

*Active Senior*

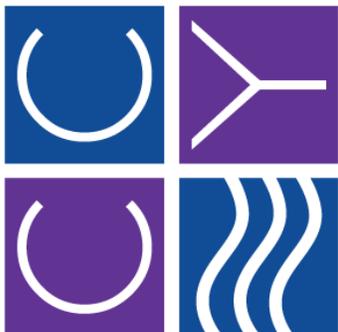
# *Lifestyle* Guide

**January 2022**



**CELEBRATING 100 YEARS!**

SERVING SENIORS SINCE 1922



# Meet The Team!



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 214-229-7762



**Daphne Lee**  
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 Instructor  
 dlee@ccyoung.org

The **Calendar** of events, TV Programs, trips, and more begins on **pg. 10.**

The **Lifestyle Section** filled with articles & highlights begins on **pg. 31.**

**Please note The Point is currently open to CC Young Residents only.**

**KEY:**

- Ch. 80 Campus Info
- Ch. 81 Broadcast= Event and Program Station
- In-Person= Limited Seating. Sign-in required. Each event will have room capacity listed.

2022 Marks the 100th anniversary of CC Young! That is 100 years of serving seniors!

Just imagine the monumental events that have occurred in the last 100 years. From technology, to culture and the economy, CC Young has been along for the ride.

Each month IN 2022 the Lifestyle Guide will showcase moments and information from the last 100 years!

See page 36 for this month's info on **100 years of Presidents!**

Stay tuned for more special events throughout 2022 celebrating the 100th anniversary of CC Young!

The Point hours of operation  
7:00am – 8:00pm  
Open 7 days a week to residents only!



## THE POINT AND PAVILION

Our 20,000 square foot life enrichment center is the cornerstone for CC Young's mission to enrich the lives of seniors on our campus and in our community. The Point is a destination for ages 55 and better to flourish in body, mind and spirit.

The Point includes an art gallery, auditorium, movie theater, fitness center, library, café, meeting and classroom space. The Point offers a full calendar of

enriching activities, workshops, courses, concert performances, a rotating art exhibit and much more.

The Pavilion and Central Park serve as our outdoor entertainment area and gathering space. It is the perfect place to relax, spend time with family members, fellow residents, dine, read, or enjoy one of our many special events.



### OUR MISSION

To foster premier environments where every life at every age is valued and enriched.

### OUR VISION

To enhance the quality of life for all we serve.

***Pamper Yourself with  
 a Massage Today!***



**Licensed Therapist  
 Cate Cloft**  
 LMT, CMTPT, BCTMB, MT  
 124317

**972-755-4259**  
[calmcatemassage@att.net](mailto:calmcatemassage@att.net)

**Pricing:**  
 \$65 / 60min  
 \$95 / 90min

Vista Resident floors 4-8  
 in-room massage  
 \$50/ 30min

Payment to be made at the time of services.  
 Payment options include: CCY Resident bill, Cash,  
 Check, or Gift Certificate.

**Gift Certificates:**

- A customized certificate will be created for the recipient to present for payment at the time of services.
- Payment for the gift certificate is to be made at the time of purchase.
- Contact Brian or Angela to purchase certificates.

**Massage Room Location:** Vista 3rd floor

For questions, comments or issues about  
 the Massage Therapy program, contact:

Brian Parman: 972-755-3260  
 Angela Castillo: 214-841-2831



**CCY Transportation**

Sign up at The Point

IL Trips (pick up at each building)  
 Hillside Village: Wednesdays in January  
 at 9:15am  
 Kroger: Fridays in January  
 at 9:15am

Trader Joe's: Thursday, Jan. 13 at 1:30pm  
 Walmart: Thursday, Jan. 27 at 1:30pm

To book an individual trip call 214-841-2946  
 or email [transportation@ccyoung.org](mailto:transportation@ccyoung.org)



**Senior Life Ministry**

In the tradition of Rev. Christopher Conley Young, our Senior Life Ministry Team offers a variety of pastoral care services for our residents, families and all team members. We provide opportunities for spiritual growth at every age and every circumstance.

**Sunday Morning Worship Service**  
 Led by Rev. Kellie Sanford & Rev. Mike Nichols  
 Liturgist: Mark Vangeison, Pianist: James Anthony  
 Trumpeter: John Gould, Special vocalist weekly

**Sundays at 9:30am**  
 Hillside Blue Chapel  
 In-person limited seating.  
 60 people max. Masks required.

**Sundays at 11:00am**  
 Point Auditorium. Broadcast Live On Ch. 81  
 In-person limited seating. 60 people max.

**Contact Senior Life Ministry**  
 Rev. Kellie Sanford: 972-261-3015 / [ksanford@ccyoung.org](mailto:ksanford@ccyoung.org)  
 Rev. Mike Nichols: 469-400-2858 / [mnichols@ccyoung.org](mailto:mnichols@ccyoung.org)

# The Art Gallery in The Point

Tuesday, January 4 – Friday, January 28

## *The Beauty of the Poor*



Photography by  
CC Young Resident  
*Tina Lancaster*

Meet The Artist  
Program & Reception  
**Thursday, January 20**  
3:00pm



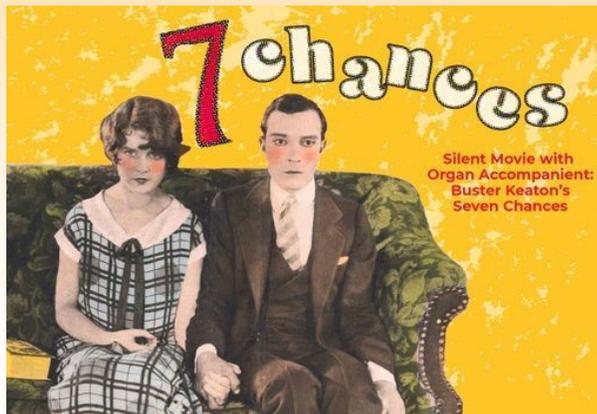
**Tuesday, January 11**  
**2:00pm**

**IL Trip: Marris Art in North West Dallas**  
**Glass Blowing Exhibit**

Meet Artist Aaron Tate, as he demonstrates glass blowing.  
No Charge. Sign up at The Point.

**Sunday, January 23**  
**5:30pm**

IL Trip: Silent Movie at St. John's Episcopal Church  
Movie "**Seven Chances**" with  
organist accompaniment Benjamin Kolodziej.



No Charge. Please wear masks. Sign up at The Point!

# COFFEE & CABARET

Wednesday, January 19 at 3:30pm

## *Accordion Cabaret*

with Accordionist Mike Frankel

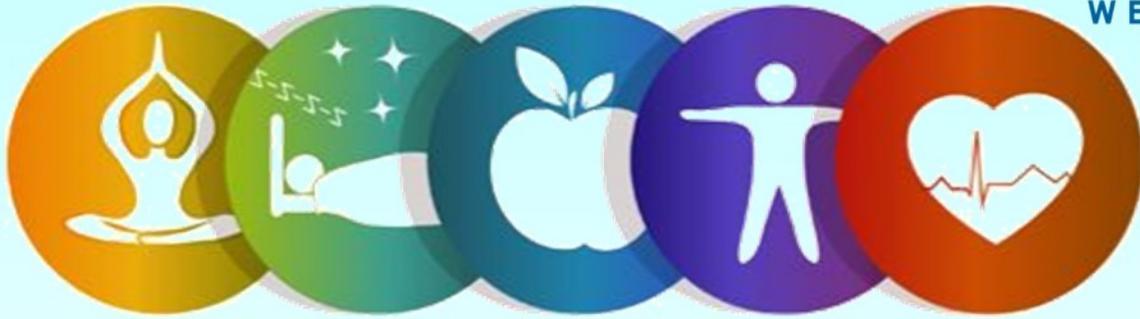


Come to a heartwarming, foot-tapping, memorably inspiring program by long time friend of CC Young, Mike Frankel

You won't be able to stop yourself from humming along!

Refreshments Provided!





# Drop in to a Wellness Class!

In-person wellness classes are held in Fitness Classroom unless otherwise noted. Classes currently have a maximum capacity of 16 people. Sign-in is required.

**Chair Aerobics**  
8:15am  
Mondays - Fridays

**Balance Class**  
9:00am  
Mondays - Fridays

**Strength & Stretch**  
9:45am  
Mondays - Fridays  
(Thursdays in The Auditorium)

**Chair Yoga**  
10:30am  
Mondays, Wednesdays, Fridays

**Chair Pilates**  
10:30am  
Tuesdays in the Fitness Center  
Thursdays in The Auditorium

**Parkinson's Workout**  
10:00am  
Thursdays

**Sit & Get Fit**  
3:00pm  
Mondays, Tuesdays, Wednesdays

**Seated Tai Chi**  
4:00pm  
Mondays & Wednesdays

**Standing Tai Chi**  
11:10am  
Fridays

Classes are subject to change. See The Lifestyle Guide or tune in to Ch. 80 for a daily schedule of all classes and events.



**Workout at The Fitness Center**  
7 days a week from 7:00am - 8:00pm  
**Sign-in required. Supplies provided for residents to wipe down equipment after use.**

# JANUARY 2022 SENIOR TECH SCHEDULE

Tuesday, January 4  
Streaming: Music, TV, & Movies  
9:30am–11:30am

Thursday, January 6  
Introduction to the Apple iPhone  
9:30am–11:30am

Monday, January 10  
Introduction to the Android  
Smartphone/Tablet  
1:30pm–2:30pm

Thursday, January 13  
Introduction to the Apple iPad  
9:30am–11:30am

Fridays January 14 & 28  
SRTECH FREE  
COACHING FRIDAYS  
10:00am–12:00pm  
Come & Go for computer &  
technology questions

All Classes are held in the Point Technology Lab  
\*NOTE: Limited Seating! Call to reserve your spot.

Please check battery charge levels on your devices before coming to class.  
Come Prepared! Know your:

- Apple ID and Password (Apple classes)
- Gmail address and Password (Android or Google classes)

Tuesday, January 18  
Connecting your iPad to the  
Wireless Network and Exploring  
the Internet  
9:30am–11:30am

Thursday, January 20  
iPhone Contacts, Calendar,  
& Phone Apps  
9:30am–11:30am

Tuesday, January 25  
Streaming: Music, TV, & Movies  
9:30am–11:30am

Monday, January 31  
What does Cyber Security mean  
to Me (Passwords, Updates, &  
More)  
1:30pm–2:30pm

**Residents Only!**  
Class size is limited to 8 people.  
Call 214-841-2831 to register for a class.





## January Special Dining Events

**Friday, January 7**

Diner Days - Juke Box Special  
Conley's

**Wednesday, January 12**

**3:00pm on Ch. 81**

Teaching Kitchen featuring  
Superfood: Grapefruit

**Friday, January 14**

Destination America

*Chicago Pizza*

Thomas Dining Room

**Friday, January 21**

Food Truck Race  
Asbury Dining Room

**Friday, January 28**

Farm to Table - Apples  
HC/Vista

**Coming Soon!**

Chef's Table Dining  
Special Reservation Dinner  
Look for info to come!

*Morrison*  
LIVING

SATURDAY, JANUARY 1



No scheduled events.  
The Point is open 7am-8pm  
Residents Only at this time.

The Fitness Center, Art Gallery,  
Library and The Ping Pong Table  
are available for your enjoyment

Regular programming resumes on  
Monday, January 3, 2022!

# THIS WEEK'S HIGHLIGHTS

**Happy New Year!**

## **Tuesday, January 4** **SeniorTech Classes Return!**

Check page 9 for a complete schedule!

## **Tuesday, January 4**

10:00am

### **For the Love of the Lake Volunteer Group**

Monthly volunteer project: help prepare supplies for clean-up at White Rock Lake.

## **Wednesday, January 5**

3:00pm on Ch. 81

### **Virtual Bingo**

Cards will be delivered to Cubbies! Call in to claim your win! 214-229-7762

## **Friday, January 7**

1:30pm

### **Movie Matinee**

Hope Gap

2020, Rated Pg-13, 1h 40m

## SUNDAY, JANUARY 2



9:30am - 10:30am  
Worship Service  
with Rev. Kellie Sanford

Hillside Blue Chapel  
In-Person



11:00am - 12:00pm  
Worship Service  
with Rev. Kellie Sanford

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point and any activities or classes within are to CC Young Residents Only at this time.**



# Virtual Bingo

**Wednesday**  
**January 5**

3:00pm on Ch. 81

Cards will be delivered to cubbies! Make sure to keep them handy for the monthly virtual Bingo game.

Call in to claim your win!  
214-229-7762

## MONDAY, JANUARY 3

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>BUNCO at The Point</b> Limited Seating. Signup at The Point	Auditorium In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, JANUARY 4

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Streaming: Music, TV, and Movies	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:00am - 11:00am <b>For the Love of the Lake Volunteer Group</b> Monthly volunteer project: help prepare supplies for clean up at White Rock Lake.	Auditorium In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person

## WEDNESDAY, JANUARY 5

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:15am -11:00am <b>Trip to Hillside Village</b> Sign-up at The Point. Pick up in front of your building. Please wear masks.	
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 9:45am - 11:00am <b>Senior Scribblers</b>	Flagpole Hill In-Person
 10:00am-11:30am <b>Wii Bowling</b> Drop in on a game or bring friends to play!	The Point Café In-Person
2:00pm- 3:00pm <b>Acting Fun with Linda Leonard</b>	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 3:30pm <b>Virtual Bingo</b> Cards will be delivered to cubbies! Call in to claim your win! 214-229-7762	Ch. 81 Broadcast Virtual
4:00pm - 5:00pm <b>Seated Tai Chi</b>	<b>Ch. 81 Virtual</b>

## THURSDAY, JANUARY 6

8:15am - 8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b> Special Activity Spotlight	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Introduction to the Apple iPhone	Computer Lab In-Person
 10:00am - 11:00am <b>Knotty Knitters</b>	Flagpole Hill In-Person
9:45am - 10:15am <b>Strength &amp; Stretch</b>	Auditorium S. In-Person
10:00am - 10:45am <b>Thriving with Parkinson's</b> A workout designed for Parkinsonians.	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Auditorium S. In-Person
11:00am - 11:45am <b>Thriving with Parkinson's (AL)</b> A workout designed for Parkinsonians. Multipurpose room in Hillside.	Hillside In-Person
 3:00pm - 4:00pm <b>Bible Study</b> Led by Resident Marilyn Hodge	Flagpole Hill In-Person
 4:00pm - 5:00pm <b>Independent Living Happy Hour</b> Beer, Wine & Appetizers.	Auditorium

## FRIDAY, JANUARY 7

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

9:15am -11:00am  
 **Trip to Kroger**  
Sign-up at The Point. Transportation will pick up in front of your building.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person

10:00am-11:30am Point Cafe  
 **Ping Pong "Pick Up" Game** In-Person  
Drop in on a game or bring friends to play!

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

11:00am - 11:45am Fitness Center  
**Standing Tai Chi** In-Person

 **1:30pm - 3:30pm**  
**Movie Matinee** Theater  
In-Person  
**Hope Gap**  
2020, Rated Pg-13, 1h 40m

## SATURDAY, JANUARY 8

**No scheduled events.**  
**The Point is open 7am-8pm**  
**Residents Only at this time.**

**MOVIE MATINEE**



**This Week's Movie**  
**Hope Gap**  
2020, PG-13, 1h 40m

**Friday, January 7**  
**at 1:30pm**

Grace lives an idyllic life until her 29-year marriage to Edward abruptly ends, leaving their only son to pick up the pieces. As life unravels, Grace discovers it's never too late to be happy. Starring Annette Bening & Bill Nighy.

**In-Person only. Limited Seating.**  
Only 30 seats available per showing!

# THIS WEEK'S HIGHLIGHTS

**Tuesday, January 11**

1:30pm

**Painting Fun!**

**Acrylics & Watercolor Class**

Maximum 7 people per class.

Sign up at The Point.

**Tuesday, January 11**

2:00pm

**IL Trip: Marrs Art Center:**

**Glass Blowing Exhibit**

Meet Artist Aaron Tate, he will demonstrate and talk about glass blowing.

**Wednesday, January 12**

2:00pm

**All Resident Council Meeting**

Get updates from each building, and from managers & department heads.

**Friday, January 14**

9:30am

**Arts & Crafts with  
Patricia Dillingham**

This month's craft:  
Embossed Valentine Cards

**Friday, January 14**

1:30pm

**Movie Matinee**

The American President  
1995, Rated PG-13, 2h 4m

**SUNDAY, JANUARY 9**

9:30am - 10:30am Hillside Blue Chapel  
✠ **Worship Service** In-Person  
with Rev. Kellie Sanford  
Special All Saints Service

11:00am - 12:00pm Auditorium  
✠ **Worship Service** In-Person  
with Rev. Kellie Sanford Ch. 81 Broadcast

**A reminder that access to The Point  
and any activities or classes  
within are open to CC Young  
Residents only at this time.**

# Arts & Crafts

Friday, January 14

9:30am

**Arts & Crafts with  
Patricia Dillingham**

This month:

Embossed  
Valentine Cards

Sign Up at The Point



## MONDAY, JANUARY 10

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 1:30pm - 3:00pm <b>SeniorTech Class:</b> Introduction to the Android Smartphone/Tablet	Computer Lab In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 3:30pm - 4:30pm <b>Domino "Pick-Up" game</b> Drop in and play a game or learn how to play.	The Point Café In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, JANUARY 11

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
9:00am - 11:00am <b>Total Hearing Clinic</b> Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	White Rock
9:30am - 11:30am <b>SeniorTech Class:</b> Streaming: Music, TV, and Movies	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young 'Uns Rehearsal</b>	Auditorium In-Person
 1:30pm-3:30pm <b>Painting Fun!</b> <b>Acrylics and Watercolor Class</b> Maximum 7 people per class. Sign up at The Point.	White Rock In-Person
2:00pm - 4:00pm <b>IL Trip: Marrs Art Center: Glass Blowing Exhibit</b> Meet Artist Aaron Tate, who will demonstrate and talks about glass blowing. Sign up at The Point.	
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person

## WEDNESDAY, JANUARY 12

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person



9:15am - 11:00am  
**Trip to Hillside Village**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person



10:00am-11:30am The Point Café  
**Rummikub "Pick Up" Game** In-Person  
 Drop in on a game or bring friends to play!

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

2:00pm- 3:00pm Auditorium  
**All Resident Council Meeting** In-Person & Ch. 81  
 Get updates from each building, from managers & department heads.

3:00pm - 3:30pm Fitness Center  
**Sit & Get Fit** In-Person

3:30pm - 3:50pm Ch. 81 Broadcast  
**Teaching Kitchen** Virtual  
 Presentation using this month's Superfood: Grapefruit



4:00pm - 5:00pm Flagpole Hill  
**Alzheimer's Caregiver Support Group** In-Person

4:00pm - 5:00pm Fitness Center  
**Seated Tai Chi** In-Person

## THURSDAY, JANUARY 13

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person



9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**



9:30am - 11:30am Computer Lab  
**SeniorTech Class:** In-Person  
 Introduction to the Apple iPad

9:45am - 10:15am Auditorium S  
**Strength & Stretch** In-Person

10:00am - 10:45am Fitness Center  
**Thriving with Parkinson's** In-Person  
 A workout designed for Parkinsonians



10:00am - 11:00am Flagpole Hill  
**Knotty Knitters** In-Person

10:30am - 11:00am Auditorium S  
**Chair Pilates** In-Person

11:00am - 11:45am Hillside  
**Thriving with Parkinson's (AL)** In-Person  
 A workout designed for Parkinsonians. Multipurpose room in Hillside.



1:30pm - 2:30pm  
**Trip to Trader Joe's**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.



3:00pm - 4:00pm Flagpole Hill  
**Bible Study** In-Person  
 Led by Resident Marilyn Hodge



4:00pm - 5:00pm Auditorium  
**Independent Living Happy Hour**  
 Beer, Wine & Appetizers.

## FRIDAY, JANUARY 14

8:15am-8:45am  
**Chair Aerobics** Fitness Center  
In-Person

9:00am - 9:30am  
**Balance Class** Fitness Center  
In-Person

 9:15am -11:00am  
**Trip to Kroger**  
Sign-up at The Point. Transportation will pick up in front of your building. Please wear masks.

 9:30am -11:30am  
**Arts & Crafts with Patricia Dillingham** Auditorium  
In-Person  
This month's craft: Embossed Valentine Cards. Limited Spots! Sign up at The point.

9:45am-10:15am  
**Strength & Stretch** Fitness Center  
In-Person

 10:00am-11:30am  
**Ping Pong Pick up Game** Point Café  
In-Person  
Drop in on a game or come learn how to play.

 10:00am-12:00pm  
**Free Coaching Fridays** Computer Lab  
In-Person  
Come and Go for Technology Questions

10:30am-11:00am  
**Chair Yoga** Fitness Center  
In-Person

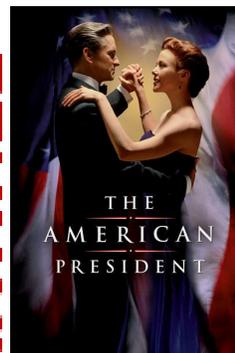
11:10am - 11:50am  
**Standing Tai Chi** Fitness Center  
In-Person

 1:30pm - 3:30pm  
**Movie Matinee** Theater  
In-Person  
The American President  
1995, Rated PG-13, 2h 4m

## SATURDAY, JANUARY 15

**No scheduled events.  
The Point is open 7am-8pm  
Residents Only at this time.**

**MOVIE MATINEE**



**This Week's Movie**

***The American President***

1995, PG-13, 1h 40m,

**Friday, January 14  
at 1:30pm**

Widowed U.S. president Andrew Shepherd (Michael Douglas), one of the world's most powerful men, can have anything he wants. What he covets most is Sydney Ellen Wade (Annette Bening), a Washington lobbyist. But Shepherd's attempts at courting her spark wild rumors and decimate his approval ratings in this romantic comedy. Rob Reiner directs, and Michael J. Fox and Martin Sheen co-star. The film was nominated for a Best Score Oscar.

**In-Person only. Limited Seating.  
Only 30 seats available per showing!**

# THIS WEEK'S HIGHLIGHTS

## Wednesday, January 19

3:30pm

### Coffee & Cabaret

Live music & refreshments featuring Accordionist Mike Frankel

## Thursday, January 20

10:00am

### Total Hearing Presentation

Signs that indicate hearing loss when you don't think you have hearing loss.

## Thursday, January 20

3:00pm

### Meet The Artist Reception

This month's featured artist: CCY Resident Tina Lancaster

## Friday, January 21

1:30pm

### Movie Matinee

Words on Bathroom Walls 2020, Rated PG-13, 1h 50m

## SUNDAY, JANUARY 16



9:30am - 10:30am  
Worship Service  
with Rev. Kellie Sanford

Hillside Blue Chapel  
In-Person



11:00am - 12:00pm  
Worship Service  
with Rev. Kellie Sanford

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point and any activities or classes within are open to CC Young Residents only at this time.**

Thursday  
January 20  
10:00am



Signs that indicate hearing loss when you don't think you have hearing loss.

## MONDAY, JANUARY 17

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Ch. 81 Broadcast In-Person
 3:00pm - 4:30pm <b>BUNCO at The Point</b> Limited Seating. Signup at The Point.	Auditorium In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, JANUARY 18

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Connecting your iPad to the Wireless Network and Exploring the Internet	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young 'Uns Rehearsal</b>	Auditorium In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person

## WEDNESDAY, JANUARY 19

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

9:315m -11:00am  
 **Trip to Hillside Village**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person

 9:45am - 11:00am Flagpole Hill  
**Senior Scribblers** In-Person

 10:00am-11:30am The Point Café  
**Wii Bowling** In-Person  
 Drop in on a game or bring friends to play!

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

2:00pm- 3:00pm Fitness Center  
**Acting Fun with Linda Leonard** In-Person

2:00pm-3:00pm White Rock  
**Alterations by Dallas Dry Cleaning**  
 Minor alternations. A credit card on file is required for payment.

3:00pm - 3:30pm Fitness Center  
**Sit & Get Fit** In-Person

3:30pm - 4:30pm Auditorium  
**Coffee & Cabaret** In-Person  
 Live music featuring Accordionist Mike Frankel

4:00pm - 5:00pm Fitness Center  
**Seated Tai Chi** In-Person

## THURSDAY, JANUARY 20

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

 9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**

 9:30am - 11:30am Computer Lab  
**SeniorTech Class:** In-Person  
 iPhone Contacts, Calendar, and Phone Apps

9:45am - 10:15am Auditorium S  
**Strength & Stretch** In-Person

10:00am - 10:45am Fitness Center  
**Thriving with Parkinson's** In-Person  
 A workout designed for Parkinsonians.

10:00am - 11:00am Auditorium N  
**Total Hearing Presentation** In-Person  
 Signs that indicate hearing loss when you don't think you have a hearing loss.

 10:00am - 11:00am Flagpole Hill  
**Knotty Knitters** In-Person

10:30am - 11:00am Auditorium S  
**Chair Pilates** In-Person

11:00am - 11:45am Hillside  
**Thriving with Parkinson's (AL)** In-Person  
 A workout designed for Parkinsonians.  
 Multipurpose room in Hillside.

3:00pm - 4:00pm Auditorium  
**Meet The Artist Reception** In-Person  
 This month's featured artist:  
 CCY Resident Tina Lancaster

 3:00pm - 4:00pm Flagpole Hill  
**Bible Study** In-Person  
 Led by Resident Marilyn Hodge

 4:00pm - 5:00pm Auditorium  
**Independent Living Happy Hour**  
 Beer, Wine & Appetizers.

## FRIDAY, JANUARY 21

8:15am-8:45am  
**Chair Aerobics** Fitness Center  
In-Person

9:00am - 9:30am  
**Balance Class** Fitness Center  
In-Person

9:15am -11:00am  
 **Trip to Kroger**  
Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.

9:45am-10:15am  
**Strength & Stretch** Fitness Center  
In-Person

10:00am-10:30am  
**Chair Yoga** Fitness Center  
In-Person

 10:00am-11:30am  
**Ping Pong "Pick Up" Game** Point Cafe  
In-Person  
Drop in on a game or bring friends to play!

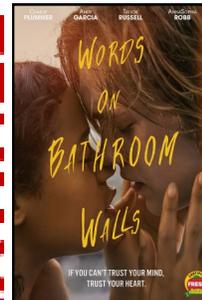
11:10am - 11:50am  
**Standing Tai Chi** Fitness Center  
In-Person

 1:30pm - 3:30pm  
**Movie Matinee** Theater  
In-Person  
**M** Words on Bathroom Walls  
2020, Rated PG-13, 1h 50m

## SATURDAY, JANUARY 22

**No scheduled events.**  
**The Point is open 7am-8pm**  
**Residents Only at this time.**

# MOVIE MATINEE



**This Week's Movie**  
**Words on Bathroom Walls**

2020, PG-13, 1h 50m

**Friday, January 21**  
**at 1:30pm**

Adam is a witty, introspective teen pursuing his dream of becoming a chef. When Adam is diagnosed with a mental illness, he lives in fear of being exposed – until he meets Maya, an outspoken and fiercely intelligent girl who inspires him to open his heart and not be defined by his condition.

**In-Person only. Limited Seating.**  
**Only 30 seats available per showing!**

# THIS WEEK'S HIGHLIGHTS

**Sunday, January 23**

5:30pm

**IL Trip: Silent Movie at St. John's Episcopal Church**  
Movie "Seven Chances" with organist accompaniment Benjamin Kolodziej.

**Tuesday, January 25**

3:30pm

**Richard Stanford Hour**  
This month's book review is on: *The Transcendentalists* by Robert A. Gross

**Wednesday, January 26**

1:00pm

**Harris Jewelers**  
Repairs while you wait: Watch battery, necklace clasps and other simple repairs.

**Wednesday, January 26**

3:00pm

**Opera Abridged! with BJ Anderson**  
This month's Opera: *The Merry Widow*, starring Renee Fleming.

**Friday, January 28**

1:30pm

**Movie Matinee**  
*I Can Only Imagine*  
2018, Rated PG, 1h 26m

**SUNDAY, JANUARY 23**



9:30am - 10:30am  
**Worship Service**  
with Rev. Kellie Sanford

Hillside Blue Chapel  
In-Person



11:00am - 12:00pm  
**Worship Service**  
with Rev. Kellie Sanford

Auditorium  
In-Person  
Ch. 81 Broadcast

5:30pm - 8:30pm

**IL Trip: Silent Movie at St. John's Episcopal Church**  
Movie "Seven Chances" with organist accompaniment Benjamin Kolodziej.  
Please wear masks. Sign up at The Point.

**Reminder: Access to The Point and any activities or classes within are open to CC Young Residents only at this time.**

**Wednesday, January 26**

**3:00pm**

**Opera Abridged!**

**Presenter BJ Anderson will share stories about the opera, the singers, and the history of *The Merry Widow*.**

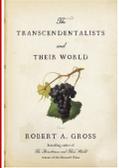


## MONDAY, JANUARY 24

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers</b> Volunteer Group (aka Bag Ladies)	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
 3:30pm - 4:30pm <b>Domino "Pick-Up" game</b> Drop in and play a game or learn how to play.	The Point Café In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, JANUARY 25

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Streaming: Music, TV, and Movies	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young 'Uns Rehearsal</b>	Auditorium In-Person
 1:30pm-3:30pm <b>Painting Fun!</b> <b>Acrylics and Watercolor Class</b> Maximum 7 people per class. Sign up at The Point.	White Rock In-Person
2:00pm - 4:00pm <b>Total Hearing Clinic</b> Complimentary hearing aid cleanings and hearing screenings. Book Appointment: 214-987-4114	Flagpole Hill
2:30pm - 2:45pm <b>Praying With The Body</b> Meditation and reflection, prayers and body movements.	Fitness Center In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person

	3:30pm-4:30pm <b>Richard Stanford Hour</b> This month's book review is on: <i>The Transcendentalists</i> by Robert A. Gross	Auditorium In-Person & Ch. 81
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## WEDNESDAY, JANUARY 26

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

 9:15am -11:00am  
**Trip to Hillside Village**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.

9:45am-10:15am  
**Strength & Stretch** In-Person

 9:45am - 11:00am  
**Senior Scribblers** Flagpole Hill  
 In-Person

 10:00am-11:30am The Point Café  
**Rummikub "Pick Up" Game** In-Person  
 Drop in on a game or bring friends to play!

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

2:00pm- 3:00pm Fitness Center  
**Acting Fun with Linda Leonard** In-Person

 1:00pm-2:00pm Point Lobby  
**Harris Jewelers**  
 Repairs while you wait: Watch battery, necklace clasps and other simple repairs.

3:00pm - 3:30pm Fitness Center  
**Sit & Get Fit** In-Person

3:00pm - 4:30pm Auditorium  
**Opera Abridged! with BJ Anderson** In-Person  
 This month's Opera: *The Merry Widow*, starring Renee Fleming.

4:00pm - 5:00pm Ch. 81  
**Seated Tai Chi**

## THURSDAY, JANUARY 27

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

 9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**  
**Activity Spotlight with Aaron Schmidt**

9:45am - 10:15am Auditorium S  
**Strength & Stretch** In-Person

10:00am - 10:45am Fitness Center  
**Thriving with Parkinson's** In-Person  
 A workout designed for Parkinsonians

 10:00am - 11:00am Flagpole Hill  
**Knotty Knitters** In-Person

10:30am - 11:00am Auditorium S  
**Chair Pilates** In-Person

11:00am - 11:45am Hillside  
**Thriving with Parkinson's (AL)** In-Person  
 A workout designed for Parkinsonians.  
 Multipurpose room in Hillside.

 1:30pm -2:30pm  
**Trip to Walmart**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.

 3:00pm - 4:00pm Flagpole Hill  
**Bible Study** In-Person  
 Led by Resident Marilyn Hodge

 4:00pm - 5:00pm Auditorium  
**Independent Living Happy Hour**  
 Beer, Wine & Appetizers.

## FRIDAY, JANUARY 28

8:15am-8:45am  
**Chair Aerobics** Fitness Center  
In-Person

9:00am - 9:30am  
**Balance Class** Fitness Center  
In-Person

9:15am -11:00am  
 **Trip to Kroger**  
Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.

9:45am-10:15am  
**Strength & Stretch** Fitness Center  
In-Person

10:00am-12:00pm  
 **Free Coaching Fridays** Computer Lab  
In-Person  
Come and Go for Technology Questions

10:00am-10:30am  
**Chair Yoga** Fitness Center  
In-Person

10:00am-11:30am  
 **Ping Pong "Pick Up" Game** Point Cafe  
In-Person  
Drop in on a game or bring friends to play!

11:10am - 11:50am  
**Standing Tai Chi** Fitness Center  
In-Person

 **1:30pm - 3:30pm** Theater  
**Movie Matinee** In-Person  
 **I Can Only Imagine**  
2018, Rated PG, 1h 26m

## SATURDAY, JANUARY 29

**No scheduled events.**  
**The Point is open 7am-8pm**  
**Residents Only at this time.**

**MATINEE**



**This Week's Movie**

***I Can Only Imagine***

2018, PG, 1h 50m

**Friday, January 28 at 1:30pm**

**M**  
  
**MOVIE**

Released as a single in 2001, the Christian rock ballad "I Can Only Imagine" became a huge crossover hit for the band MercyMe and composer Bart Millard. This family drama charts Millard's life and memories of his late father, which inspired the song.

**In-Person Only. Limited Seating**  
30 seats available per showing!

# THIS WEEK'S HIGHLIGHTS

**Wednesday, February 2**

3:00pm on Ch. 81

**Virtual Bingo**

Call in to claim your win!

214-229-7762

**Friday, February 4**

1:30pm

**Movie Matinee**

Soul

2020, Rated PG, 1h 40m

**SUNDAY, JANUARY 30**



9:30am - 10:30am  
**Worship Service**  
with Rev. Kellie Sanford

Hillside Blue Chapel  
In-Person



11:00am - 12:00pm  
**Worship Service**  
with Rev. Kellie Sanford

Auditorium  
In-Person  
Ch. 81 Broadcast

**Reminder: Access to The Point  
and any activities or classes within  
are open to CC Young Residents only  
at this time.**



# Virtual Bingo

**Wednesday  
February 2**

3:00pm on Ch. 81

Extra cards will be  
available at The Point.

Call in to claim your win!  
214-229-7762

## MONDAY, JANUARY 31

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 11:00am <b>Happy Hookers Volunteer Group (aka Bag Ladies)</b>	Auditorium In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am-11:00am <b>Chair Yoga</b>	Fitness Center In-Person
 1:30pm - 3:00pm <b>SeniorTech Class:</b> What does CyberSecurity mean to Me (Passwords, Updates, and More)	Computer Lab In-Person
 2:00pm - 3:00pm <b>FUMC Dallas Worship Service</b>	Ch. 81 Broadcast
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person
4:00pm - 5:00pm <b>Seated Tai Chi</b>	Fitness Center In-Person

## TUESDAY, FEBRUARY 1

8:15am-8:45am <b>Chair Aerobics</b>	Fitness Center In-Person
9:00am - 9:30am <b>Balance Class</b>	Fitness Center In-Person
 9:30am - 10:00am <b>CCY Campus News</b>	Ch. 81 Broadcast
 9:30am - 11:30am <b>SeniorTech Class:</b> Streaming: Music, TV, and Movies	Computer Lab In-Person
9:45am-10:15am <b>Strength &amp; Stretch</b>	Fitness Center In-Person
10:30am - 11:00am <b>Chair Pilates</b>	Fitness Center In-Person
1:30pm-2:30pm <b>CC Young 'Uns Rehearsal</b>	Auditorium In-Person
3:00pm - 3:30pm <b>Sit &amp; Get Fit</b>	Fitness Center In-Person

## WEDNESDAY, FEBRUARY 2

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

9:315m -11:00am  
 **Trip to Hillside Village**  
 Sign-up at The Point. Pick-up in front of your building. Please wear masks.

9:45am-10:15am Fitness Center  
**Strength & Stretch** In-Person

 9:45am - 11:00am  
**Senior Scribblers** In-Person

 10:00am-11:30am  
**Wii Bowling** The Point Café  
 In-Person  
 Drop in on a game or bring friends to play!

10:30am-11:00am Fitness Center  
**Chair Yoga** In-Person

2:00pm- 3:00pm Asbury Barr Room  
**Asbury Conversations** In-Person

2:00pm- 3:00pm Fitness Center  
**Acting Fun** In-Person  
 with Linda Leonard

 3:00pm - 3:30pm Ch. 81 Broadcast  
**Virtual Bingo** Virtual  
 Cards will be delivered to Cubbies!

4:00pm - 5:00pm Ch. 81  
**Seated Tai Chi**

## THURSDAY, FEBRUARY 3

8:15am-8:45am Fitness Center  
**Chair Aerobics** In-Person

9:00am - 9:30am Fitness Center  
**Balance Class** In-Person

 9:30am - 10:00am Ch. 81 Broadcast  
**CCY Campus News**

 9:30am - 11:30am Computer Lab  
**SeniorTech Class:** In-Person  
 Introduction to Android Smartphones

9:45am - 10:15am Auditorium S  
**Strength & Stretch** In-Person

10:00am - 10:45am Fitness Center  
**Thriving with Parkinson's** In-Person  
 A workout designed for Parkinsonians.

 10:00am - 11:00am Flagpole Hill  
**Knotty Knitters** In-Person

10:30am - 11:00am Auditorium S  
**Chair Pilates** In-Person

11:00am - 11:45am Hillside  
**Thriving with Parkinson's (AL)** In-Person  
 A workout designed for Parkinsonians.  
 Multipurpose room in Hillside.

 3:00pm - 4:00pm Flagpole Hill  
**Bible Study** In-Person  
 Led by Resident Marilyn Hodge.

 4:00pm - 5:00pm Auditorium  
**Independent Living Happy Hour**  
 Beer, Wine & Appetizers.

## FRIDAY, FEBRUARY 4

8:15am-8:45am  
**Chair Aerobics** Fitness Center  
In-Person

9:00am - 9:30am  
**Balance Class** Fitness Center  
In-Person



9:15am -11:00am

### **Trip to Kroger**

Sign-up at The Point. Transportation will pick-up in front of your building. Please wear masks.

9:45am-10:15am  
**Strength & Stretch** Fitness Center  
In-Person

10:00am-10:30am  
**Chair Yoga** Fitness Center  
In-Person



10:00am-11:30am

### **Ping Pong "Pick Up" Game**

Point Cafe In-Person  
Drop in on a game or bring friends to play!

11:10am - 11:50am  
**Standing Tai Chi** Fitness Center  
In-Person

**M** **VIE** 1:30pm - 3:30pm  
**Movie Matinee** Theater  
In-Person  
**M** Soul  
2020, Rated PG, 1h 40m

## SATURDAY, FEBRUARY 5

**M** **VIE** **MATINEE**



### **This Week's Movie**

***Soul***

2020, PG, 1h 40m

**Friday, February 4  
at 1:30pm**

Music teacher Joe lands the gig of his life at the best jazz club in town. But one misstep lands Joe in a fantastical place: The Great Before. There, he teams up with soul 22, and together they find the answers to some of life's biggest questions.

**In-Person Only. Limited Seating**  
30 seats available per showing!

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# THROW KINDNESS AROUND LIKE CONFETTI

Brian Parman  
Director The Point & Pavilion  
January 2022



The strike of midnight occurred, the party has ended. The guests have departed. Behind the scenes our team is busy vacuuming, cleaning, breaking down, packing up and organizing supplies from the festivities in preparation for next event.

Oh, the love, the laughter and joy that enveloped our campus this past month! It's not uncommon that year-end events can summon a mixture of emotions mingled with nostalgic memories, dreams and expectations. This year is perhaps even more special given that the vaccine and booster shots have cleared the way for us to gather together once again - perhaps a little differently than in holidays past, but together nonetheless. I glance at the clutter and am overwhelmed with the blessings it all represents: Months of planning, dreaming, anticipation and prayers.

If you spend a few minutes with the Engagement Team at CC Young, you'll quickly learn that we love confetti. We love its use to punctuate life's special moments and on a deeper level, its symbolism. We have looked for ways to incorporate confetti into awards programs, retirement parties, milestone birthdays and of course New Year's Eve! Each of these celebrations was one of the great validations of our purpose in life: to have goals, to sacrifice, to plan, to make the most of each day, and to bless one another along with way in the midst of struggles.



There are so many details in planning events and celebrations; the challenges are numerous and sometimes unexpected. We could never have imagined the wonderful response for much-needed human connection, the desire to laugh, converse, dance, eat and dine with others over varying ideas and perspectives. Confetti!!



The tradition of confetti has been around since Roman times and represents the fact that that life is both bitter and sweet. Giving confetti is customary at all of life's special celebrations. The five almonds, given out at weddings, stand for happiness, health, wealth, fertility, and longevity to the newlyweds. In 1875, an Italian businessman from Milan, Enrico Mangili, began selling paper confetti for use in the upcoming carnevale di Milano, the yearly parade held along the streets of the city.

We just welcomed back one of our team mates after several months away. There were countless acts kindness from staff and residents alike with cards, inquiries and messages of love and encouragement to keep him going during recovery. Over and over I heard concerned residents share stories of Kevin's kindness and the joyful way he conducts himself each day.

Ever notice that your heart leaps a bit as you watch confetti floating, swirling, drifting freely through the air? It flips, it twirls, it dances. Confetti represents celebration, accomplishment, merriment, hope. It settles into the cracks and provides glitter and color. I am grateful for the confetti my friends sprinkle on me, and I hope and pray to be as light, fanciful, and delightful for them as they are for me. I pray you throw confetti and receive the confetti moments in your life with glee and appreciation, even if there is a small, messy, bittersweet clean-up in the end. Revel in it all; appreciate the drift, the dance, the love.



**Set an intention to bring more of [fill in the blanks!] in your life and throw kindness like confetti every day!**



# Crews News!

By Russell Crews  
President and CEO  
January 2022

Happy New Year! As we move into this noteworthy anniversary year, we reflect back on 100 years of our legacy. One hundred years of anything is significant. One hundred years of serving seniors is better described as an honor.

Traditionally, society tends to look backwards at history, assessing accomplishments and challenges throughout a period of time. I prefer to look back and then forward as I ask, "Where do we go from here?"

In 2014, I gathered a team for strategic planning to plan the next 10-15 years and chart the course for CC Young's growth and positioning in the senior living industry. A formal strategic planning process is used to set priorities, focus energy and resources, strengthen operations, ensure that employees and other stakeholders are working toward common goals, with intended outcomes and goals as part of the final results. The process is not just done once and then over; rather, the strategic plan must be regularly reviewed and the timeline adapted while moving toward goals and outcomes.

The Vista was a Phase I initiative which has come to life and has elevated our campus to what you see today. Despite the unforeseen arrival of COVID-19 coinciding with The Vista's opening, we adapted our timeline and are now experiencing momentum and increased census campus-wide. Because of our thoughtful planning with an eye to the future, CC Young exhibited excellence in the innovative, flexible design of The Vista which will assure service to seniors for many years to come. To date, The Vista has received seven architectural and design awards including the AIA Design for Aging Review Award representing conscientious design solutions; Gold Nugget Award of Merit; Aurora Best Service Enriched Senior Center; Senior Housing News Award for post-acute care design; and Healthcare Design Award for providing private, dignified, safe and comfortable environments for Residents and Care Partners to thrive.



**THE VISTA**



**THE TERRACES**

We can now see Phase II looming in the not too distant future as an exciting reality. Phase II will include our next Independent Living expansion called The Terraces and an expansion of The Point. Although a little later than originally planned, we are looking at launch of construction in late 2023 or early 2024. And then, we will move to Phase III.

First things first in 2022, though, we need to appropriately celebrate and honor our past. We have events scheduled all year to do just that. Our organization and 100 year legacy is due to Rev. C. C. Young's initial tenets of civil responsibility, Christian hospitality, and benevolence. With those principles guiding him, he followed his heart and vision to help seniors. Thanks to the many along the way and our team today, we continue to carry the torch and look forward to the years to come.





# Village Update

By Jen Griffin  
Vice President, Engagement  
January 2022

Planning for our centennial year has been ongoing since last July. We have centennial-themed events planned all year long with an added focus on major events “celebrating 100 years in 100 days” in April, May and June. I am excited to share with you a little of what to expect over the coming months!

Be on the lookout for signage both on campus and off as we launch the centennial with a press release and our centennial logo on our email communications and more. Have you noticed a new rigging system on The Point theater wall, facing the Pavilion? This is where we will feature our centennial banner and also highlight other special events throughout the year. This is prime real estate and we are excited about the communication opportunities this presents for the centennial – and more!

Our Engagement Team has pulled amazing data and “factoids” on all facets of the last 100 years. Assimilating that data has been challenging and gratifying. You will see the results of their work with a different centennial-themed focus each month. For example, January’s theme is 100 years of Presidents. Activities throughout all levels of care all over campus will coincide with each month’s theme.

Our Life Enrichment Manager, Hayley Moseley, is recording “Throwback Thursday” videos for Facebook, highlighting decades. Plus, she has consolidated and organized all the data collected into a robust social media calendar. If you are a Facebook friend, you will enjoy some of these snippets! If you are not yet a Facebook friend of ours, I encourage you to jump in! Just search “CCYoung1922” and you will see our page!”

Our Woodies are also getting into the centennial spirit with a couple of special projects. I hesitate to spill the beans and spoil their surprises, but let’s just say – what they are contributing is awesome and will provide some fun photo opportunities for you and your families.

As for major events, we launch the 100 days of special events with an inter-generational parade on campus the morning of Saturday, April 2. Mark your calendar now for this celebratory event which is intended for

residents and their families, and staff and their families who may be able to attend. If you were here for our “Gratitude-A-Palooza” parade a few years ago, it will be like that – but on steroids! You will want to be a part of the experience! We have contacted descendants of Rev. Young and are hopeful that some of them may attend as our VIP guests. If so, I may be reaching out for some resident ambassadors to help us host them!

In May, we will focus on “Body, Mind and Spirit” and feature Dr. Mary Neal as a speaker for CCY residents and also for the Body, Mind and Spirit Foundation. Provided that protocols allow it, both of these events will be for live audiences. We are making contingency plans now to pivot to digital presentations if we need to.

In June, the finale for the 100 days will be two “Roaring Twenties” themed parties – one just for our residents, and one for friends and guests like Chamber members, vendors, and boards. These will be fun, fun, fun – I’m certain of it!

And remember...themed events will continue all year. Our annual Spirit is Ageless Art and Writing Contest is scheduled for the fall with a continuation of the centennial theme. Also in the fall, the Osher Lifelong Learning with University of North Texas officially launches this year! This partnership and the stellar educational benefits we are providing our residents and the community more firmly establish CC Young as a premier environment where we can enhance the quality of life for all serve. This exclusive partnership will set the tone and pace for continued learning and engagement for years to come!

Buckle up! This year will fly by and you won’t want to miss a thing!



## More trips! More parties! More education!

CC Young's Engagement, Life Enrichment, and Dining teams have so many wonderful things coming up for you this year! We don't want to give it all away, but things to look for include:

- ◆ Outings that explore art, history, animals, and nature, just to name a few
- ◆ Themed parties with special menus
- ◆ Musical entertainment
- ◆ Special food tastings and special events
- ◆ Opportunities for education provided by our new partnership with OSHER
- ◆ Continued weekly *free* Happy Hours with heavy hors d'oeuvres, wine, beer and soft drinks
- ◆ Celebrating 100 years of CC Young!
- ◆ And so much more!

In order to make room for all of these exciting events that are offered to the whole CC Young community, we are planning individual building socials on a quarterly basis beginning in March. And remember the weekly Happy Hours continue at The Point for all to enjoy!



As always, Team CC Young team is here to lend support to any resident planned events as well!

**Aaron Schmidt**

Life Enrichment Director, Independent Living

**Elena Jeffus**

Manager, Volunteer Experience

## How to Create a Successful New Year Plan

by Laurasueshaw.com | Effective Planning, Organization

Do you have a plan laid out for the new year? Do you know your priorities and goals? Even though it may change throughout the year, it's important to give yourself a starting point to at least start the year on the right foot. Remember it's not set in stone! But let's create that plan that will be the launching point for a successful year.

This is the process I use to make a plan for the new year.

### Define your Priorities

What is your focus for the new year? Take time to list out your priorities with pen and paper and rank them in order of importance.

### Fill in Your Schedule

Look at a yearly calendar. What essential commitments have you already made? What important holidays, birthdays, and events do you need to plan around?

### List Your Projects for the Year

This step is all about figuring out the "big" things you want to accomplish and then breaking those goals down into smaller steps.

### Find your WHY

What's the "Why" behind your goals? Why do you want to accomplish those goals you set? How are they going to impact your life? How will you feel when it's done? Those are all things to consider as you're figuring out your "Why."

### Establish Good Habits

Good habits are essential to achieving your goals. For example, if your goal is to get up a half hour earlier every day, some habits that would support that goal might be prepping your clothes and breakfast the night before or making sure you go to bed on time. However you decide to build up your self-discipline and establish habits, it will be worth it when you start becoming more productive.

### Create a Schedule

This is important when creating a plan because managing your time and schedule well will be key to actually achieving your goals. So create a schedule and block out times where you will work on your goals.

### Be Realistic

If your goals are too audacious, you may get frustrated with lack of progress. If they're too small, you're more likely to procrastinate. Aim for middle ground. Remember that you can change your goals! They're not set in stone.

### Give yourself grace

Don't be so hard on yourself! Your year may not go as you planned. But it's ok. Every bit of progress counts.

# Learn More about Team CC Young!

## Executive Committee



**Russell Crews**  
President &  
Chief Executive Officer  
rcrews@ccyoung.org

Russell joined CC Young as Chief Financial Officer in 2008 and was promoted to President and Chief Executive Officer in July 2013. Prior to joining CC Young, Russell worked in public accounting with a focus on SEC reporting companies and bond and equity financing.



**Jennifer Griffin**  
Vice President,  
Engagement  
jgriffin@ccyoung.org

Jennifer joined CC Young in 2009 and has held several positions during her tenure. She was promoted to Vice President in 2021 with a primary focus on engagement of residents, families, staff and the outside community - while keeping top of mind the hospitality component of the CC Young experience.



**Mindy Hail**  
Vice President,  
Development  
mhail@ccyoung.org

Mindy joined CC Young in 2014 and is responsible for managing all aspects of the Development Department including the CCY Benevolence Fund, Grants, Planned Giving, Foundations, Major Gifts, CC Young Boards, Fundraising Events, Gift Shop, Wood Shop and our CCY Scholarship Program.



**Stacy Hitt**  
Vice President,  
Resident Operations  
stacyhitt@ccyoung.org

Stacy began her career in senior living in 1993 in an Alzheimer's day stay unit pilot program. When she graduated college in 1995, she took a position at a community as the Director of Activities for Assisted Living. In 2007 she joined CC Young as administrator of our Independent Living community. She also oversees Umphress Terrace, the community's Independent Living services offsite affordable housing, plus Dining Services. As of July 2018, Stacy was promoted to Vice President, Resident Operations, with additional responsibilities including Environmental Services and Transportation.



**Chris Zinkand**  
Vice President,  
Administration  
czinkand@ccyoung.org

Chris has multiple areas of administrative responsibility, including human resources, risk management, legal and construction. She joined CC Young in December of 2007. Prior to that, Chris worked for 20 years in the health services industry involving children and adolescents with emotional and behavioral issues.

## January: 100 Years of Presidents!



18 presidents have sat in the Oval Office since CC Young received its charter in 1922. This month we're celebrating and honoring the historical legacy of these individuals and how they've shaped our country.

**1922 – Warren G. Harding, 29<sup>th</sup> President.** Known as one of the worst presidents, Harding was a likeable guy but his administration was fraught with scandals. He was the first president to talk on the radio, loved to play poker (once he lost a set of White House china in a poker game), and was the first president elected after women had the right to vote.

**1923-1928 – Calvin Coolidge, 30<sup>th</sup> President.** "Silent Cal" was a president of few words, tasked with cleaning up Harding's mess. He signed the Indian Citizenship act, giving rights to all Native Americans.

**1929-1932 – Herbert Hoover, 31<sup>st</sup> President.** With the stock market crash in October of 1929, Hoover had a hard presidency through the Great Depression. Blamed for the failure, he donated his entire presidential salary to charity. He was the first president with a phone at his desk, had two pet crocodiles, and passed a congressional resolution making the Star Spangled Banner the national anthem.

**1933-1944 – Franklin D. Roosevelt, 32<sup>nd</sup> President.** The creator of the New Deal to help us out of the Great Depression led the country through World War II. He was the only president to be elected four terms, the first to appear on television, and initiated a radio series called "fireside chats" that the residents of C. C. Young Memorial Home would listen to.

**1945-1952 – Harry S. Truman, 33<sup>rd</sup> President.** He was known for dropping the atomic bombs on Japan, the Marshall Plan, the Truman Doctrine, and the Korean War. He is also the only president in the 1900s who didn't attend college.

**1953-1960 – Dwight D. Eisenhower – 34<sup>th</sup> President.** During Ike's two terms as president, the country experienced economic prosperity and peace. He was a strong military man and led the Allied Forces during WWII. He never had a permanent home until after his presidency and was leading the country when Alaska and Hawaii were admitted to the union.

**1961-1962 – John F. Kennedy – 35<sup>th</sup> President.** Known for his involvement in the Bay of Pigs and the Cuban Missile Crisis, Kennedy was also the first president who was a Boy Scout. The residents of C. C. Young mourned when he was assassinated two miles from their home.

**1963-1968 – Lyndon B. Johnson, 36<sup>th</sup> President.** His presidency was known for the passage of civil rights legislation and the Vietnam War. He appointed the first African American to the Supreme Court and his cabinet.

**1969-1973 – Richard Nixon – 37<sup>th</sup> President.** Though he ended the Vietnam War and improved US relations with Soviet Union and China, he is best known for being the only president to resign from office.

**1974-1976 – Gerald Ford – 38<sup>th</sup> President.** Gerald Ford became president amidst the scandals of his predecessor Richard Nixon. He is the only man to become president without having been elected to the office of president or vice president.

**1977-1980 – Jimmy Carter – 39<sup>th</sup> President.** Jimmy Carter is known for being president during a time of high inflation and rising energy costs. He is also known for being the first president from the Deep South in over 100 years. He was also the first president born in a hospital and an amazing speed reader.

**1981-1988 – Ronald Reagan – 40<sup>th</sup> President.** Ronald Reagan is most known for being president during the end of the Cold War with the Soviet Union. He's also famous for his economic policy called "Reaganomics" as well as for being a Hollywood movie star who became president

**1989-1992 – George Bush – 41<sup>st</sup> President.** Known for his work during the Persian Gulf War and his politically minded sons, he was knighted by Queen Elizabeth the II, celebrated his 85<sup>th</sup> birthday by going skydiving, and was a professor at Rice University.

**1993-2000 – Bill Clinton – 42<sup>nd</sup> President.** Bill Clinton is known for being president during one of the longest periods of peace and economic expansion in American history. He was also known for being the governor of Arkansas, playing the sax, and his impeachment after a questionable incident with an intern.

**2001-2008 – George W. Bush – 43<sup>th</sup> President.** Most famous for his acts after the 9/11 attacks and the invasion of Afghanistan and Iraq, Bush is the only president to have an MBA. He is the second president whose father was president, the other being John Quincy Adams.

**2009-2015 – Barack Obama – 44<sup>th</sup> President.** The first African American President, Obama's presidency focused on healthcare reform, education, and climate change. He won a Grammy award for his work on his audio book, *Dreams From My Father*.

**2016-2019 – Donald Trump – 45<sup>th</sup> President.** The first president without government or military experience, he was famous for being a businessman and real estate developer in New York City. He later grew to fame as the star of the reality TV show "The Apprentice."

**2020-Present – Joe Biden, 46<sup>th</sup> President.** Biden was the oldest president at the time of his inauguration and so far his presidency has been known for his work in combating the Covid-19 virus and the economic downturn it has caused.



# The Benefits of Lifelong Learning

Stephanie Reinke, EdD

Director – Osher Lifelong Learning Institute at UNT

Toni Souza walked into Dr. Debbie Rohwer’s course, “What We Know About Music and Older Adults,” having not played music for twenty years. From the course description, she knew that she’d have the opportunity to take part in an “instrument petting zoo” and attempt to make sounds on selected musical instruments. She was anxious to give that a try.

The experience was a lot of fun for all of the students in attendance. For Toni, it was like being reintroduced to an old friend. “After learning about the New Horizons band that Dr. Rohwer directs and the beginning band run by two amazing graduate students, I decided it was time to get back into music,” she said. Now, Toni’s learning a brand new instrument.

If members were graded for their participation in courses offered by the **Osher Lifelong Learning Institute at the University of North Texas (OLLI at UNT)**, Toni would certainly have passed with flying colors. However, the reward of a passing letter grade would have paled in comparison to the joy she’s now getting from making music again.

“Had I not attended this lecture through OLLI at UNT and met Dr. Rohwer,” Toni reflected, “I probably would not have joined the New Horizons group.” Toni’s inquisitive mind makes her an honor roll student in my eyes, because being inspired to begin your life’s next adventure is what lifelong learning is all about.

The value of lifelong learning is evident and research indicates that staying intellectually and socially engaged can offset cognitive decline, improve memory, and even increase a person’s lifespan. With 7 classrooms in the North Texas region, OLLI at UNT is the premier lifelong learning program in the metroplex, offering over 350 courses every year to adults age 50 and better. I’m thrilled that OLLI at UNT will be bringing courses to CC Young in the fall of 2022.

Through our program, you’ll be able to attend a variety of non-credit courses taught by active and retired college professors, as well as other subject matter experts. OLLI at UNT courses typically last just 90 minutes, with a few courses continuing for up to four sessions. Our courses are proposed by instructors and approved by a committee of members. They cover all sorts of academic subjects and the selection of available courses changes every semester.

I’m sure you’ll find OLLI at UNT courses that match your personal interests. You may even discover a new subject you never knew could be so fascinating. You can learn more about our program by visiting our website, <https://olli.unt.edu>, or by contacting us at [olli@unt.edu](mailto:olli@unt.edu) or **940-369-7293**. We hope to see you in class this fall.



# Group Highlight

## The Happy Hookers



The Happy Hookers is a group of CC Young Residents and friends who meet once a week to make sleeping mats out of recycled grocery bags.

The members cut and crochet “plarn” (plastic yarn) balls made from colorful bags. You do not have to know how to crochet to be a part of the group. You can cut plastic or roll plarn and enjoy the conversation with the other members.



In the past year, despite having fewer members due to COVID-19 restrictions, the group has been able to create over 100 mats. These mats will be donated to different programs that help deliver mats to the homeless in the DFW area.

The “Happy Hookers” meet every Monday at 9:30am in The Point.



Active  
Life  
Style

# Ear Care: Q-tips are Dangerous



Submitted by Tami Davis  
Business Development, Total Hearing Care

Cerumen, commonly called earwax, is a substance your ears make to protect the eardrum from foreign objects. The stickiness of the wax catches particles, such as dirt, hair, and dead skin cells, and keeps them from traveling too deeply into the ear canal. Our bodies can naturally rid itself of the wax. As we move our jaws while chewing and talking, the motion loosens up the wax, which can fall out on its own or be washed out while bathing. When we are young, our wax tends to be softer, and this process works very well. However, as we age, our sebaceous/sweat glands don't produce as much oil and moisture as they once did, and the wax can become much drier and harder. Other things can cause this natural wax removal to be difficult, including wearing hearing aids, wearing earplugs, and using hairspray regularly (which dries the wax).

Many people try to remedy this by using Q-tips to remove the wax. However, this can be very dangerous. Q-tips can push the wax deeper into the ear canal, closer to the eardrum, creating an environment for ear infection or hearing loss. Also, accidents may occur, such as pushing the Q-tip too deeply and rupturing the eardrum. If your body tends to produce a lot of wax, don't use Q-tips to clean your ears. The safest way to remove wax is to have an ENT, personal physician, or an audiologist, remove it.

Total Hearing provides complimentary hearing aid cleanings and hearing screenings. There will be a charge for wax removal and for purchasing hearing aids. Book your appointment by calling: Total Hearing 214-987-4114.

## SPEECH LANGUAGE PATHOLOGISTS at CC Young

Did you know that SLP stands for Speech Language Pathologist? SLPs help people with more than speech. SLPs can help people become more independent. There are many reasons a person may become more confused and have trouble taking care of tasks like personal finance, medication management, and cooking. SLPs can help improve a person's ability to do these tasks more accurately with less assistance.



SLPs know exactly what you mean when you have a word on the tip of your tongue. SLPs work on expressive (talking, writing) language and receptive (listening, reading) language. We help people improve their communication, so their voice can be heard. No matter their disabilities each person's voice is important.

Diseases like Parkinson's and stroke may cause changes in someone's speech. SLPs can help people speak clearer, slower, and louder. We use a variety of tools and exercises to accomplish this goal including exercises and improving respiration, or breathing.

SLPs are experts in swallowing disorders, or dysphagia. We understand all of the muscles and timing of a normal swallow and how diseases like stroke, Parkinson's, Huntington's, and Alzheimer's effect the swallowing process. We do x-ray tests called Modified Barium Swallow Studies to see what is going on during a swallow. We recommend strategies to make swallowing easier and exercises to improve swallowing function.

You can call CCY Therapy for more information at 972-638-8795.



# History of Activities



By Hayley Moseley, ACC  
Manager, Life Enrichment Team  
hmoseley@ccyoung.org

## The fourth week in January is National Activity Professionals Week!

Our Life Enrichment Team is a thriving department of dynamic and creative types who bring joy and fulfillment to residents across campus.

The history of activities for wellness can be traced back to ancient Egypt and the Greeks and Romans who used music and dance to cure illness. In 1369, Justinian built the first “nursing home” for orphans, sick people, and older people followed quickly by the invention of the almshouse. While the traditional nursing homes flourished with the 1935 passage of the Social Security Act, it wasn’t until the 1960s that facilities started to hand off responsibilities for engagement to people who seemed good at “bingo, Bible studies, and birthdays.” As federal mandates changed and developed, Activity Professionals became a required position for facilities that receive federal funds and a minimum standard of practice for most senior communities.

Several training programs are available throughout the country, the most popular being the Modular Education Program for Activity Professionals. Six of our team members have completed the course and Hayley is a certified instructor. It’s not all fun and games! Each activity we provide is therapeutically planned with a purpose and goals to improve or maintain wellness.

The vision of the LE team at CC Young is that “Every life at every age is valued and enriched through a multi-faceted, individualized, structured program of activities and interventions.” Multi-faceted: we utilize all different types of activities to have a well-rounded program to improve a persons’ physical, mental, and psychosocial wellbeing. Individualized: the program starts with the residents. We get to know each person to find out what they are interested in and plan around it. Structured: since routine is so important, our calendars are based around a structure of engagement that works best for the schedule of the residents. Interventions: But life is more flexible than a structure of activities! We provide lots of flexibility and time for one on one visits, spur of the moment things to do and talk about, and we promote peoples’ independence by providing adaptations and supplies. We thrive on creativity and meeting the varied needs for the residents we care for in each area of CC Young.

Have an idea for an activity? In Hillside/Vista, join the calendar planning meeting or resident council meeting. In Independent Living, join the Activity Committee. We’d love your input!

**Celebrate Activity Professional’s week Jan. 24th-28th by thanking a member of our amazing team!**



## CC Young Life Enrichment Team Members

- Hayley Moseley, ACC** – Manager
- Aaron Schmidt, AD** – Independent Living
- Janet Cohen** – Assisted Living
- LaCandace Jones, AD CDP** – Long Term Care
- Marneca Hodge, AD** – Rehabilitation
- Sha’Daevia Bright, AD CMDCP**– Memory Support

THIS MONTH'S SUPERFOOD IS

# Citrus

LOADED  
WITH  
VITAMIN

C

FULL OF  
FIBER



Morrison  
LIVING

Citrus fruits were one of the first foods to show the connection between diet and disease prevention. These ready-to-eat winter fruits are packed with antioxidants and are perfect for snacking throughout the day.

# Health Benefits of Grapefruit

## 1. Aids Weight Loss Goals

For dieters, the weight loss benefits of grapefruit go beyond filling fiber and low calories. There are certain chemicals in grapefruit that help boost metabolism and promote weight loss.

## 2. Fights Cancer

Grapefruit contains phytochemicals, compounds that reduce the growth of colon, mouth, skin, lung, breast, and stomach tumors. These chemicals reduce inflammation and inhibit the growth of mutated, harmful cancer cells. The vitamin C in grapefruit helps prevent harmful changes in your cellular DNA caused by free radical molecules -- this also prevents the generation of cancerous cells.

## 3. Boost Your Immune System

Vitamin C is well-known for its ability to boost your immune system and help ward off colds and the flu, and an entire grapefruit has more than 100 percent of your recommended daily value of the vitamin. The red and pink varieties of grapefruit are full of bioflavonoids, chemicals that stimulate the performance of disease-fighting cells. Dietary vitamin C is critical to helping your body attack invading viruses and bacteria.

## 4. Reduce the Risk Of Strokes

The anti-inflammatory properties of grapefruit help lower your stroke risk by keeping the arterial walls supple and free from cholesterol buildup. Also, citrus fruits like grapefruit have high concentrations of flavonoids, which decrease the risk of an ischemic stroke, especially in women.

## 5. Rich in Antioxidants

Antioxidants improve your overall health and wellness by reducing oxidative stress on the body, a result of excess free radical molecules in the body, which attack healthy cells and inhibit cell regeneration. Antioxidants also help reduce adrenal fatigue, which decreases stress in the body and accumulation of weight around the midsection, and balances mood.

## 6. Improve Cardiovascular Health

You can benefit your heart and blood vessels with grapefruit, too. The fruit naturally helps reduce blood pressure, keeping the walls of your arteries relaxed to allow proper delivery of blood through your body. Several studies indicate people who regularly consume grapefruit have demonstrated reduced blood pressure. This, in turn, lowers your risk of heart disease, heart attacks, and strokes. Several of the nutrients in grapefruit also naturally reduce LDL cholesterol levels and improve beneficial HDL cholesterol levels.

## GRAPEFRUIT MINT SUPERFOOD SMOOTHIE RECIPE



### INGREDIENTS

- 1 ruby red grapefruit, peeled and de-seeded, cut into chunks
- 1/2 cup Greek yogurt
- 1/2 cup unsweetened organic soy milk, or dairy/non-dairy milk of choice
- 1 handful fresh mint leaves, plus extra for garnish
- 1 teaspoon honey
- Pinch of salt
- Optional, 1 scoop Resveratrol Reds Whole Food Blend Antioxidant Powder

### INSTRUCTIONS

Place all ingredients in blender on high speed until all ingredients are smooth and well combined. Serve over ice.

Calories: 242kcal | Carbohydrates: 41g | Protein: 16g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 5mg | Sodium: 96mg | Potassium: 653mg | Fiber: 5g | Sugar: 30g | Vitamin A: 3408IU | Vitamin C: 88mg | Calcium: 332mg | Iron: 1mg

# Active Life's Style

## A Look back at December fun!





# CC YOUNG'S PRIVATE DUTY SOLUTIONS ARE WE RIGHT FOR YOU?

by Nena Paris

Administrator, Private Duty Solutions and The Clinic at CC Young

Our team has been serving residents and the community at large for many years now. Our program was originally known as “TLC” and most recently as “Home Services.” In 2021, we changed our name to Private Duty Solutions so that our name better explains what we do.

Sometimes we all need a little support or assistance. Our team is here with a wide range of private pay services so you can have more freedom and live in your home more comfortably. Whatever your needs may be, your Private Duty Service Coordinator will tailor a plan especially for you which may include assistance like this:

- Companionship and Conversation
- Wake-up/Morning Care and Tuck-in/Evening Care
- Bathing/Dressing/Grooming
- Walking/Mobility Assistance
- Planning, Preparing and Cleanup of Meals
- Laundry
- Pet Care
- Preparation and Shopping for Groceries
- Personal Care
- Providing Medication Reminders
- Arranging Appointments
- Transportation and Companionship to Appointments
- Picking up Prescriptions
- Advocating with other Support Services and Healthcare Professionals
- Technology (Phones, Computers, TV)
- Fitness and Wellness
- Home Safety Assistance
- Other Items Per Request
- Even schedule your follow-up appointment with your doctor

We also offer a 5-Day, Post Discharge Program specifically designed to help you adjust after you leave the hospital or rehab facility. In only 5 days, there are so many ways we can support you such as meet you at home and help you settle in, assist with activities of daily living, pick up medications from your pharmacy, set up your medications for you, pick up groceries, prepare meals, schedule your follow-up appointment with your doctor, and even provide a report to your physician with status.

When you need assistance, keep us in mind to lend a helping hand! Just call 214-841-2825 and we will tailor our services to your needs!

# Happy Anniversary

## January 2022 Resident Anniversaries

**16 Years**

Mildred Haedge

**13 Years**

Virginia Howard

**10 Years**

Dr. John Smith

**8 Years**

Tom Dunscomb

**7 Years**

Jim Bevans

# January 2022

First Name	Last Name	Location	Date
James	Bean	Vista	1
Glenda	Goldman	Asbury	1
Joy	Swank	Vista	2
Edith	Richerson	Vista	4
Rufus	Hollis	Vista	5
Jean	Wolff	Vista	5
Pasty	McDonald	Asbury	5
Kathy	Rauscher	Overlook	5
Bobbi	Barnes	Vista	6
Helen	Salmon	Vista	7
Harley	Courtney	Vista	8
John	Clark	Thomas	10
Sandy	Bell	Hillside	10
Marsha	Crayton	Vista	11
Anita	Hullum	Overlook	12
Charles	Smith	Overlook	12
Jane	Baird	Overlook	13
Shirley	Flint	Overlook	13
Ches	Hudel	Overlook	13
Phyllis	Wellbourne	Overlook	13
Carolyn	Edwards	Vista	15
Ken	Hearn	Thomas	20
Dorothy	Burton	Vista	21
Mary	Guy	Thomas	21
Jean	Shuemake	Overlook	22
Emily	Hollandsworth	Asbury	23
Ann	Beasley	Overlook	24
Patricia	Birdwell	Hillside	27
Mac	Hood	Overlook	27
Martha Ann	Lemons	Thomas	28
Dorothy	Witcher	Vista	29
Tom	Rogers	Thomas	30
Diane	Hill	Asbury	31

## Resident Birthdays

# Celebrate January Team Anniversaries

Employee Name	Hire Date	# Yrs	Department
Elizabeth Kidane	1/2/2018	4	Private Duty Solutions
Kim S Jones	1/2/2018	4	Hospice
Niesha S Stroops	1/3/2017	5	Assisted Living
Robby L Baxley	1/4/2013	9	Admissions
Kidist A Agaze	1/9/2013	9	HC Nursing
Elena M Jeffus	1/11/2021	1	Volunteers
Gloria N Yarbough	1/13/2020	2	Dining Services
Maria Pasha	1/13/2015	7	Dining Services
Tanequa Polk	1/13/2017	5	Memory Support
Uchechukwu W Mgbemena	1/13/2020	2	Assisted Living
Uchechukwu I Ilo	1/14/2019	3	HC Nursing
Colonial R Spearman	1/16/2017	5	Assisted Living
<b>Dess C Rolfe</b>	<b>1/20/2009</b>	<b>13</b>	<b>Resident Advocate</b>
Davlin Campbell	1/21/2019	3	HC Social Services
Eboni Wade	1/21/2015	7	Dining Services
Helene O Tunde	1/21/2015	7	Memory Support
Dolores Leguizamo	1/24/2017	5	EVS Housekeeping
Kylie Ream	1/27/2020	2	Rehab Therapy
Sharmaine A Samuels	1/27/2020	2	Rehab Therapy
Tonya Y Simmons	1/27/2020	2	Home Health
Vanessa Villanueva	1/27/2020	2	Assisted Living
<b>Lula T Mohammed</b>	<b>1/28/2009</b>	<b>13</b>	<b>Assisted Living</b>
Gabriel Garza	1/29/2018	4	Umphress Terrace
Deverth Michell Hicks	1/30/2017	5	Dining Services
Virginia Martinez-McClary	1/30/2017	5	Community Outreach

# January Team Birthdays

First Name	Last Name	Birthday	Department
Olayemi	Ogunyemi	3	Assisted Living
Adaysha	Wherry	3	HC Nursing
Atlo	Zewde	4	Private Duty Solutions
Jeremy	Lemon	5	Rehab Therapy
Eric	Markinson	7	Pastoral Care Hospice
Brittany	McElroy	9	HC Nursing
Megean	Schobert	10	HC Nursing
Hana	Mengesha	10	Assisted Living
Catherine	Thomas	11	Home Health
David	Spencer	12	Transportation
Ibraheem	Akilagun	12	Memory Support
Onyinye	Obiorah	13	HC Nursing
Yvonne	Buentello	14	HC Nursing
Gregory	Ndikaka	16	HC Nursing
Mahlet	Engida	16	HC Nursing
Celina	Borjon	16	Rehab Therapy
Angela	Castillo	17	Point
Alicia	Kofos	17	HC Nursing
Georgia	Kiriakos	18	Rehab Therapy
Kelly	McGee Powell	19	Urgent Care
Kevin	Judd	21	Dining Services
Tamara	Stiggers	21	Private Duty Solutions
Matthew	Hall	24	Hospice GIP
Worknesh	Abebe	25	Private Duty Solutions
Gail	Hamlin	26	Community Outreach
Stephanie	Holland	28	Private Duty Solutions
Lakendria	Cole	28	Assisted Living
Jennifer	Bradley	28	EVS Housekeeping
Rachel	Korodan	29	Rehab Therapy
Kidist	Agaze	30	HC Nursing
Mirella	Delgado Toledo	31	EVS Housekeeping



# FOOD DRIVE

THOU SHALT LOVE THY NEIGHBOR AS THYSELF  
Matthew 22:39

## 2022 Umphress Terrace Food Drive



If you are looking for a way to  
GREATLY HELP OTHERS  
please consider giving to the Umphress Terrace Food  
Drive! Funds will be used to purchase the most  
needed food items to re-stock the pantry.

This year's goal  
is \$5,000!  
We Can Do It!

Please make your check payable to CC Young  
& write "Umphress Terrace" in the memo line.  
All donations are tax deductible.

Drop off in Cubby #512 in  
The Overlook. Asbury & Thomas  
residents can send check to:  
Elizabeth Hardy/The Overlook #512 and put it in  
the CC Young Campus mailbox.

Thank You!



## GIFT SHOP

The CC Young Gift Shop has a wide assortment of gifts, apparel, accessories, balloons and botanicals. Purchases may be made online at [ccyoung.org](http://ccyoung.org) or by calling our gift shop for a personal concierge experience at **214-370-2844**. Delivery from the gift shop to residents is complimentary. We do not deliver to off-campus locations.



**DAKIM BrainFitness is a fun, clinically proven cognitive exercise for seniors.**



### Clinically Proven

Proven to significantly improve memory and language abilities, while users strengthen attention, focus, and concentration.



### Created for Adults 70+

We've created a version of Dakim BrainFitness specially tailored to the needs, interests, and preferences for adults 70+.



### Created for Senior Living

Dakim is the leader in brain health in senior living because our program helps residents improve and maintain their brain health, and our service meets the needs of senior living providers.



### Runs on PCs, Macs & iPads

Dakim BrainFitness now works on PCs, Macs, and iPads

**This benefit for CC Young Residents is available for use in The Point Library OR on your personal device. Contact 214-841-2831 for more information.**

## Alzheimer's Caregiver Support Group

Alzheimer's and Dementia Caregiver Support Group at CC Young  
**Wednesday, January 12 at 4:00pm**  
in Flagpole Hill Classroom at The Point

Led by Elena Jeffus, Volunteer Manager, and Brian Parman, Director of The Point.

Anyone caring for a loved one with dementia is encouraged to attend.  
Join us for a short program, some conversation, and a listening ear.



Total Hearing provides complimentary hearing aid cleanings and hearing screenings. There will be a charge for wax removal and for purchasing hearing aids.

**2<sup>nd</sup> Tuesday of every month  
9:00am – 11:00am at The Point  
OR**

**4<sup>th</sup> Tuesday of every month  
2:00pm – 4:00pm at The Point**

**Book Your Appointment by calling:  
Total Hearing 214-987-4114.**



## Harris Jewelers

Repairs while you wait:  
Watch battery replacement,  
necklace clasps and other simple repairs.

**Wednesday, Jan. 26  
at 1:00pm  
The Point Lobby**



CC YOUNG  
SENIOR LIVING

CELEBRATING

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SERVING  
SENIORS  
SINCE 1922



ONE MAN'S PASSION 100 YEARS AGO  
BECAME CC YOUNG TODAY  
AND FOR THE NEXT 100 YEARS.



### RESIDENTS FIRST

- We provide excellent customer service to exceed expectations
- We give compassionate care
- We express a hospitality mentality
- We have an unwavering commitment to resident safety
- We create life-enriching experiences
- We build relationships through active listening and conversation
- We smile and are helpful



### SUPPORTIVE WORKPLACE

- We offer continual feedback, training, and development
- We work together for success
- We foster open communication
- We praise and encourage one another's efforts
- We acknowledge that each team member matters
- We prioritize employee safety



Our faith guides us to see every person as a child of God. With uncommon commitment, we are motivated to follow these culture concepts and to serve with excellence, kindness, respect, integrity, and tolerance.

### COMPASSIONATE PROFITABILITY

- We make a profit to continue our mission
- We are wise stewards of resident and donor funds
- We reinvest profits in team member development and facilities



### PERSONAL ACCOUNTABILITY

- I follow up and inspect what I expect of others
- I hold my team members accountable
- I take ownership to find solutions to problems
- When I see something, I do something
- I say, "It is My Job"
- I am proactive
- I have a sense of urgency
- I use common sense
- I think before I act
- I embrace change
- I always strive to improve
- I embrace technology
- I provide consistent service
- I embrace a smoke and drug-free work environment



4847 W. LAWTHER DR. DALLAS, TX 75214  
WWW.CCYOUNG.ORG  
214-841-2831