



# CONNECTIONS

MOUNT OLIVET DAY SERVICES

JANUARY 2024



As we step into a fresh new year, I want to express my sincere gratitude to all our participants, staff, families, volunteers, and community partnerships. Blessings abound! I look forward to all the wonderful experiences we will have together in 2025. Cheers to a year filled with friendships, health, enriching activities, and fun! As always, feel free to reach out to me with any questions, ideas, concerns, or just to say hello at 612-861-3305 or [smatthews@mtolivetdayservices.org](mailto:smatthews@mtolivetdayservices.org).  
~ Steph

Hello families,

**“Ways to Ring in the New Year”** While Americans often use fireworks to celebrate the new year, Puerto Ricans throw water out the window at midnight to rid their homes of evil spirits. Danes smash plates and glasses against the front door to banish bad spirits. In France, pancakes are eaten for luck and good health. And in Spain, it’s traditional to eat 12 grapes at midnight – one for each strike of the clock and month of the year. What’s your tradition?”



Happy New everyone! 2024 was a wonderful year for us at MODS. We welcomed several new faces, said good bye to a few, enjoyed great entertainments and created lasting memories. As we welcome 2025, we look forward to promoting more friendships, socialization and intentional stimulation that is conducive to your individual needs while making connections to MODS.

Once again Home Instead Senior Care brought all our participants fantastic Christmas gifts donated by the community through the help of Lunds and Byerly’s. It was such a thrill watching each one of you open your gift and be so touched by their generosity and act of kindness.

***Cheers to another year of immeasurable health, happiness and peace on earth!***

~ Allison



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## MOUNT OLIVET DAY SERVICES

### January Happenings:

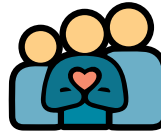
There will be no outings scheduled for the months of January and February due to the winter season along with frigid temperatures. We will resume outings in Spring and will be scheduling additional entertainments in lieu of outings during that period.



### January Birthdays:

1 / Lucinda N                      20 / Willie. L  
20 / Jeanette. S                    27 / Danal. A

### January Anniversaries:



14 / Nasrin N, 3 years  
26 / Rick A, 3 years  
29 / Stephen G, 1 Year

### January Entertainment:

Friday, January 3                    **Music with Jan E**  
*(Flute and Piano)*

Tuesday, January 7                **Music with James S**  
*(Piano/ Singing)*

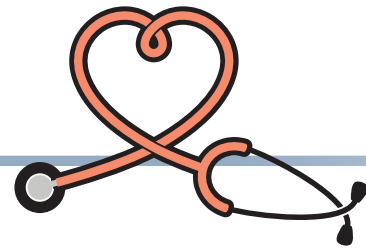
Friday, January 10                **Music with Charlie W**  
*(Piano & singing)*

Wednesday, January 15         **Music with Caren K**  
*(Folk Dancer)*

Monday, January 20              **Music with Mary H**  
*(Guitar & singing)*

Thursday, January 23            **Music with Carol M**  
*(Piano)*

Tuesday, January 28              **Music with Mike O**  
*(Accordionists)*



### Health Talk with Nurse DeDe

We will meet again Wednesday January 22nd, 2025, in the afternoon. I thought we would discuss our winter season with the cold weather. Since it is winter, it is going to get colder with snow and maybe ice. I thought we would talk about exercise and do some chair exercises while we meet. I will bring some handouts for chair exercises you can do at home. Also, in the winter, our skin gets so dry. Remember to put lotion on daily. Putting on lotions hydrate your skin. Lastly, don't forget to keep drinking water to keep herself hydrated.

Merry Christmas and Happy New Year.  
Looking forward to seeing you soon.

~ Dede

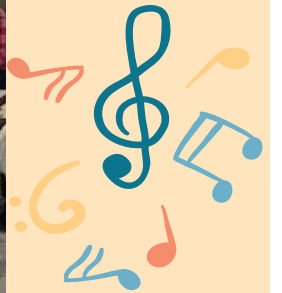


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## Decking THE Halls!



*We were so blessed to partner with the Minneapolis Parks and Recreation Board to bring the art of dance to our participants*