

January  
2022

## River Oaks Alzheimer's Special Care Center

2961 W Spring Valley Pike  
Miami Township, OH 45342



### Meet The Team!

**Heather Gates**  
Administrator

**Laura Zimmerman**  
Community Resource Director

**Eric VanDoren**  
Maintenance Director

**James Hill**  
Food Service Director

**Megan Whitford**  
Program Director

### **5 resolutions to focus on in 2022**

#### **Stay physically and mentally healthy.**

Exercise is crucial as it releases important chemicals like dopamine that help the body stay healthy and active, but being mentally healthy is just as important. Anxiety and depression rates have increased by nearly 16% since the pandemic began and even with light at the end of the tunnel, we must stay positive. Take time for yourself.

#### **Drink enough water.**

Staying hydrated is a difficult thing for everyone, so remember to drink enough water! Drinking water keeps your skin healthy, keeps your brain active, and your energy levels high.

#### **Get enough sunlight.**

Feeling the sun on your skin gives you a great boost of Vitamin D, which helps keep your immune system healthy, your bones strong, and your mind clear. It's easy to lose track of the days, so make sure to open those curtains and feel the warmth on your skin.

#### **Keep in touch with loved ones.**

Keeping in touch with your loved ones can be difficult when you can't see them in person, but technology has allowed us to speak to people even when they are all the way across the country. Talk to someone you love at least twice a week. Not only will you feel better, but they will too.

#### **Stay flexible.**

Things are always changing, especially this year. We don't know what's going to happen six months from now, so try not to worry. Understand that no matter what, we'll be safe, healthy, and ready to face whatever is next.



Wishing you a  
happy New Year!  
May it be filled  
with new adventures  
and good fortunes.



### Our January Birthdays!

Jamie O.  
Ruby A.  
Janet B.  
George E.  
Jan H.

1/1  
1/13  
1/23  
1/29  
1/30

BIRTHDAY