



**EXTRA! EXTRA!
READ ALL ABOUT IT!!**

**Your "GOOD TO KNOW" Many Mansions
Resident Info Newsletter for January 2024**

JANUARY is "Mental Wellness" Month



ALL NEW-
Workshops
For the New
Year!
Check your
monthly
Property
events
Calendars for
times and
dates.

<i>Issue 1</i>	
JANUARY 2024	
JAN 1ST	NEW YEARS DAY
JAN 1ST	SELF CARE DAY
JAN 15TH	MARTIN LUTHER KING DAY
JAN 19TH	POPCORN DAY
FEB 21ST	PIE DAY
NATIONAL DAYS	

The World Health Organization provides a mental wellness definition: "A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." Feb 2, 2021

Tips for Increasing Mental Wellness:

- Try to relax and reduce stress.
- Find ways to learn and be creative.
- Spend time in nature.
- Connect with others.
- Look after your physical health.

**RESIDENT BOWL
PAINTING
WORKSHOPS
ARE BACK IN
JANUARY 2024 FOR :**



JANUARY. Named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past, the other into the future.

Who is Janus the Roman god of beginnings?

Janus is the Roman god of beginnings, change, gateways, archways, and doorways. He is seen as the god of entrances and exits and beginnings and ends. The month of January is named after Janus because it begins the new year, full of possibilities and growth.



**Supportive
Services Case
Managers Corner**

**AMANDA
MALONE**

My name is Amanda Malone and I am a Case Manager here at Many Mansions for Supportive Adult services. 1/9/24 will be my 1 year anniversary with Many Mansions and what a great learning experience it has been. I work hard to remain diligent and efficient in the work I perform here at Many Mansions and enjoy the variety of residents I get to work with and assist on a daily basis. Most of all, I am grateful for the comradery here that I have with my co-workers. Everyone is so friendly, helpful and supportive and we are a tight knit team. I enjoy RV camping and I love being a cat mom to my 2 furry boys at home.....



Can't clean the whole room?
Clean a corner of it. Can't
do all the dishes? Do a dish.
Can't get in the shower?
Wash your face. Always look
for the thing you CAN do,
with the energy and focus
you DO have. Little wins pave
the way for bigger wins.

1% beats 0%.

Dr. Glenn Doyle

