

January NEWSLETTER

Heritage Avonlea OF OLATHE

2025

In this newsletter:

Page 2: Resident Spotlight

Page 3: Staff Spotlight

Page 4: Special Events and Birthdays

Page 5: Highlights from Cookies with Santa

Page 6: Article on Arthritis: No Cure, But Ways to Ease the Pain

Visitor Reminder

As a friendly reminder, we kindly ask all families to sign in at the front desk each time they visit. If you are visiting with a group, please ensure that each person signs in as well. This helps us maintain a safe and welcoming environment for everyone. Thank you for your cooperation!



Resident Spotlight: Beverly H.

This month, we are excited to highlight Beverly H, one of our wonderful residents here at Heritage Avonlea of Olathe. Beverly's life story is one of creativity, hard work, and a deep love for animals.



Beverly was born in Kansas City, KS, and grew up with her younger sister, Sharon. Her father, Lorraine, ran a local radio and TV repair shop called Hunt's Radio Service. The family was the first on the block to have a television, and Beverly fondly recalls her father's curiosity and ingenuity—he wanted to take the TV apart just to see how it worked and learn how to put it back together again!

Her mother, Pearl, was also a strong influence on Beverly's life. After Lorraine's passing, Pearl sold the repair shop and started working for Kats Drug Company. Following in her mother's footsteps, Beverly worked as a salesclerk at Kats and later at Osco Drug Store for over 22 years, where she built many lasting friendships with coworkers and customers alike.

Beverly's love for animals is a significant part of her life. As a child, she and her sister had a couple of prairie horses, and today, she is passionate about cats and horses. She is currently a part of the foster cat program and is fostering a sweet cat named Erika at Heritage Avonlea, helping care for her until she finds a permanent home. Her nurturing spirit also extends to her hobbies—Beverly enjoys reading, doing needlework, and listening to her favorite genres of classical and country music.

When asked what she likes most about living at Heritage Avonlea, Beverly says, "Everybody is friendly, and it really feels like a good spot." We're so grateful to have her along with her cat as part of our community, and we appreciate the warmth and kindness she brings to the residents and staff.

Staff Spotlight: Cris C. - Dietary Manager

This month, we're excited to feature Cris C., one of the dedicated members of our team here at Heritage Avonlea of Olathe. Cris brings not only his expertise but also a warm, genuine connection to everyone he meets.



A Journey Across the U.S.:

Cris was born in Rochester, Minnesota, and spent the first thirteen years of his life there. His family then moved to Arizona when he started middle school, and later relocated to Nebraska when he began high school. Cris is the middle child of three siblings. His older brother is a patent lawyer practicing in both New York and Chicago and recently joined the Marines to work in their legal department. His younger brother, who recently graduated high school, faces challenges due to mental disabilities, but Cris remains hopeful for his brother's journey ahead.

A Strong Family Connection:

Cris has been married to his wife for 5 years, after meeting her 9 years ago. They share an incredible bond, and Cris often speaks about their deep connection, which brings both of them great joy and strength.

Passion for Cooking & Creativity:

Cris has always had a passion for food. He enjoys spending time reading through cookbooks, experimenting with new recipes, and perfecting his skills in the kitchen. In fact, he considers himself a great chef and loves to test out new dishes. He believes that everyone deserves a good meal, and growing up, his mother would always cook for the family, with dining out reserved for special occasions. This experience shaped his approach to food and the importance of making others feel cared for through a delicious meal.

When he's not cooking or working, Cris enjoys getting together with friends each week to play Dungeons & Dragons or Magic the Gathering, two of his favorite hobbies. His love of creativity extends beyond the kitchen, as he is also an avid writer and continues to work on a book that he started years ago.

Making a Difference, One Meal at a Time:

Cris's philosophy is simple: he hopes to make someone's day a little brighter through his food. Whether it's preparing a comforting meal or offering a warm smile, Cris takes pride in creating an experience that nourishes both the body and the soul. He enjoys walking to work, planning out the day's meals, and is always eager to bring positivity to everyone around him.

We're grateful to have Cris as part of our team, and we can always count on him for his excellent work and kind-hearted approach. Thank you, Cris, for everything you do—both in and out of the kitchen!

Special Events and Birthdays



Mark your calendars!

Tuesday, January 7th - Indoor snowball fight (with snow cones treats) at 10:30AM

Wednesday, January 8th - Happy Hour Concert with Dan Bliss at 2:00PM

Wednesday, January 15th - Happy Hour Concert with Catherine at 2:00PM

Wednesday, January 22nd - Happy Hour Concert with The Henrey's at 2:00PM

Friday, January 31st - Catholic Mass with a local parish at 10:00AM



January Birthdays!



Albertine 1/10

Robin 1/17

Delores 1/23



Cookies with Santa



Arthritis: No Cure, But Ways to Ease the Pain

While patients often think of arthritis as a single disease, it's definitely not. Actually, there are more than 100 types of arthritis and related conditions, according to Terence Starz, MD, clinical professor of medicine at the University of Pittsburgh School of Medicine. Topping that list are osteoarthritis (OA) and rheumatoid arthritis (RA). OA, the most common kind, affects more than 32.5 million Americans according to the CDC. RA is an autoimmune and inflammatory condition, and is much less common, affecting about 1.3 million in the U.S.

While there are more than 100 different conditions under the arthritis umbrella, they all have in common one symptom - pain.

Osteoarthritis is known historically as the wear-and-tear disease, while RA is known as an inflammatory issue, but scientists know now you also can have inflammation with osteoarthritis, Starz says.

To diagnose OA, your doctor will examine your joint for tenderness, swelling and flexibility, and may order other exams of additional tests, such as X-rays, MRI and bloodwork, to rule out other issues.

Diagnosing RA is trickier, because the symptoms in the early stages of RA mimic other conditions. But a thorough exam, blood testing and imaging tests can also be use to confirm the diagnosis.

Living with Arthritis

And is there a cure for OA or RA? "The answer to that is no", Starz says. However, once diagnosed, people can take a number of actions to modify the disease and the pain.

Lifestyle improvements: For OA, reducing stress on the joints is important. Weight reduction is very important", Starz says.

Treatments: Over-the-counter medicines such as nonsteroidal anti-inflammatories (Advil, Motrin, Aleve) or the pain reliever acetaminophen (Tylenol) can help reduce the pain of OA, Starz says.

An important advance for treating RA are the so-called DMARDs, or disease-modifying anti-rheumatic drugs. They aim to slow or stop the inflammation that makes the disease worse.

January

Sunday

Monday

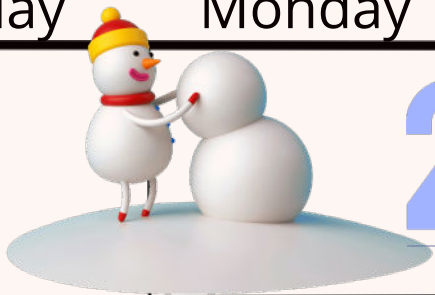
Tuesday

Wed

Thursday

Friday

Saturday



2025
HAPPY NEW YEAR

Happy
New Year!

	<p>2025 HAPPY NEW YEAR</p>	<p>Happy New Year!</p>	<p>1 10:00am Bust a sweat 10:30am World Records 1:00pm Shoulder Massages 2:30pm Big Bingo! 4:00pm Dear Abby</p>	<p>2 10:00am Chair Yoga 10:30 am Price is Right 12:00pm Resident Council Meeting 2:00pm Ice Cream Social 3:00pm Uno Game</p>	<p>3 10:00am Crossword Fun 10:30am Foosball 1:00pm Library Solitude 2:00pm Walk About 4:00pm Zen Coloring</p>	<p>4 10:00am Coffee Chat 10:30am Zen Coloring 1:00pm Crossword Fun 2:00pm Foosball 4:00pm Walking Club</p>
<p>5 10:00am Chit Chat 10:30am Bird Watch 12:00pm Chiefs Game 1:00pm Hymns with Cathy 3:00pm Library Solitude</p>	<p>6 10:00am Spill the Beans! 12:00pm Food Council 1:30pm Hollywood Shopping 2:00pm Library Solitude 3:00pm Zen Coloring</p>	<p>7 10:00am Spill the Beans! 10:30am Snowball Fight 1:00pm Nails with Naomi 2:30pm Candy Bingo 4:00pm Trivia</p>	<p>8 10:00am Noodle Fun! 10:30am I see Spot! 1:00pm Uno Game 2:00pm Dan Concert 3:30pm Special Delivery</p>	<p>9 10:00am Library Presentation 10:30am Chit Chat 1:00pm Pretty Peepers 2:30pm Big Bingo 4:00pm Dear Abby</p>	<p>10 10:00am Thi Chi Praise 1:00pm Word in a Word 2:00pm Ice Cream Social 3:30pm Trivia</p>	<p>11 10:00am Coffee Chat 10:30am Zen Coloring 1:00pm Crossword Fun 2:00pm Foosball 4:00pm Walking Club</p>
<p>12 10:00am Coffee Chat 10:30am Zen Coloring 1:00pm Crossword Fun 2:00pm Foosball 4:00pm Walking Club</p>	<p>13 10:00am Spill the Tea! 10:30am Vet Cafe! 1:30pm Vegas Shopping 2:00pm Zen Coloring 3:00pm Library Solitude</p>	<p>14 10:00am Noodle Fun 10:30am Candy Bingo! 1:00pm Library Solitude 2:30pm Zen Coloring 4:00pm Chit Chat</p>	<p>15 10:00am Chair Yoga 10:00am Word in a Word 1:00pm Snowflake Craft 2:00pm Catherine Concert 3:00pm Pretty Peepers</p>	<p>16 10:00am Noodle Fun 10:30am Name 5! 1:00pm Nails with Naomi 2:30pm Big Bingo 4:00pm My Dad...</p>	<p>17 10:00am Balloon Volleyball 10:30am Joke Jar 1:00pm True or False 2:00pm Ice Cream Social 3:30pm Skipbo Card Game</p>	<p>18 10:00am Crossword Fun 10:30am Foosball 1:00pm Library Solitude 2:00pm Walk About 4:00pm Zen Coloring</p>
<p>19 10:00am Library Solitude 10:30am Chit Chat 12:00pm Zen Coloring 1:00pm Walk About 3:00pm Foosball</p>	<p>20 10:00am Break a Sweat 10:30am I Have a Dream 1:30pm Scenic Hall Shopping 2:00pm Zen Coloring 3:00pm Library Solitude</p>	<p>21 10:00am Bust a Sweat 10:30am Word in a Word 1:00pm Nails with Naomi 2:30pm Candy Bingo! 3:30pm Hymns with Bryan</p>	<p>22 10:00am Bust a Move 10:30am Name 5! 1:00pm License Plate Fun! 2:00pm Henry's Concert 3:30pm Special Delivery</p>	<p>23 10:00am Bust a sweat 10:30am Hi Pie! 1:00pm Hand Massages 2:30pm Big Bingo! 4:00pm Name 5!</p>	<p>24 10:00am Chair Yoga 10:30 am Hangman 1:00pm Snowflake Race 2:00pm Ice Cream Social 3:30pm Trivia</p>	<p>25 10:00am Coffee Chat 10:30am Zen Coloring 1:00pm Crossword Fun 2:00pm Foosball 4:00pm Walking Club</p>
<p>26 10:00am Coffee Chat 10:30am Crossword Fun 1:00pm Zen Coloring 2:00pm Waling Club 3:00pm Bird Watch</p>	<p>27 10:00am Thi Chi 10:30am Cut the Cheese 1:30pm Shopping Hollywood 2:00pm Library Solitude 3:00pm Zen Coloring</p>	<p>28 10:00am Noodle Fun 10:30am Rubber Ducky 1:00pm Nails with Naomi 2:30pm Candy Bingo 4:00pm My Mama</p>	<p>29 10:00am Thi Chi 10:30am Price is Right! 1:00pm Name 5! 2:00pm Sing Along with Naomi 3:30pm Car Races</p>	<p>30 10:00am Noodle Fun 10:30am Hangman 1:00pm Uno Card Game 2:30pm Big Bingo! 4:00pm Recipe Swap</p>	<p>31 10:00am Catholic Mass 10:30am Coffee Chat 1:00pm Zen Coloring 2:00pm Ice Cream Social 3:30pm Joke Jar</p>	