

Addison Heights

Health and Rehabilitation Center

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Popcorn Pick: 'The Man Who Came to Dinner'

Sheridan Whiteside (Monty Woolley) is a radio personality on a national tour who slips on the ice outside an Ohio businessman's home. Whiteside is forced to recuperate at the home, where he is attended by his assistant, Maggie, played by Bette Davis in a rare comedic role. Whiteside's lifestyle—which includes imported penguins and having criminals to lunch—is disrupted when Maggie falls in love. Whiteside uses nefarious means to keep his life the way he likes it. Jimmy Durante also appears in this fast-paced comedy.

Change a Pet's Life Day Is Jan. 24

When you change a pet's life, they often end up changing yours—by leaving paw prints on your heart. Remember that the smallest act of kindness can have an overwhelmingly positive effect on an animal in need. Change a pet's life with one or more of these ideas:

Pamper your pets. Show your fluffy family members how much they mean to you by exercising them often, giving them treats and toys, and keeping them healthy with regular vet visits.

Volunteer and donate. Give your time by visiting a shelter to walk the dogs or cuddle the cats. You can also donate funds or items such as food, treats and toys, and old towels or blankets.

Foster or adopt. Help a pet find a fur-ever home by either fostering—which clears a space in shelters for the next animal—or adopting a new addition into your family.

January 2025

This or That

Life's full of choices—so let's have fun with some of them! Get to know your friends better with these simple either-or questions.

- Get up early or stay up late?
- Dogs or cats?
- Chocolate or vanilla?
- Winter or summer?
- City or countryside?
- Glass half-full or glass half-empty?
- Dip a toe in the water or dive in the deep end?
- Singing or dancing?
- Coffee or tea?
- Book or movie?
- Sweet or salty?
- Words or actions?
- Travel to the past or visit the future?
- Dine in or dine out?
- Mustard or ketchup?
- Introvert or extrovert?
- Homemade or store-bought?
- Batman or Superman?
- Peanut butter—crunchy or creamy?
- Indoors or outdoors?
- Soup or salad?
- Board games or card games?
- Mountains or beach?
- Be the driver or be a passenger?
- Pancakes or waffles?
- Do the laundry or do the dishes?
- Showers or baths?
- Coke or Pepsi?
- Road trip or plane ride?
- Sunrise or sunset?

Extreme Weather Wonders

We love to talk about the weather—especially when it goes wild! Add these fun facts to your collection of conversation starters:

- Alaska is the coldest U.S. state, with an average temperature of 28.4° F. North Dakota, Wyoming, Minnesota and Montana round out the top five.
- If that temperature has you reaching for a warm blanket, remind yourself that at least you don't live in the East Antarctic Plateau. That's where the lowest surface temperature on Earth has been measured: a frigid 144.4 below zero (° F).
- Valentine's Day on top of a mountain? Sounds romantic, but we don't recommend it. On Feb. 14, 1927, Japan's Mount Ibuki received over 90 inches of snow, which accumulated on top of existing snowfall. The resulting depth was 38.8 feet.
- Ice is a common sight in winter, but it also makes an appearance during summer thunderstorms in the form of hail. The U.S. record for largest hailstone fell in South Dakota in July 2010. It had a diameter of 8 inches—about the size of a volleyball—and weighed 1.9 pounds.



Brew the Best Cup

A soothing cup of hot tea is the remedy to many of life's little nuisances, from a sore throat to a bad mood. This guide can help you create the perfect brew every time.

Typically, loose-leaf tea has a stronger, more complex flavor than tea bags containing leaves that have been finely ground. But you can find quality teas in both forms. Large leaves, paired with plenty of space to unfurl and move around as they steep, result in the best-tasting cup.

Always use cold filtered water or fresh water from the tap, rather than water that's been sitting out in the kettle. Follow the directions on the tea's packaging regarding the temperature of the water and how long to steep. Most herbal and black teas should be brewed for 3 to 5 minutes in water that's around 210° F—allow freshly boiled water to cool for 1 minute before pouring it over your tea. Let the water cool a bit longer for green and white teas, and steep them for only 1 to 2 minutes.

Trying a new tea blend? Taste it black before adding ingredients like milk or sugar, which can mask the delicate flavors.



Meet Our Team

Mariah Moore- Administrator

Mandy Johnson- Director Of Nursing

Theron Lawrence- Unit Manager

Kristian Thomas- Unit Manager

Dani Biegaj- Director Of Housekeeping

Lindsey Dernier- Admissions Director

Brittany Lane- MDS Coordinator

Ashley Mayo- Business Office

Daniel Echols- Maintenance Director

Yolonda Phillips- Dietary Director

Jennifer Shultz- Therapy Director

Jada Phillips- Social Service Director

Ashley Echols- Activities Director

Donna Stanford- Human Resources Director

Melinda Westfall- Medical Records/Central Supply Director

Jigsaw Puzzle Pointers

Working jigsaw puzzles is a relaxing pastime, but sometimes they may leave you ... puzzled. These tips can help you piece them together.

Get set up. First, spread all the puzzle pieces onto your work surface and turn each one face-side up. This will take some time, but it will make the process easier in the long run.

Build the border. Gather the straight-edge pieces and assemble the border. This will give you a defined space to work inside.

Sort the pieces. Study the picture on the puzzle's box and identify dominant colors or patterns, such as a blue sky or

brick building. Sort and group similarly colored pieces into piles. Put the remaining pieces in a miscellaneous pile.

Work in sections. Work on a small portion of the puzzle at a time. Completing a section will give you a sense of accomplishment and motivate you to keep going.

Take a break. If you get tired or frustrated, take a break. When you come back to the puzzle, you'll be refreshed and may find that piece you're looking for!



Yoga and You

"Anyone can do yoga." That's what we often hear from health and fitness experts. But for many of us, the thought of getting down on the floor and twisting the body into various positions isn't an ideal form of exercise.

Fortunately, yoga is very flexible—even if you aren't! Several styles of yoga move at a slow, relaxed pace. All poses can be modified, and props, such as chairs, straps and blocks, can be

used to help the body move more easily into positions.

Yoga programs often build seniors' confidence by allowing beginners to work at their own speed and helping them become more aware of their abilities. This awareness helps

participants grow comfortable with their bodies, which, along with gentle stretching that increases range of motion and flexibility, can help prevent falls.

In addition to providing relief to people with arthritis and other bone and joint aches, yoga can also increase blood circulation and help control blood sugar levels. Those who participate in yoga often report less stress and better sleep.

Wit & Wisdom

"To bring anything into your life, imagine that it's already there."
—Richard Bach

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

"Perhaps imagination is only intelligence having fun."
—George Scialabba

"Memory has thousands of eyes staring into the experiences of the past, while imagination peers into every corner of the universe."
—James Lendall Basford

"Success is when reality catches up to our imagination."
—Simon Sinek

"Embrace your fear. Imagine what you're most afraid of, touch it and hold it so that you rob it of its power."
—Maria Ressa

"Imagination does not become great until human beings, given the courage and the strength, use it to create."
—Maria Montessori

"Let your imagination take you wherever you want to be."
—Bob Ross

Word Search

Category: Lunar New Year

T A S T H M E S E N I H C E A N E W S U N O O D L E S U R B N R R S I L A N T E R N S E U A S M I N A B R A N R D N E N W I Y E E D A J O E A R M U D D A Y N I T O B D R I N L N A G Y S O B G Y C R O U A G O N N E M I O O A D I E L L U A C A K C L R K K L C D P K R B E O N E S E C P E E E R I T Y J G O O S Y A N D C O N T E I N T M M E C E L E B R A T I O N N T F I R E C R A C K E R H T N	1. Lunar	8. _____	15. _____
	2. _____	9. _____	16. _____
	3. _____	10. _____	17. _____
	4. _____	11. _____	18. _____
	5. _____	12. _____	19. _____
	6. _____	13. _____	20. _____
	7. _____	14. _____	

1. Abundance	8. Firecracker	E C E L E B R A T I O N T E U S E N I H C E S E U A S M I N A B R A N R D N E N W I Y E E D A J O E A R M U D D A Y N I T O B D R I N L N A G Y S O B G Y C R O U A G O N N E M I O O A D I E L L U A C A K C L R K K L C D P K R B E O N E S E C P E E E R I T Y J G O O S Y A N D C O N T E I N T M M E C E L E B R A T I O N N T F I R E C R A C K E R H T N
2. Bamboo	9. Gold	
3. Cakes	10. Jade	
4. Celebration	11. Lantern	
5. Chinese	12. Lion	
6. Clean	13. Lunar	
7. Dim Sum	14. Monkey	
15. Noodles	16. Rat	
17. Red	17. Rice	
18. Snake	19. Snake	
20. Tiger	20. Tiger	

Word Search Solution:

