



# What's New at the Care Center

Bartlesville Care Center

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## Guess Who is new!!!

## January Birthday's

**Frances Gardner**, was married for 40 years before her husband passed away. She raised her 2 nephews after her sister passed away. She worked in city services for 21 years in computers. She has many friends that she keeps in contact with. She enjoys gardening and spending time with friends and her family,

### WINTER WEATHER SAFETY TIPS AND GUIDELINES

#### Around the Home

Keep ahead of advancing winter weather by monitoring the latest forecasts, watches and warnings. Your local television stations and AM/FM radio stations are usually great sources for local weather information. You can also access a huge amount of detailed weather information by visiting the National Weather.

<i>Lawrence Miller</i>	1
<i>June Moon</i>	4
<i>Lula Landrum</i>	9
<i>Waymon Franks</i>	15
<i>Carmen Hulbert</i>	23
<i>Ellsworth Tietz</i>	24

**James Reynolds**, has been married for 54 years. He has 3 children. He used to be a financial manager for Phillips and would travel internationally usually one time a month. His past hobbies were golfing, playing bridge, and working in the yard.

An ice storm will take down power lines knocking out electricity, sometimes for many days. Make sure you have ways to keep warm, and that you have plenty of batteries on hand.

Check your food, and stock an extra supply. Make sure at least part of your food supply is made up of food that does not have to be cooked. If there are infants or people who need special medication at home, make sure you have a supply of the proper food and medicine. Make sure pets and animals have shelter and a water supply.

Be careful when shoveling snow. It is extremely hard work for anyone in less than prime physical condition. It can bring on a heart attack, a major cause of death during and after winter storms.

**Noel Webb**, has one son that lives in Utah. He spends a lot of time with his sister that lives here locally. He enjoys fishing and hunting.

Dress for the conditions when outdoors. Wear several layers of light-weight, warm clothing: layers can be removed to prevent perspiring and subsequent chill. Outer garments should be tightly woven, waterproof and hooded. For the hands, mittens, snub at the wrists, offer better protection than fingered gloves.

Be careful when using fireplace, stoves, or space heaters. Proper ventilation is essential to avoid a deadly build-up of carbon monoxide. Don't use charcoal inside as it gives off large amounts of carbon monoxide. Keep flammable material away from space heaters and do not overload electric circuits.

## Special January Activities for all Residents

Danny Miller Jan. 11th 1:00 Trotting Wolf Singers Jan. 12th 2:00  
M&M Singers Jan. 18th 1:15

### Family and Resident Council Meeting

Jan. 19th 10:00

Singer Luigi Jan. 20th 12:30 Pizza Day Jan. 22nd 12:00  
Guitar Singer Jan. 22nd 5:30

National Pie Day Jan. 25th 2:00 Revival Church Jan. 28th 6:00

### How to Keep New Year's Resolutions

#### Step 1

Aim low. It goes without saying that most New Year's resolutions are easier announced (or written) than done-but if you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like "I will lose 30 pounds by April and finally fit into that dress," target a goal that's more attainable, like losing 10 or 15 pounds.

#### Step 2

Don't overload yourself. It's difficult enough for the average person to follow through on one ambitious New Year's resolution; why on earth would you saddle yourself with three or four? Choose the most pressing issue at hand-losing weight, improving your relationship with your parents-and concentrate on that. Trying to do everything simultaneously practically guarantees failure across the board.

#### Step 3

Tell everyone you know. One school of thought says that New Year's resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution, the more people there'll be to prod you along if you fall behind. There's no shame in seeking help if you can't accomplish your resolution on your own.

#### Step 4

Reward yourself. Following through on a New Year's resolution is rarely easy. If you've resolved to shop less, stroke yourself for not buying those shoes by springing for a steaming hot cappuccino at the mall. If you've resolved to be nicer to people, buy yourself a nice jacket after enduring that tedious cocktail party without delivering any insults.

### *Quote for the month*

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

~Hal Borland



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**Organization**



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[www.bartlesvillecarecenter.com](http://www.bartlesvillecarecenter.com)

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