



THE INDEPENDENT VICINIA LUXURY LIVING

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Fenton, MI 48430
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Managed by Assisticare

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Important Phone Numbers

The Medical Team 810-215-0415
Emergency Maintenance 810-354-7100

Office Hours

Monday-Sunday 9:30am-7:00pm
Subject to Change



January 2022

Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Participate in our chair exercise class held Monday through Friday in the 3rd floor fitness center, bundle up for a walk around our beautiful neighborhood, or grab a friend and walk the halls while you visit.

Make an effort to get exposure to sunlight. Place exercise equipment, the chair you sit in to read, or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions (like Michigan!) sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project and purge old paper files. Plan to meet up with friends at Steffey's pub, join your neighbors for cards or Bingo, plan to go to the Fenton Community Center for Senior Fridays, enjoy a laugh-out-loud movie on Fridays at the 3rd floor cinema, or take up a hobby like knitting or painting. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.

Happy January Birthdays!



Mel H. 1/16

Ken P. 1/20

Do not count the candles, but see the light they give.
Do not count your years, but the life you live.
From good friends and true, from old friends and new,
may good luck go with you and happiness too!

Happy Birthday!

Employee of the Month

Congratulations to Ian for being voted
Employee of the Month!

Ian has worked in culinary services for over four years. He trains new employees and is always willing to lend a helping hand! He is a graduate of Fenton High School and the oldest of four children. Ian is also a talented photographer and volunteers with his church in Hartland.

Ian is an asset to our Vicinia Gardens team!



Ian Hartsell