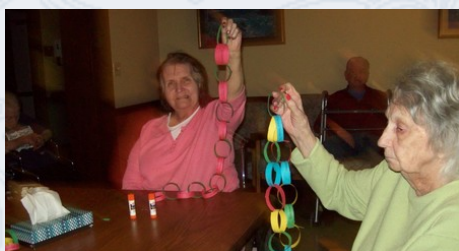
Each step along the way.

By Resident Bobbie J. R.



Crafting Creates Brain Benefits

Whether you're stitching, purling, painting, gluing or carving, crafting not only keeps your hands busy, but science shows it can keep your brain nimble, too. Researchers say activities such as sewing, knitting, scrapbooking and woodworking can protect the brain from age-related damage and decrease the risk of mild cognitive impairment. While crafts may appear to simply provide hobbyists with a creative outlet and enjoyment, scientists assert that crafting is unique in that it can exercise many areas of the brain, including memory, attention span, visual-spatial processing, and problem-solving.



Skilled Nursing Facilities

Skilled nursing facility— what exactly does that mean? How can they help me, and how long do I stay?

Skilled nursing facilities are licensed by the state to provide round-the-clock medical nursing care for people with serious injuries, illnesses, or disabilities. Care is provided by registered nurses, licensed practical nurses, physical and other kinds of therapists, certified medication aides, and certified nurse aides. A physician oversees each patient's care.

Residences that only provide what's called "intermediate" care— such as assistance with activities of daily living, like dressing or bathing— don't have as many skilled professionals providing care. A skilled nursing facility provides both kinds of care, as needed. One of the most important functions of skilled nursing facility is to provide rehabilitation for people who are recovering from a serious injury or illness. Once they are through with their rehabilitation, whether it takes a couple of weeks or up to one hundred days, hopefully they go back to their home. Then they are stronger and better equipped to care for themselves and more able to avoid a return trip to the hospital. A skilled nursing facility's professional staff works hard to make sure that everyone lives to their fullest potential and ability.



Genesis Therapy Rocks!!



Special Snowflakes

You've probably heard that no two snowflakes are the same. But how do we know this for sure? Scientists say it's a matter of probability: A fully formed snowflake has about a quintillion molecules (a quintillion is the number 1 followed by 18 zeroes). The chance of these molecules arranging themselves in the exact same way more than once is incredibly slim, especially when affected by constantly changing factors like temperature and humidity.

Happy Birthday!!!

Jan. 01	Rose J.
Jan. 08	Marjorie E.
Jan. 10	Marcell C.
Jan. 12	Mary K.
Jan. 15	Gwendolyn D.
Jan. 16	Harry G.
Jan. 17	Alma H.
Jan. 17	Margaret A.
Jan. 19	Rosella G.
Jan. 19	George C.
Jan. 22	Reeder W.
Jan. 25	Nila Z.



Heal the Burn

If you burn your tongue after taking a sip of hot coffee or other beverage, there are several ways to soothe it. Doctors say to keep your mouth moist by drinking water. To help numb the pain, eat cold foods, such as ice cream, popsicles or yogurt. You can also gargle with cool salt water or put a pinch of sugar on your tongue. Avoid hot, spicy or acidic foods, such as citrus fruits and tomatoes, until the burn heals.

"Everything is possible to one who has faith."

—Mark 9:23



EMPLOYEE OF THE MONTH

Congratulations to our December Associate of the Month! Though Victor has been with us for a short time, he has made a great impact on our family at Franciscan Villa! Thank you, Victor, for working so hard to provide a clean and safe home for the residents!

5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for "door."
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.

FIND US ON FACEBOOK!!!!

Family & Fun Times



January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities May Change at Anytime. National Month of: Activity Professionals, be kind to food servers, Fitness, Brain teaser, Gourmet coffee, Hobby, Hot tea, soup, Creativity and Alzheimer's Awareness. BIRTHSTONE: Garnet, FLOWERS: Carnation, COLORS: Black & Dark Blue.					New Year's Day ¹ HC 9:00 NY Parade C 11:00 Mass TV NY Bowl Game AL 1:00 Res Council HC 1:45 Res Council	HC 9:30 Stoops ² AL 10:00 Puzzles C 11:00 Mass HC & AL 2:00 Movie C 3:30 Confession
C 11:00 Mass ³ GR Dorothy Fun HC Bonnie Fun C 4:00 Rosary "A Day of Rest"	C 9:30 Rev Thomas ⁴ HC 10:00 Mix It Up C 11:00 Mass HC 1-2 Manicures GR 2:00 Crafty Fun	AL 9:30 Exercise ⁵ HC 10:00 Name It C 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	AL 9:30 Exercise ⁶ HC 10 Restorative C 11:00 Mass HC 2:00 Sit N Chat AL 2:00 Outing	HC 9:30 Crafts ⁷ AL 10:00 Puzzles c 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	O 8:45 Walmart ⁸ C 9:30 Rev Roland C 11:00 Mass HC 1:30 Gents View AL 1:30 Golden Gals	HC 9:30 St. Bernard's Band ⁹ C 11:00 Mass HC & AL 2:00 Movie C 3:30 Confessions
C 11:00 Mass ¹⁰ HC Bonnie Fun GR Dorothy Fun C 4:00 Rosary "A Day of Rest"	AL 9:30 Exercise ¹¹ HC 10:00 Trivia C 11:00 Mass HC 1-2 Manicures AL 2:00 Birthday	AL 9:30 Exercise ¹² HC 10:00 Birthday C 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	AL 9:30 Exercise ¹³ HC 10:00 Just Do It C 11:00 Mass HC 2:00 Cocoa AL 2:00 Nurse Trish	HC 9:30 Crafts ¹⁴ AL 10:00 Puzzles C 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	O 8:45 Walmart ¹⁵ C 9:30 Rev Roland C 11:00 Mass HC 1:30 Golden Gals AL 1:30 Gents View	HC 9:30 Luigi Oldies ¹⁶ Sing a Long C 11:00 Mass HC & AL 2:00 Movie C 3:30 Confessions
C 11:00 Mass ¹⁷ GR 2 Dorothy Fun HC 2:00 Bonnie Fun C 4:00 Rosary "A Day of Rest"	M. L. King Jr. Day ¹⁸ AL 9:30 Exercise HC 10:00 Express C 11:00 Mass HC 1-2 Manicures AL 2:00 Games	AL 9:30 Exercise ¹⁹ HC 10:00 Dreaming C 11:00 Mass AL & HC 2:00 Bingo C 4:00 Rosary	AL 9:30 Exercise ²⁰ HC 10:00 Work Out C 11:00 Mass AL 1:00 Outing HC 2:00 Popcorn	HC 9:30 Crafts ²¹ AL 10:00 Puzzles C 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	O 8:45 Walmart ²² C 9:30 Rev Roland C 11:00 Mass HC 1:30 Yum Break AL 1:30 Wine Cooler	HC 9:30 Therapy Dogs Visit ²³ C 11:00 Mass HC & AL 2:00 Movie C 3:30 Confessions
C 11:00 Mass ^{24/31} HC 2:00 Bonnie Fun GR 2:00 Dorothy C 4:00 Rosary "A Day of Rest"	AL 9:30 Exercise ²⁵ HC 10 Shake It C 11:00 Mass HC 1-2 Manicures AL 2:00 Learning C	AL 9:30 Exercise ²⁶ HC 10:00 Poetry C 11:00 Mass AL & HC 2:00 Bingo C 4:00 Rosary	AL 9:30 Exercise ²⁷ HC 10:00 Cornie Day C 11:00 Mass HC 2:00 Brownies AL 2:00 Dominoes	HC 9:30 Crafts ²⁸ AL 10:00 Puzzles C 11:00 Mass HC & AL 2:00 Bingo C 4:00 Rosary	O 8:45 Walmart ²⁹ HC 9:30 Rev Roland C 11:00 Mass Franciscan Villa Polar Bear Walk for BA Neighbors	HC 9:30 Music Fun ³⁰ Name That Tune C 11:00 Mass HC & AL 2:00 Movie C 3:30 Confessions

