

Be Inspired

BELLA VISTA | a Senior Lifestyle community | OSHKOSH, WI 54901 | 920-233-6667

THIS MONTH'S *silver star*

DEB HAMMES

Deb was born in Milwaukee, Wis. on April 8, 1959. She was the firstborn of five children. Deb was born with Cerebral Palsy and was the poster child for United Cerebral Palsy Association the year before she went into high school. Deb is also a cancer survivor for 18 years. Even though Deb has had many challenges to face along the way in her life path, she always has a vibrant smile and hugs for everyone she meets. Deb attended Oshkosh West High School and after high school, she went to Fox Valley Technical College for two years. Deb has a very supportive family and enjoys the special time when they all get together. Deb moved to Bella Vista in December of 2010. Living at our community has been a stepping stone for her and the activities have helped Deb with many of life's hurdles. It has been a learning experience and being around all the people at Bella Vista has helped her live life one day at a time, with love and faith.



Deb loves helping out with projects at Bella Vista!

JOIN US THIS MONTH FOR

pay it forward is our theme for january!

Our January theme is Pay It Forward. Throughout the month of January, every Tuesday, at 9 a.m., we will Pay It Forward with the Exercise Makes You Bright Fitness Challenge. On Sunday, Jan. 13, it will be a day to reflect and pray for someone in need. On Wednesday, Jan. 16, at 2 p.m., we will Pay It Forward with Chair Painting with Jason, our Maintenance Director, for our Longest Day Event in June. On Tuesday, Jan. 22, at 10 a.m., we are going to the Oshkosh Humane Society to Pay It Forward. While there, we will visit the animals and deliver the donated items we collected. On Wednesday, Jan. 23, at 1 p.m., it will be a day to connect and Pay It Forward with a Storytelling Workshop with Beth, the Activity Director. Tuesday, Jan. 29, at 10 a.m., the residents will Pay It Forward by donating books to the Oshkosh Public Library. Hope you are able to join in the fun of Pay It Forward in January!



The residents at Bella Vista delivered door decorations to our sister community Lakeshore Manor!

TRAIN YOUR
BRAIN
*sudoku
solution
on back*

		3		5			
	2				7	3	9
5				2	6		4
3				1			
	5	8				6	1
				8			7
	1		4	3			5
9		7	8				2
				7			6

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

BIRTHDAYS THIS MONTH

- GATAR NDANYUZWE — 1st (Employee)
- ARTHUR SENN — 1st
- JOSHUA NSENGA — 1st (Employee)
- CAROL FISHER — 3rd
- REBECCA WILLIS — 5th (Employee)
- BETTY PETERSON — 5th
- BOB SIMMONDS — 6th
- MOLLY EISENHAUER — 6th (Employee)
- LOIS BIRR — 8th
- AUDREY MCBRIAR — 10th
- MACKENZIE CONRADT — 13th (Employee)
- BETH WALLER — 13th (Employee)
- KELSEY BERGUM — 19th (Employee)
- GENE GOODWIN — 20th
- RON JOHNSON — 20th
- ROBERT KOEPKE — 23rd
- CHULANE LOR — 24th (Employee)
- BETTY VANDERSEE — 25th
- PENNY LEATHERMAN — 27th



BRAIN HEALTH UNIVERSITY
LOGO INDICATES
A BHU COURSE DAY

LOCATIONS		NEW YEAR'S DAY 1	2	3	4	5
ART ROOM (ROOM 301) — AR B—Fit Studio — BF BACK PATIO — BP BISTRO — BS CREATIVE STUDIO — CS DINING ROOM — DR ENTERTAINMENT & THEATER ROOM — TR	FITNESS CENTER — FC FRONT LOBBY — FL FRONT PATIO — FP LIBRARY — LB LOUNGE — LR PRIVATE DINING ROOM — PD SALON — SL	9:00 ● Pay It Forward Exercise Challenge PD 10:30 ● January Trivia Time Tuesday with Beth LR 1:15 ● Club Cribbage LB 1:30 ● New Year's Resolution Discussion LR 2:00 ● Ringing in the New Year with Bingo PD 3:05 ● BHU: Reset Your Sleep Cycle for the New Year LR 6:30 ● Wii Games LR	8:00 ● Grocery Shopping at Piggly Wiggly 9:30 ● Cardio/Brain/Exercising PD 10:00 ● BHU: Fun Facts LR 11:15 ● Rosary with Barb LR 1:15 ● Catholic Communion Services LR 2:00 ● Hobby Lobby 3:30 ● Wine Down Wednesday LR 5:00 ● Scrabble LR	9:30 ● Zumba Gold with Sue FC 10:00 ● Pay it Forward: Kindness Cards to our Caregivers LR 1:00 ● Prayer Group with Bev LR 1:15 ● Cribbage Club LB 1:30 ● Pet Therapy: Beth/Julie LR 2:00 ● Charades with Our Business Office Manager Emilie LR 3:00 ● Happy Hour Music with Julie LR 6:00 ● Wii Bowling LR	7:30 ● Donut Friday LR 9:15 ● Power Lifting Exercising LR 10:30 ● Chicken Soup for the Soul LR 11:00 ● Adventurous Eaters: Primos 1:00 ● Open Bridge Club LB 1:10 ● Manicures, Hand Massages & Music LR 2:10 ● BHU: Verb Generation LR 3:00 ● Balloon Volleyball LR 6:00 ● Scrabble LR	10:00 ● Mindful Movements LR 10:30 ● Word Searches LR 1:00 ● Featured Film PD 2:00 ● Bingo PD 4:00 ● BHU: Vertical Add Up LR 6:00 ● Left Center Right LR
10:00 ● Stability Class PD 6 10:30 ● Devotions with Bob LR 1:00 ● "Wheel of Fortune" LR 2:00 ● Bingo PD 4:15 ● Wii Golf/Bowling LR 6:00 ● Resident Choice (Card Games) LR	9:15 ● Cardio Brain Exercise LR 7 10:30 ● Lutheran Devotions with Pastor Paul 1:30 ● Scrabble LR 2:00 ● Documentary on Robin Williams PD 3:00 ● Bunco/Uno LR 6:00 ● Sheepshead LR	9:00 ● Pay It Forward Exercise Challenge PD 8 10:30 ● January Trivia Time Tuesday with Beth LR 11:00 ● Poetry in the Work Place writing Poems/Krystal LR 1:15 ● Club Cribbage LB 1:30 ● Resident Council/Food for Thought Meeting PD 3:15 ● Celebrate January Birthdays LR 6:30 ● Wii Games LR	9:00 ● Grocery Shopping at Pick N Save 9 9:30 ● Cardio/Brain/Exercising PD 11:15 ● Rosary with Barb LR 1:00 ● Craft Corner with Julie AR 2:00 ● Choir with Pat DR 2:00 ● Guest Speaker John Holland Oshkosh Fire Department PD 3:30 ● Wine Down Wednesday LR 5:00 ● Scrabble LR	8:00 ● Men's Breakfast DR 10 9:30 ● Zumba Gold with Sue FC 10:00 ● Thursday Trivia LR 1:00 ● Prayer Group with Bev LR 1:15 ● Cribbage Club LB 1:30 ● Pet Therapy: Beth/Julie LR 2:10 ● What Happened in Oshkosh 150 years ago? LR 3:00 ● Happy Hour LR 6:00 ● Wii Bowling LR	7:30 ● Donut Friday LR 11 9:15 ● Power Lifting Exercising LR 10:30 ● Chicken Soup for the Soul LR 1:00 ● Open Bridge Club LB 1:10 ● Manicures, Hand Massages & Music LR 2:10 ● BHU: Flowing Words LR 3:00 ● Balloon Volleyball LR 6:00 ● Scrabble LR	9:00 ● Winter Farmers Market 12 10:00 ● Mindful Movements LR 10:30 ● Word Searches LR 11:00 ● Kings Corners Card Game LR 1:00 ● Featured Film PD 2:00 ● Bingo PD 6:00 ● Left Center Right LR
10:00 ● Stability Class PD 13 10:00 ● Pay It Forward: Say a Pray for Someone in Need LR 10:30 ● Devotions with Bob LR 2:00 ● Bingo PD 4:15 ● Wii Golf/Bowling LR 6:00 ● Resident Choice (Card Games) LR	9:15 ● Cardio Brain Exercise LR 14 10:30 ● Devotions and Coffee Clutch LR 1:30 ● Scrabble LR 2:00 ● Travelogue on Japan PD 3:00 ● Bunco/Uno LR 6:00 ● Sheepshead LR	9:00 ● Pay It Forward Exercise Challenge PD 15 10:00 ● Activity Meeting PD 10:30 ● January Trivia Time Tuesday with Beth LR 11:45 ● Marcus Theater 1:15 ● Club Cribbage LB 2:00 ● BHU: Sleep Tips and Quiz LR 3:00 ● Discover Winter Watercolor Painting with Beth AR 6:30 ● Wii Games LR	9:00 ● Shopping at Walmart 16 9:30 ● Cardio/Brain/Exercising PD 10:30 ● Tech Corner: You Too Can YouTube LR 11:15 ● Rosary with Barb LR 1:15 ● Catholic Communion Services LR 2:00 ● Pay It Forward: Chair Painting for the Longest Day AR 3:30 ● Wine Down Wednesday LR 5:00 ● Scrabble LR	9:30 ● Zumba Gold with Sue FC 17 10:00 ● Cookies to Fire Escape Staff 1:00 ● Prayer Group with Bev LR 1:15 ● Cribbage Club LB 1:30 ● Pet Therapy: Beth/Julie LR 2:10 ● Picture Puzzles 6 LR 3:00 ● Happy Hour Music: The Live Weyers LR 6:00 ● Wii Bowling LR 6:30 ● Oshkosh Humane Society/ Treats to Our Furry Friends	7:30 ● Donut Friday LR 18 9:15 ● Power Lifting Exercising LR 10:30 ● Chicken Soup for the Soul LR 1:00 ● Open Bridge Club LB 1:10 ● Manicures, Hand Massages & Music LR 2:00 ● BHU: Word Mines LR 3:00 ● Balloon Volleyball LR 6:00 ● Scrabble LR	10:00 ● Mindful Movements LR 19 10:30 ● Word Searches LR 1:00 ● Featured Film PD 2:00 ● Bingo PD 3:00 ● Singalong Saturday with Dave LR 6:00 ● Left Center Right LR
10:00 ● Stability Class PD 20 10:30 ● Devotions with Bob LR 1:00 ● Name Five Card Game LR 2:00 ● Bingo PD 4:15 ● Wii Golf/Bowling LR 6:00 ● Resident Choice (Card Games) LR	MARTIN LUTHER KING JR. DAY 21 9:15 ● Cardio Brain Exercise LR 10:30 ● Lutheran Devotions with Pastor Paul 10:30 ● Devotions and Coffee Clutch LR 1:30 ● Pay It Forward: Visit the Oshkosh Humane Society 1:30 ● Scrabble LR 2:00 ● Documentary on Dean Martin PD 3:00 ● Bunco/Uno LR 6:00 ● Sheepshead LR	9:00 ● Pay It Forward Exercise Challenge PD 22 10:30 ● January Trivia Time Tuesday with Beth LR 1:15 ● Club Cribbage LB 2:00 ● BHU: Proverbs LR 3:00 ● Winter Watercolor Painting with Pet LR 6:30 ● Wii Games LR	9:00 ● Grocery Shopping at Dollar Store 23 9:30 ● Cardio/Brain/Exercising PD 11:15 ● Rosary with Barb LR 1:00 ● Pay It Forward: Storytelling Workshop with Beth LR 2:00 ● Apple Pies to the Police Department 3:30 ● Wine Down Wednesday LR 5:00 ● Scrabble LR 5:00 ● Snowball Dance Music by Joe & Janice Marie DR	3:00 ● Game Day Happy Hour LR 24 8:00 ● Women's Breakfast DR 9:30 ● Zumba Gold with Sue FC 10:00 ● After Christmas Story Building LR 1:00 ● Prayer Group with Bev LR 1:15 ● Cribbage Club LB 1:30 ● Pet Therapy: Beth/Julie LR 2:00 ● BHU: Flowing Words LR 3:00 ● Game Day Happy Hour LR 6:00 ● Wii Bowling LR	7:30 ● Donut Friday LR 25 9:15 ● Power Lifting Exercising LR 10:30 ● Chicken Soup for the Soul LR 1:00 ● Open Bridge Club LB 1:10 ● Manicures, Hand Massages & Music LR 2:00 ● 10 & 60 New Year Storm Words LR 3:00 ● Balloon Volleyball LR 6:00 ● Scrabble LR	10:00 ● Mindful Movements LR 26 10:30 ● Word Searches LR 11:00 ● Kings Corners Card Game LR 1:00 ● Featured Film PD 2:00 ● Bingo PD 6:00 ● Left Center Right LR
10:00 ● Stability Class PD 27 10:30 ● Devotions with Bob LR 1:00 ● Word Searches/ Trivia LR 2:00 ● Bingo PD 4:15 ● Wii Golf/Bowling LR 6:00 ● Resident Choice (Card Games) LR	9:15 ● Cardio Brain Exercise LR 28 10:30 ● Devotions and Coffee Clutch LR 1:30 ● Scrabble LR 2:00 ● Travelogue on Australia PD 3:00 ● Bunco/Uno LR 6:00 ● Sheepshead LR	9:00 ● Pay It Forward Exercise Challenge PD 29 10:00 ● Pay It Forward: Collected Books to Oshkosh Library 10:30 ● January Trivia Time Tuesday with Beth LR 1:15 ● Club Cribbage LB 1:15 ● Adventurous Readers Book Club LR 2:00 ● BHU: Compound Word Overlap LR 3:00 ● Women in History Discussion LR 6:30 ● Wii Games LR	9:00 ● Grocery Shopping at Festival Foods 30 9:30 ● Cardio/Brain/Exercising PD 11:15 ● Rosary with Barb LR 1:00 ● Steins Gifts and Gardens 2:00 ● Wellness Screen with Ascension PD 3:30 ● Wine Down Wednesday LR 5:00 ● Scrabble LR	9:30 ● Zumba Gold with Sue FC 31 1:00 ● Prayer Group with Bev LR 1:15 ● Cribbage Club LB 1:30 ● Pet Therapy: Beth/Julie LR 2:00 ● Tea Light Snowman Craft AR 3:00 ● Happy Hour (Karaoke) With Sales Director Julie LR 6:00 ● Wii Bowling LR	<p>TRANSPORTATION SCHEDULE WEDNESDAY 9 a.m. Grocery Shopping FRIDAY 11:30 a.m. Restaurant Outing</p> <p>HAIR SALON TUESDAY, WEDNESDAY & THURSDAY 9 a.m. - 2 p.m. FRIDAY & SATURDAY By Appointment</p>	

EVENT RECAP

snowflakes, celebrations and holiday happenings

The theme for December was Snowflakes and Celebrations. We started out our Celebration with a trip through Menominee Park to see the Celebration of Lights on Dec. 4. We continued celebrating with our annual Christmas Party on Dec. 6. It was an evening for residents and families to get together and enjoy the sights, sounds, and aromas of this beautiful time of the year. For our musical entertainment, we enjoyed the talents of The Oshkosh Lourdes Madrigal Singer, as well as TJ and Lynn. There was a visit from Santa and pictures were taken for our family albums. We also celebrated by hosting a Holiday Open House on Dec. 15, where we had a chance to show off our beautifully decorated building with the community and enjoy hot cocoa, cookies, and the splendor of all our decorated trees. Thanks to all the many helping hands who shared their tree decorating skills with us. It was the time of year to collect canned food items, fill the Toys for Tots Box, and support the Boys and Girls Club. I am proud to be part of all of these holiday happenings at Bella Vista!

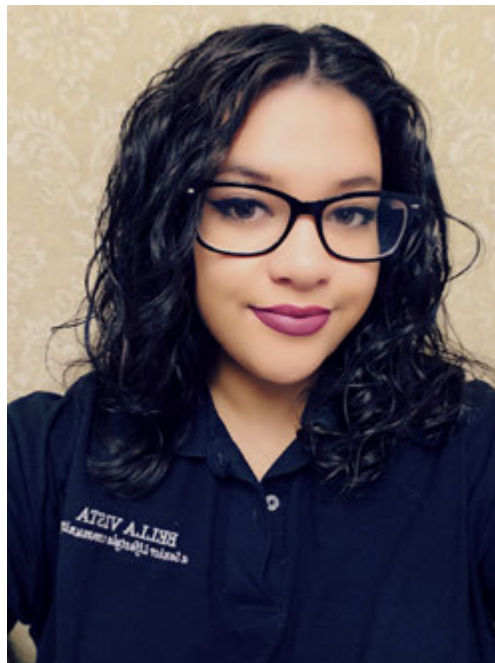


Bella Vista residents participated in collecting Toys for Tots!

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

ANDREA GOODRICH was born at Mercy Medical Center, the place she now works at now. She spent her childhood years growing up in Oshkosh and Milwaukee. She attended Oaklawn Grade School, Merrill Middle School, and graduated from Oshkosh North High School. She recalls growing up with her two sisters, Kya and Kimberly, their love of art, spending time at the library and outdoor activities. Andrea has a daughter, Jazaaliyah, who was born on Thanksgiving Day in 2015. She turned three years old this November. Andrea will start Paralegal School for the winter semester at UW Oshkosh. One interesting thing about Andrea is her dream is to one day work in the courtroom and be a judge. In her spare time, Andrea enjoys spending time with her daughter, reading, listening to music, cooking, and watching movies. Andrea's favorite movie is "Poetic Justice." Andrea started working at Bella Vista in March of 2017 in the Housekeeping Department. She loves getting to know the residents and listening to the stories and life lessons they share with her. Her passion is helping the residents in any way she can!



Andrea is always willing to lend a hand to our residents in any way she can!

IT'S OUR PLEASURE
TO SERVE YOU ...
*word from
your executive
director*

A NEW YEAR!

As we begin a New Year, I want to extend my most sincere gratitude for the warm welcome upon my return. It is truly a blessing to be back where I feel like I am home. With a fresh New Year, I will continue to work to ensure Bella Vista feels like home to you and listen to any ideas you may have. Stay warm this winter season and enjoy some really amazing events and activities right here at Bella Vista.

Becki Kiefer,
Executive Director

MANAGEMENT TEAM

Beth Waller, *Director of Resident Programs*
Emilie Dahm, *Business Office Manager*
Julie Maslowski, *Director of Sales & Marketing*
Sean Maroney, *Dining Services Director*
Jason Van Matre, *Director of Plant Operations*
Krystal Bittner, *LPN, Assisted Living Manager*
Jackie Mullins, *Manager of Nursing*

TRAIN YOUR BRAIN solution

7	4	3	9	5	8	1	6	2
8	2	6	1	4	7	3	5	9
5	9	1	3	2	6	7	4	8
3	7	9	6	1	2	5	8	4
2	5	8	7	9	4	6	1	3
1	6	4	5	8	3	2	9	7
6	1	2	4	3	9	8	7	5
9	3	7	8	6	5	4	2	1
4	8	5	2	7	1	9	3	6



 SENIOR
LIFESTYLE
your life, your style