



McLean

Health Center Family Newsletter

*An Inspired Monthly Collection of News, Updates
and Activities for Our Residents and Their Families*

January 2022

Dear Families,

"Write it on your heart that every day is the best day of the year"

~ RALPH WALDO EMERSON

Happy New Year to one and all! The above quote by Ralph Waldo Emerson is so very inspiring to us and the resolve is one of the pillars of our philosophy at McLean. It is our goal to try to make each and every day the very best it can be for all of the dear residents under our care. We start 2022 with a profound sense of gratitude to our families; grateful that you have entrusted your loved ones to our community. With that in mind, we recommit to leading our teams every day to do their very best.

2022 will see our new building, The Goodrich, reach completion. We look forward to welcoming many new residents to our McLean family. We will also see a change in leadership in 2022 at McLean, as our President David Bordonaro will be retiring this coming summer. Our Board of Directors has partnered with a search firm to bring the very best candidate forward. We will keep you posted!

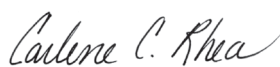
The COVID-19 virus is still impacting the world in which we live. March of 2022 will mark two years that we all have been impacted by this. We remain committed to being vigilant and doing everything in our power to keep this virus outside of our doors. Again, we thank you for your important role in supporting this effort.

Our wish for everyone is for a happy and healthy 2022. Please feel free to reach out to either of us at any time.

Most sincerely,



Lisa Clark
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Vice President, Administrator of the Health Center



Carlene Rhea
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Director, Assisted Living and Resident Services

Health Center Events January 2022

- **Sunday, January 2nd:**
 - 1:30pm** - Neighborhood Music by John Brighenti—Chapel Crossing
 - 2:30pm** - Neighborhood Music by John Brighenti—Abernethy Great Room
 - 3:30pm** - Neighborhood Music by John Brighenti—Atwater
- **Thursday, January 6th: 1:30pm**
Enjoy an Afternoon of Juke Box Bingo—Koopman Room
- **Sunday, January 9th: 1:30pm**
Enjoy the Music of Frank Sinatra/Dean Martin—Living Room
- **Sunday, January 16th: 1:30pm**
Stylings of Sinatra & Bennett by East Chicago Joe—Koopman Room
- **Thursday, January 20th: 3:00pm**
Therapy Dog Presentation by Karen Cordner—Koopman Room
- **Sunday, January 23rd: 1:30pm**
Symphony Music by the Wheeler's—Koopman Room
- Celebrate the 50's Week: Jan 24 - 28**
- **Thursday, January 27th: 1:30pm**
Celebrating the 50's with Music by Juke Box 45—Living Room
- **Sunday, January 30th: 1:30pm**
Enjoy Music by Tom Callinan—Koopman Room



Health Center Life Enrichment Highlights

Construction Update

The Goodrich Update

Despite the chill in the air, the sun is shining down on The Goodrich construction site at McLean. On target for welcoming new residents summer 2022.



When the day is gray and ordinary...

The Health Center Greenhouse is in full bloom!



COVID-19 Update

Please remember: You must wear a mask into our building and social distancing must be maintained during the entire time you are inside our Health Center.



January Family Council Meeting

New Time: January 26th from 10:30a.m. to 11:00a.m.

[Click Here](#)

Dining Highlights

- **Saturday, January 1st • New Year's Day**
Special Meal at Lunch.
- **Sunday, January 2nd • National Cream Puff Day**
Cream Puffs for Dessert at Lunch.
- **Tuesday, January 4th • National Spaghetti Day**
Spaghetti & Meatballs at Lunch.
- **Thursday, January 6th • National Shortbread Day**
- **Sunday, January 9th • National Apricot Day**
Apricot Bars at Lunch.
- **Wednesday, January 12th**
National Glazed Doughnut Day
Glazed Doughnut Holes at Breakfast.
- **Thursday, January 13th • National Peach Melba Day**
Peach Melba for Dessert at Lunch.
- **Friday, January 14th**
National Hot Pastrami Sandwich Day
Hot Pastrami Sandwich Available at Lunch.
- **Saturday, January 15th • National Bagel Day**
Assorted Bagels and Cream Cheese in Senator's Cafe.
- **Tuesday, January 18th • International Meal**
Flavors of Spain at Lunch.
- **Friday, January 21st • National New England Clam Chowder Day**
Soup of the Day at Senator's Cafe.
- **Saturday, January 22nd • National Southern Food Day**
Special Southern Comfort Food Menu at Dinner.
- **Sunday, January 23rd • National Pie Day**
Featured at Lunch.
- **Tuesday, January 25th • National Irish Coffee Day**
Irish Coffee Available at Lunch.
- **Wednesday, January 26th**
Chef Center Stage at Lunch on Skyview.
- **Thursday, January 27th • National Chocolate Cake Day**
Chocolate Cake at Lunch.
- **Friday, January 28th • National Blueberry Pancake Day**
Blueberry Pancakes for Lunch.