

# **River Grand Highlights** **January 2026**

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**Dear Residents,**  
**Happy 2026! 🎉 Let's make this the best year yet. I look forward to creating new memories together here at River Grand.**

**Did you know that January represents new beginnings, reflection, and transition? It is named after the Roman god Janus, who symbolized looking both backward and forward—marking the start of the new year with resolutions and fresh opportunities during winter in the Northern Hemisphere.**

**With new beginnings and safety in mind, I will be installing the ButterflyMX system in the Memory Care community as an additional security measure. This system will be similar to the front entry system and will help manage those coming and going from our community.**

**Staff will be assisting residents, families, and visitors beginning January 6th, 2026. A security company will be on site to complete the installation, and more information will be shared as we get closer to that date. My goal is to provide added peace of mind for you and your loved ones.**

**Wishing you a wonderful start to the new year filled with happiness, health, and peace.**

**Warm Regards,**

*Jessica*








Congratulations! to River Grand's Best Employee of the Month,  
Danielle Nason-Serfling! Danielle joined our team at the  
beginning of 2025, and we are delighted to recognize her now,  
as she has demonstrated great commitment, dedication, and a  
genuine heart for our community. Thank you, Danielle for being  
apart of our River Grand Team!

*Beth*



For your convenience, we offer automatic ACH  
payments for assisted living monthly charges. ACH is a  
secure and reliable option that helps ensure payments  
are processed on time, eliminating the need for checks  
or manual handling. Please feel free to reach out if you  
have any questions or would like to sign up

*Brandi*

I'll be having shoulder surgery on December 30<sup>th</sup>,  
and will be out for about three months. I will miss  
everyone, but I will stop in to see you when I can  
while recovering. Reach out to the front office or  
Dan with any maintenance concerns.

Happy New Year!

*Amy*





# Dietary Corner–January 2026

Happy New Year!! Welcome to 2026. I hope you all got the opportunity to spend some time around family and friends and enjoyed your holiday celebrations.

## Dates to remember

Our January Culinary meeting is at 2 pm on January 12th. Your input is so important, hope to see you there.

CHOO CHOO! The Polar Express Fine Dining Event will be chugging through River Grand sometime in January, space is limited be sure to sign up in activities.

Our ala cart meals and guest meal prices have increased from \$10 per meal to \$12 dollars per meal. Now is the time to talk about getting on a meal plan! Thanks for your understanding!

With January comes the New Year, a fresh start, a blank slate full of opportunity to make changes or a New Year's Resolution!!! Did you know that only 46% of people who make New Year's resolutions are successful? That means over half of the people who set goals will fail!

Here are the top 5 most common New Year's resolutions.

1. Exercise More
2. Lose Weight
3. Get Organized
4. Learn a New Skill or Hobby
5. Live Life to the Fullest!

What can I say, I have fallen amongst those with like resolutions! So this year let us not fall victim to falling short of our resolutions, let's decide to look at the New Year as a way to find Balance! How about a WELL BALANCED DIET!

The foundation of a well balance diet should be nutrient- rich foods such as fruits and vegetables, whole grains, legumes, and low or non-fat dairy, as well as high-protein foods such as fish, lean meats, and poultry, nuts, lentils, and soy products. Limit foods high in saturated fat, sugar, and sodium. A fun visual way of looking at a well-balanced diet is to eat the rainbow! Look for foods with bright vibrant color like orange, red, green, and purple. The more colorful your plate is, is a good indicator you're eating a delicious, well rounded variety of food! I have attached a food pyramid with serving suggestions just for fun also. Good Luck to anyone setting goals and trying to keep a New Year Resolution!

*Angie*





# HAPPY NEW YEAR

IT IS A NEW YEAR WITH NEW ACTIVITIES!

STAY UP TO DATE WITH ALL THE NEW THINGS HAPPENING BY  
CHECKING YOUR MONTHLY CALENDAR, WEEKLY REMINDER, AND  
DAILY REMINDER IN THE DINING ROOM.

JANUARY BRINGS OUR NEXT FINE DINING EVENT: POLAR EXPRESS  
BE SURE TO SIGN UP IF YOU ARE INTERESTED IN ATTENDING!

WITH THE NEW YEAR, I AM TRYING SOME NEW ACTIVITIES. SO  
PLEASE COME AND TRY THEM OUT!

JANUARY'S THEME: ALASKA: THE LAST FRONTIER

WE WILL HAVE A MOOSE TRACKS SOCIAL, ALASKAN CRAFTS, BOOK  
CLUB WHERE WE WILL READ AND DISCUSS "CALL OF THE WILD,"  
MOVIES WILL BE RELATED TO OUR THEME AS WELL, ARM CHAIR  
TRAVEL WILL INTRODUCE YOU TO ALL THINGS ALASKA!... AND SO  
MUCH MORE!

*Liz*







# River Grand Birthdays



Wes- Jan. 1

Carla - Jan. 2

Betty L.- Jan. 3

Arlo- Jan. 4

Verda - Jan. 9

Bruce - Jan. 10

Barb J.- Jan. 15

Virginia- Jan. 16

Millie - Jan. 18

Larry - Jan. 19

