

## The Nurses Corner

### Attitude of Gratitude

In many ways, as a society, we've lost touch with the true meaning of gratitude and that's understandable. Gratitude requires reflection and stillness, two things that can be difficult in our busy, overstimulated everyday lives. As a result, we're also missing out on the benefits of gratitude, which may be greater than many people realize. As it turns out, the effects of gratitude can be important for our overall well-being for several reasons:

- **Improved mental health.** If you're struggling with anxiety or depression, gratitude might be the last thing on your mind. However, as it turns out, gratitude could be a key component of helping with your mental health. One study showed that participants who wrote gratitude letters regularly displayed significantly better mental health than those who didn't. In fact, brain scans suggested that gratitude might even have the power to rewire our brains for the better.
- **Improved physical health.** Better sleep and immunity? Yes please! Fortunately, neither requires a visit to the doctor's office or a new prescription. Gratitude has been shown to help with both and may even be linked to reduced pain and improved cardiovascular health as well.
- **Stronger social bonds.** It's no secret that people like to feel appreciated. Gratitude kept to yourself can have tremendous benefits. But expressing your gratitude makes it real to you and benefits the recipient. It is also tied to your physical and mental well-being. And importantly, expressing your gratitude often builds connections and improves your relationships.
- **Reduced comparison:** Gratitude can help lessen the urge to compare yourself to others.
- **Physiological changes:** Gratitude can cause physiological changes in your body that initiate the parasympathetic nervous system, which helps you rest and digest. This can help bring down your blood pressure, heart rate, and breathing.
- **Resilience.** Gratitude has the effect of helping us to refocus on positive emotions. It guides us to take an optimistic, solution-oriented approach to the

challenges that we encounter in life. Both of which are hugely important to building resilience. Resilience, in turn, improves our overall quality of life by enabling us to bounce back from the hardships we face.

#### PRACTICING GRATITUDE

- **Redirecting your thoughts:** You may feel negative or frustrated during the day. When that happens, step back and shift your focus to a positive aspect of the situation.
- **Write it down.** If the idea of beginning a gratitude practice feels overwhelming or cheesy, keep in mind that it doesn't have to be difficult. You can start small by setting aside time each day to think or write about three things that you're grateful for or writing a letter of gratitude once a week.
- **Hitting pause:** many of us reflexively say, "thanks" often. Next time you hear yourself say it, stop and pinpoint precisely what you are thankful for.

Special thanks to:  
[iyde.org](http://iyde.org) and [www.uclahealth.org](http://www.uclahealth.org)

### January Birthdays

Deng – January 1  
Chris – January 7  
Pat – January 16  
Jerome – January 21  
Kathy – January 31

Isaac Asimov (author) – January 2, 1920  
Diane Keaton (actor) – January 5, 1946  
Zora Neale Hurston (author) – January 7, 1891  
Elvis Presley (musician) – January 8, 1935  
Vidal Sassoon (designer) – January 17, 1928  
Edgar Allan Poe (author) – January 19, 1809  
Ernest Borgnine (actor) – January 24, 1917  
Wayne Gretzky (athlete) – January 26, 1961  
Oprah Winfrey (TV host) – January 29, 1954  
Gene Hackman (actor) – January 30, 1930

January 2025

# Select Senior Living

11350 Martin St NW , Coon Rapids, MN 55433

### Celebrating January

#### Staff Directory

**Main Number**  
**763-767-1127**

**Vanessa Nguyen**  
**Executive Director**

**Patti Dufresne**  
**Marketing Director**

**Buffy Reinmuth**  
**Director of Nursing**

**Renee Voyce**  
**Life Enrichment Director**

**Eric Gebel**  
**Director of Maintenance**

**Jameel Robertson**  
**Director of Culinary**



## Happy New Year from Select Senior Living

*"We all get the exact same 365 days.*

*The only difference is what we do with them."*  
-Hillary DePiano



## Resident of the Month for January



Our resident of the month for January is Joseph!

He was born in the country of Liberia. He moved to the United States of America on June 5, 1992

He has 2 sisters. He also has 2 daughters.

His favorite food here is Pork ribs, mashed potato and gravy, and collard greens.

Science and Math were his favorite subjects in school.

He has 2 Masters of Education. One MBA in Finance and another in accounting.

He has a passion for teaching. This passion led him to teach at two different universities in China.

When he is not reading, he likes to watch soccer and basketball.

What he likes the best about living at Select Senior Living is the comradery among the residents. He also likes all the directors here. They really do try to do their best for each of us.

## Updates from Life Enrichment



As we “ring in this new year”, let us remember that tomorrow is the first blank page of a 365-page book. You are the author of your book. Let’s make this year a great, bestselling novel!

This month we will be changing the catholic communion time. Please note that it is now in the afternoons. **It will be at 1 in the movie room.**

We will be having a **casino day** here at Select Senior Living. There is no need to bring money, because Select Senior Living provides the fun and games. It will be on Thursday, January 16 at 2.

A resident requested to have some extra Bingo games. So, when you look at the calendar, you will see a few more bingo games scattered throughout the January calendar. Come and enjoy the extra fun.

### Outings-

Thursday, January 2 – Walmart

Thursday, January 23 – Dollar Tree

### Entertainer-

Friday, January 10- Bill Cagley

Friday, January 17- Randy Rolloff

Friday, January 24 John Daniel

### Craft Time-

Thursday, January 9 – Painting a Wooden Spoon Snowman

Thursday, January 30 – Valentines Craft