



COPING WITH CHANGE

How do you cope with change? Whether you know it or not, we deal with change every day. Change is inevitable. Sometimes we see change as a positive, but other times we may see it as a set back. There wasn't one person whose life wasn't changed or affected by the coronavirus this year. Here at Kirkland we saw change in the way we dined for meals, the way we worshiped and the way we did group activities. While the change was hard, we coped and made it our "new" normal.

Here are six ways we can cope with change according to the Live Well Health System.

1. **Plan ahead!** If you know change is coming, prepare ahead of time. Change is less stressful when you have a contingency plan in place!
2. **Reframe your thinking!** If you look at change as a negative, take a step back and figure out what is going on in your mind when you feel sad or negative. Be self aware and think, "How can I turn this into a positive?"
3. **Take time to reflect!** In today's world, we seem to jam so much into our schedules that we forget to take a moment and reflect on all that we did! Write in a journal daily, call a friend or express yourself through art!
4. **Strive to maintain normalcy!** For a lot of people, they feel best when there is structure and a routine. Use a daily calendar to write events down, even if it is something you do every day! We see comfort in consistency.
5. **Create some comfort!** Incorporate stress-relieving activities into your day! Keep your activities healthy like taking a walk, going to the gym or listening to relaxing music!
6. **Count your blessings!** We live in a time where we tend to hear more negative things than positive, but remember all that God has blessed you with during your life and give thanks.

Andrea Zeitler (Life Enrichment Director)

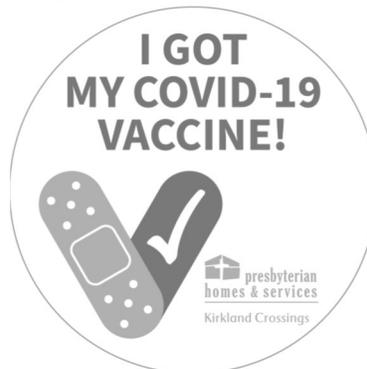
KIRKLAND CROSSINGS NEWS

COVID-19 Vaccine Poem

There once was a virus among us
It spread quickly, an intrepid fungus
This was not the flu
This was something new
We've had enough of this ruckus.

We know what to do in an emergency
Collaboration is key at KC
We have come now so far
Let us wish on a star
And embrace 2021 with fervency.
Vaccinations now take center stage
We trust that they will turn the page
We'll line up in queue
This vaccine is for you
Hence begins a brighter new age!

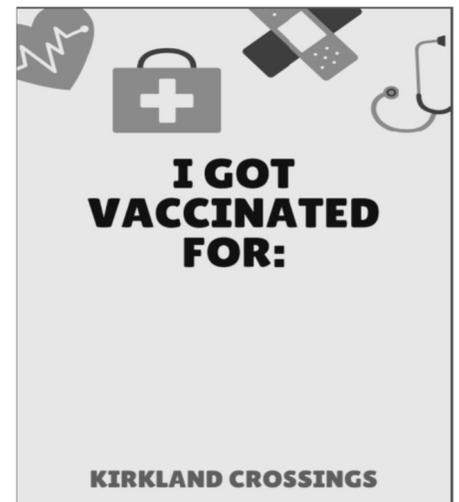
-Author: Healthcare



Hooray!

We did it at Kirkland Crossings!
Residents and staff received their
Covid-19 vaccinations! We celebrated
the day with stickers, music, pictures
and reasons why we got vaccinated!

One of
Kirkland's oldest
residents (100
years old)
receiving his
vaccine "for the
good of all
mankind"!



Good Friends = Good Neighbors

Together we make a great community! We are grateful for the opportunities to meet your friends, family, past neighbors and acquaintances to share information on all that Kirkland Crossings has to offer. Tours are a great way for people to experience what you get to live every day! Thank you for passing along to others the good news about what you love at Kirkland!

We are here to help with information and to schedule tours: call 262-695-5800.

KIRKLAND CROSSINGS WELLNESS

Protect Your Vision

For many of us, as we get older our vision becomes worse and worse. Having good eyesight can help with so many day to day things, such as cooking, balance, reading, watching tv, and so much more. You may think that there is nothing you can do about it; however, there are ways that we can protect our vision!

One thing you can do is get an eye exam yearly. Your optometrist will dilate your pupils to check the back of each eye to see if anything is wrong. Some other things you can do to protect your vision include:

- Wear sunglasses that block UV radiation
- Stop smoking
- Eat healthy
- Exercise regularly and maintain a healthy weight
- Maintain healthy blood pressure
- Control diabetes
- Blink regularly, especially if you are on the computer



Simple things like what is listed above can do wonders for maintaining healthy vision. If you ever cannot see, see flashes of light, have eye pain, experience double vision or have redness of your eye or eyelid, see your optometrist as soon as possible. If you find your vision starting to fade, simple tricks such as brightening the lighting of a room, writing with bold markers, using motion lights, and using phones with large numbers can help us to see better.

If you have any questions about how exercise can help with vision, contact your site fitness instructor for help!

Source: https://www.nia.nih.gov/health/aging-and-your-eyes?utm_source=nia-mailchimp&utm_medium=email&utm_campaign=healthyaging-20210118

Call today for information or to schedule a personal tour, 262-695-5800



Kirkland Crossings

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www.kirklandcrossings.com

Postmaster: address correction requested



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.

Activity Professionals: Bound for Glory

At Presbyterian Homes & Services (PHS), the nearly 200 activity professionals dedicated to life enrichment, recreation and volunteerism come up with ideas, large and small, to engage residents in meaningful ways, have fun, learn and connect with others.

This past year, impacted in every way by COVID-19, required creative adaptations from our activity professionals. In the midst of uncertainty and limitations, they have stepped up in remarkable ways to keep residents engaged with each other and connected to their families.

Jess Drecktrah, PHS Vice President of Life Enrichment, is passionate about elevating the profession of life enrichment in senior living. Inspired by a song by Gospel singer, Rosetta Tharpe, Jess conceived the **Bound for Glory** award, a traveling award that allows managers and peers to recognize the important work of life enrichment staff and volunteer coordinators as they create opportunities for fun and purpose for those they serve.

The trophy combines a plant, a rock (with a star painted on it), and a golden microphone. Jess explains its symbolism, "The plant represents the live nature of the work we do. The rock with the star on it represents that we are all rock stars. The golden microphone symbolizes the show. The train represents movement and the belief that we are bound for glory." Each recipient is given the opportunity to be involved in selecting the next recipient of the traveling award – because glory is meant for sharing.

Since its launch in fall 2018, Bound for Glory has been awarded to 12 PHS employees. We thank these recipients, along with all the Life Enrichment professionals at PHS. They are the heart and spirit of our communities and fulfill our mission "to honor God by enriching the lives and touching the hearts of older adults." The important part says Jess, "is that everything points back to the glory of God through the call of service."

Contact your site leader if you wish to suggest the name of a PHS activity professional who you feel is "Bound for Glory."