

# Be Inspired

MADISON HOUSE | a Senior Lifestyle community | NORFOLK, NE 68701 | 402-644-4567

## THIS MONTH'S *silver star*

SYLVIA IS THE RESIDENT FEATURED FOR JANUARY

Sylvia became a resident of the Madison House in 2018. She and her family spent their lives raising a family in O'Neill, Neb. Her husband worked as a food inspector for the State of Nebraska. Ivan and Sylvia had three children: Ivan Jr., Kathy, and Tonya. Sylvia was a nurse for several years. Once her children were born, she stayed home until they were in school, then she worked for her church in several different roles. Sylvia really enjoys reading, spending time with family, and spending time with the other residents. In Sylvia's younger years, she loved to embroider and crochet. When asked if she had a nickname, she smiled and said her brothers used to have a saying for her middle name that her father would always correct them. "Sylvia doesn't ring because her middle name is Doreen." When asked what Sylvia likes about living at the Madison House, Sylvia replied that it has always been comfortable and she likes visiting with the other residents. When you see Sylvia around the community, please extend a hello.

## WE'RE LOOKING FORWARD TO *exercise and devotions*

Exercise and devotions are held Monday through Friday daily. The first group is Apartments 1-19. The first group time for exercise is 9:30 a.m. The second group is Apartments 20-39. The second time is 11 a.m. This is a great time for fellowship and exercise.



TRAIN  
YOUR  
BRAIN  
*search  
for U.S.  
Cities*

R E N O S I H P M E M J  
C H I C A G O D D I C G  
D M F T S I U O L T S H  
E L T T A E S W D O G O  
K R A W E N A D M G D U  
O B S D T U N A S E E S  
D U D A K U H I L I T T  
N F F E L A L O C D R O  
A F E D D L T S S N O N  
L A S V E G A S A A I D  
R L N O T Y A D S S T C  
O O S E L E G N A S O L

- Buffalo
- Chicago
- Cincinnati
- Dallas
- Dayton
- Detroit
- Houston
- Las Vegas
- Los Angeles
- Memphis
- Milwaukee
- Newark
- Omaha
- Orlando
- Reno
- San Diego
- Seattle
- St. Louis
- Toledo
- Tulsa

BE INSPIRED

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

- ACTIVITY ROOM — AR
- COURTYARD — CY
- DINING ROOM — DR
- FRONT PORCH — FP
- LIBRARY — Lib
- LIVING ROOM — LR
- OUT OF FACILITY — OOF
- RESIDENT APARTMENT — RA
- RESIDENTS' HALLWAYS — RH

BIRTHDAYS THIS MONTH

- LARENE KONOPASEK — 12th
- EVELYN SHANNON — 31st

TRANSPORTATION SCHEDULE

TUESDAY & WEDNESDAY  
9 a.m.-3:45 p.m.  
Medical Appointments

OFFICE HOURS

MONDAY - FRIDAY  
9 a.m.-5 p.m.



“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

<p>9:00 ● Church Services Starting on TV   RA <b>3</b></p> <p>9:00 ● Church Services Start on TV Channel 35   RA</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>4</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group a Bingo   DR</p> <p>3:00 ● Group B Bingo   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>5</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>6</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>7</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group B Pokeno   DR</p> <p>1:30 ● Pokeno: Group B   DR</p> <p>3:00 ● Group a Pokeno   DR</p> <p>3:00 ● Pokeno: Group a   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>NEW YEAR'S DAY <b>1</b></p> <p>9:30 ● Morning Exercise and Devotions Group a   LR</p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Jeopardy Group B   LR</p> <p>3:00 ● Group a Jeopardy   LR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:00 ● Morning Trivia and Week in Review   RA <b>2</b></p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p> <p>6:30 ● Lawrence Welk Show   RA</p>
<p>9:00 ● Church Services Starting on TV   RA <b>10</b></p> <p>9:00 ● Church Services Start on TV Channel 35   RA</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>11</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group a Bingo   DR</p> <p>3:00 ● Group B Bingo   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>12</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:00 ● Crafts in Small Groups Please Sign Up   AR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Movie: Group a   LR</p> <p>3:15 ● Movie: Group B   LR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>13</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:00 ● Crafts in Small Groups Please Sign Up   AR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>14</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>15</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Jeopardy Group B   LR</p> <p>3:00 ● Group a Jeopardy   LR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:00 ● Morning Trivia and Week in Review   RA <b>16</b></p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p> <p>6:30 ● Lawrence Welk Show   RA</p>
<p>9:00 ● Church Services Starting on TV   RA <b>17</b></p> <p>9:00 ● Church Services Start on TV Channel 35   RA</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>MARTIN LUTHER KING JR. DAY <b>18</b></p> <p>9:30 ● Morning Exercise and Devotions Group a   LR</p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group a Bingo   DR</p> <p>3:00 ● Group B Bingo   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>19</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>20</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>21</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group B Pokeno   DR</p> <p>1:30 ● Pokeno: Group B   DR</p> <p>3:00 ● Group a Pokeno   DR</p> <p>3:00 ● Pokeno: Group a   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>22</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:00 ● Morning Trivia and Week in Review   RA <b>23</b></p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p> <p>6:30 ● Lawrence Welk Show   RA</p>
<p>9:00 ● Church Services Starting on TV   RA <b>24</b></p> <p>9:00 ● Church Services Start on TV Channel 35   RA</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>25</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Group a Bingo   DR</p> <p>3:00 ● Group B Bingo   DR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>26</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:00 ● Crafts in Small Groups Please Sign Up   AR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>1:30 ● Movie: Group a   LR</p> <p>3:15 ● Movie: Group B   LR</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>27</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:00 ● Crafts in Small Groups Please Sign Up   AR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>28</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:30 ● Morning Exercise and Devotions Group a   LR <b>29</b></p> <p>11:00 ● Group B Morning Exercise and Devotions   LR</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>	<p>9:00 ● Morning Trivia and Week in Review   RA <b>30</b></p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p> <p>6:30 ● Lawrence Welk Show   RA</p>
<p>9:00 ● Church Services Starting on TV   RA <b>31</b></p> <p>9:00 ● Church Services Start on TV Channel 35   RA</p> <p>1:30 ● Help Yourself to the Trivia Board   RA</p> <p>6:00 ● Quarantine Tonight NCN Channel 35   RA</p>						

## RECAP: HOW WE STAYED CONNECTED THIS MONTH

# we got in the spirit of christmas

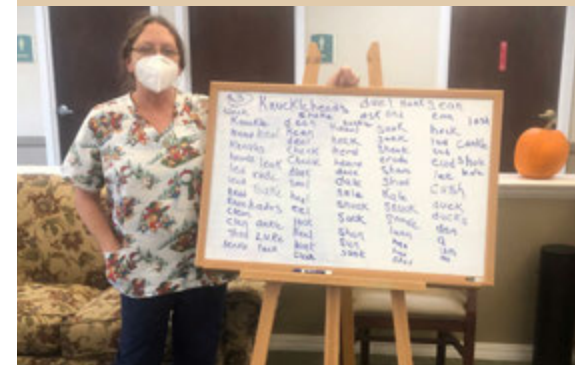
December has been a fun time at the Madison House. We have decorated for the season. The decoration that the staff and the residents enjoyed the most was the life-size dancing Santa. He sang a number of songs. We had the Christmas tree up in the living room as well. The residents enjoyed walking the halls and looking at how each resident had decorated outside their apartments for the holidays. Later in the month, we had a sampling of several different kinds of Christmas candies, cookies, and pies. Who doesn't like a good sweet treat? We enjoyed lots of laughter and fun throughout the month of December.



## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

KATHY is our HEART Hero for the month of January. Kathy is a staff member here and gives 200 percent every day that she is here. We would like to share some information about Kathy so we can all get to know her better. Kathy has three children and six grandchildren. She has been married to her husband, Steve for 37 years. When Kathy isn't at work, she enjoys going fishing and spending time with her family. A fun fact about Kathy is she did foster care for 13 years and adult care for six years before going back into health care. When asked who are the most influential people, she said the Management staff and her coworkers. She says everyone keeps each other up and going, even during stressful situations. We are extremely happy to have Kathy on staff. If you see Kathy around the community, please give her a big thank you for all she does for everyone in the community.



Kathy

## IT'S OUR PLEASURE TO SERVE YOU ... word from your leadership team

### NOTES FROM THE NURSE

It's official, 2020 is now over! This past year has been tedious to say the least and we have all struggled, but we have overcome and have a new outlook on life moving forward.

We all know about New Year's resolutions. Some may choose to be healthier, exercise more, or eat better, and others may take up a new hobby or try and eliminate a bad habit.

This year we have the chance to reflect on the past year and decide how to improve our lives and the lives of our loved ones. One of the best resolutions is to ensure that friends and family know how much you love and/or care for them. Send a letter, make a phone call, and send an email — any little form of communicating with them. We have learned, from this past year, that although we cannot meet face-to-face, that these other forms of communication are wonderful to show someone you care.

Grandparents can use more colored pictures from their grandchildren or FaceTime in the evening, to remind them of their importance. Parents could use an extra call in the week to see how their week has been as well as brothers/sisters. Many of these ideas cost little to no money and mean the world to our loved ones as well as ourselves. It takes just a little effort to create memories for a lifetime. So, here's to 2021 and the memories we will make!



## MANAGEMENT TEAM

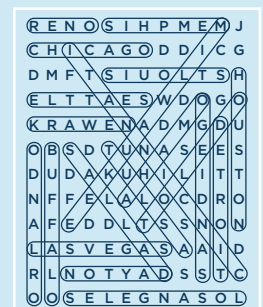
Tanya Babel, *Executive Director*

Melissa Thies, *Health and Wellness Director*

Beth Plisek, *Resident Program Director*

Brian Quigley, *Director of Maintenance*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE



PET FRIENDLY

your life, your style