

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

JANUARY is "Mental Wellness" Month

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.

Mansions

ALL NEW-Workshops

For the New

Calendars for

Year! Check your

monthly

Property events

times and

dates.

Issue 1 JANUARY 2024

JAN **NEW YEARS** 1ST

JAN SELF CARE DAY

JAN MARTIN 15TH LUTHER KING

DAY

JAN POPCORN

FEB PIE 21ST DAY

NATIONAL DAYS

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?

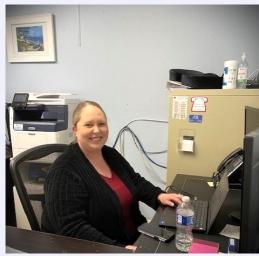
Janus is the Roman god of beginnings, change, gateways, archways, and doorways. He is seen as the god of entrances and exits and beginnings and ends. The month of January is named after Janus because it begins the new year, full of possibilities and growth.



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

