

Your monthly source for news and information regarding **The Gardens of Hartford** assisted living community

The Gardens

GAZETTE

TABLE OF CONTENTS

Activities Corner

Page 2

News & Notes

Page 3

Community Connection

Page 4

Activities Calendar

Christmas Fun!

Page 5

Did You Know?

Page 6



JANUARY 2023

HAPPY NEW YEAR TO ALL!

Hope everyone is enjoying the holiday season with family, friends and with our amazing staff too! This is the time for all of us to reflect on the blessings we have. I feel blessed to be here with all of you!! The holiday party this year was outstanding with the entertainment, yummy treats, good company & Secret Santa gifts!!!

I want to take the time to thank all of our staff which made Secret Santa such a success. It was so much fun to see all of you working together and thinking of all the thoughtful gifts for our much loved residents – we all had so much fun shopping for everyone!! The real gift was getting to see all the happy faces when the gifts were delivered by our staff (and elf) and then opened.

Thank you again to all of our AWESOME staff for the thoughtful gifts – our community would not be what it is without you!!! HUGE THANK YOU to all of the residents and families for the thoughtful and generous donations which contributed to The Gardens of Hartford staff gifts. Also a THANK YOU to all of you wonderful bakers for the delicious yummy treats – your kindness is truly appreciated.

Thank you to all and Happy New Year!
Kristy Wilson, RN - Community Director

ACTIVITIES CORNER



Many birthday blessings to you!

January 3 Bobbie

January 24 Louise

sign up
FOR
A DIGITAL COPY
OF THE GAZETTE!



JANUARY ACTIVITIES

My hope is that everyone will have a great year ahead. I hope you will have good health, much love & joy in 2023. **I also hope you will come and try some activities if you have not in the past.** Make it a New Year's resolution :).



We have **two different exercise programs** one is for strength and the other increases your flexibility. We have **games and Trivia** which both help to keep your mind sharp. We have **activities for pure entertainment and fun**, such as entertainers and guests coming in. We also have activities for your Spiritual health. We have **WELS Lutheran Chapel Services, Catholic Mass and communion and a Non-Denominational Bible study.**

Please come out of your rooms, if you do not already, and try an activity this year.

Happy New Year and God bless you,
Lois Durr, Activities



A ministry of WLCFS-Christian Family Solutions

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TheGardensofHartford.com

2023

Upcoming Events

January 17

Joe Kadlec

1:30 pm

January 19

Miss Kim & her
Amazing Animals

1:30 pm



NEWS & NOTES

MEET OUR NEW RESIDENTS

January 2023

Tom & Doris



- Doris was born and raised on a farm in Richfield
- She worked as a telephone operator before she married Tom, a farmer.
- Tom was born in Hartford on a farm. After graduating from high school, he continued working on the family farm.
- After he married Doris, they stayed working on the farm.
- Then they bought a different farm, where they raised 3 boys and 1 girl.
- They have 8 grandchildren and 6 great grandchildren.

Welcome to the Gardens we are so happy to have you here.



WHAT IS THIS?

This is a sign up for a digital copy of The Gardens Gazette.

HOW DO I DO IT?

It's super easy! Just scan the QR code with your camera phone and it will pull up a sign up form. You will then be signed up and the newsletter will be delivered right to your inbox every month!

We will still have printed copies for our residents, but this will be a wonderful option for family members who want a timely way to keep up with and share all that is happening at The Gardens!

Please share this with others you feel would benefit!

COMMUNITY CONNECTION

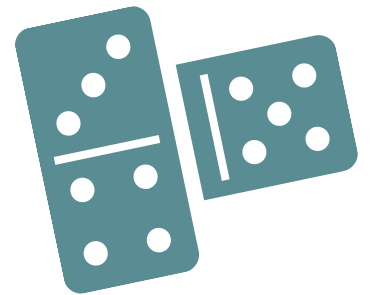
A New Year's Note from Susie...



Happy New Year to The Gardens of Hartford!

This is a great time to reflect on all the blessings of 2022, and look forward to all that 2023 has in store for us! But long, cold, gray days, and that feeling of being isolated due to weather or health concerns can make it difficult to be positive. **Good thing we have the warmth of all our caring Caregivers, and the love and fun of an amazing Activities Director to get us through the Winter days ahead!**

Join us as we gather near the fireplace for Trivia, play dominoes in Blooming Meadows, and dine together over a hot, homecooked meal! Sharing our days together within our little community will definitely help chase away those winter blues! Socialization provides happier days. It can lower your risk of dementia, and increase brain health with every interaction. Being together with your Gardens neighbors will lead to a better sense of safety, security, and belonging.



So, we look forward to seeing you organize that game of cribbage or relax over a shared puzzle. Get out of your apartment and see everything The Gardens of Hartford can do for you and with you!



2023 is here - and it comes with a Gardens of Hartford Family that is here to serve you, and a God who has already saved you!

Praying God Bless you and yours in the New Year!
Susie Jahns, RN BSED, Director of Nursing

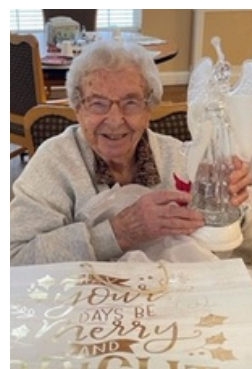
2023



CHRISTMAS FUN!

Here are pics from our holiday party with the residents ☺

Staff do secret Santa for the residents and give gifts at the Christmas party – so nice to be able to give gifts to the residents we love so much!! Wonderful entertainment and delicious snacks for a wonderful afternoon! Thanks to everyone for making this another successful party!!



Did you know?

The Gardens of Hartford is a part of the Christian Family Solutions Ministry family!



Get to know:

Dan Nommensen, LPC, NCC, BC-TMH, BCPC, CEAP, CATSM
Director of Community and Congregational Services

Dan Nommensen joined Christian Family Solutions in 1999. He received his BA from Wisconsin Lutheran College and his MA in Counseling Psychology from Trinity International University. **Dan has seen clients through our counseling services and has been involved in developing and presenting numerous educational presentations and programs.** He is a Licensed Professional Counselor in Wisconsin and Minnesota as well as a Nationally Certified Counselor, a Board Certified TeleMental Health Provider, and a Board Certified Professional Christian Counselor. He is a member of the American Association of Christian Counselors and the Employee Assistance Professionals Association.

Since 2008, Christian Family Solutions has been partnering with congregations, schools, and Christian organizations to provide mental health services to their members, students, or employees. We have provided a **Member Assistance Program** with congregations to provide counseling services in person at our clinic or by video for members of each congregation. We have provided a **School-Based Counseling Partnership Program** and **placed counselors on site at schools around the country.** We have also partnered with Christian-based businesses to provide an **Employee Assistance Program** and help employees and their family members when there are emotional challenges.

When CFS partners with groups in our communities, **the goal is to reduce barriers for people to get the help they need.** Christian Family Solutions works with each organization to remove the financial barrier so initial sessions are available at no cost. We also provide services not only in person, but also by secure video to help remove the barrier of transportation or even stigma. **If you are aware of an organization that might be interested in partnering with Christian Family Solutions, please contact Dan Nommensen at: dnommensen@wlcfs.org.**



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