

# MissionCare

## AT BENNINGTON

### **HAPPY NEW YEAR!**

It's that wonderful time of year again when the tradition of New Year's resolutions takes center stage! Now that we are officially in 2025, excitement for setting new goals and embracing change is at an all-time high.

So, where did the idea of New Year's resolutions originate? While there isn't a single narrative that explains their inception, several fascinating stories have been passed down through the ages. One of the most notable tales comes from ancient Babylon, which is now part of Iraq, Syria, and Iran. Back then, the Babylonians celebrated the New Year with a grand 12-day religious festival called Akitu, which occurred in mid-March to align with the planting season. During this time, they made promises to their gods, vowing to act in ways that would please them in the year to come. These early pledges laid the groundwork for what we now recognize as New Year's resolutions.

Fast forward several centuries, and we find Julius Caesar establishing January 1 as the official New Year's Day to honor Janus, the two-faced deity who looked both forward and

backward. This tradition encouraged Romans to commit to good behavior for the year ahead, giving rise to the concept of resolutions as we know them today.

For many, the start of a new year symbolizes a fresh beginning, providing an opportunity to set new aspirations. However, while the motivation to change is strong at the onset, it often begins to wane by the end of January. This brings us to an interesting concept known as "Quitter's Day." Yes, you read that right—there's an actual Quitter's Day on the second Friday of January, a day when many people tend to give up on their resolutions.

Ultimately, the path to transformation starts with you. So, if your motto is "New Year, New You," why not take that first step today instead of waiting for January 1st?

Embrace the change you want to see now!

### Table of Contents

---

Employee  
Spotlight

---

Staff Update

---

Nutrition Corner

---

January  
Observations

---

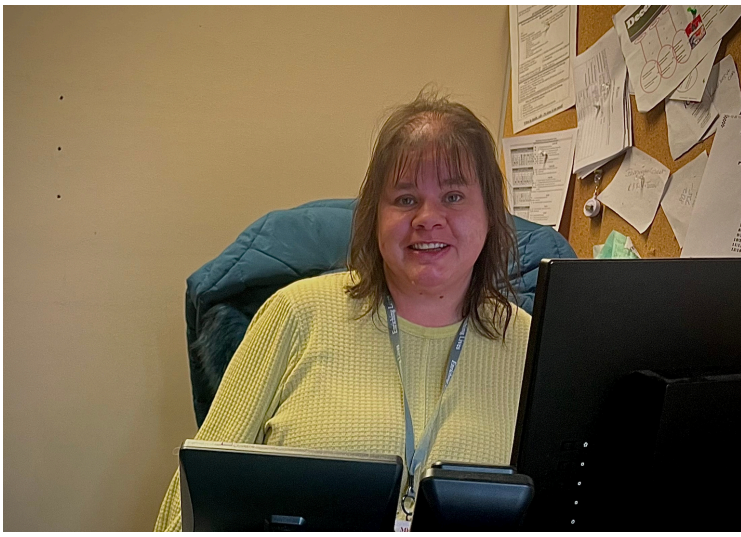
Upcoming  
Events

---

Entertainment

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Dawn began her journey at the Center as a teenager, working in the kitchen over 35 years ago. After a brief hiatus, she returned two years later as our Medical Records Secretary and has since taken charge of medical records and central supply. Her dedication and commitment to her work are truly remarkable. Residents express their

## **Employee Spotlight** **DAWN PERKINS**

appreciation for her kindness, viewing her as a staple of support and consistency through numerous transitions. Her coworkers regard her as a shining example of hard work and devotion. They describe her as someone who maintains a strong focus on her job and responsibilities, while remaining humble and often unaware of the significant impact she has on both the residents and her colleagues. This month's Employee Spotlight is on Dawn Perkins. Thank you, Dawn, for everything you contribute to the team; MissionCare is undoubtedly better because of you!

# *Welcome* **TO THE TEAM**



**Destiny**

Licensed Practical Nurse



**Princess**

Licensed Nurses Assistant

We are excited to welcome the newest additions to the MissionCare team and look forward to improving the level of care we deliver to you!

# Nutrition Corner



## **Melovee Porter Ret.(LTC)**

Melovee Porter is a retired U.S. Army veteran who dedicated 26 years of service, both active and in the reserves, including two deployments to Operation

Enduring Freedom and Operation Iraqi Freedom. Since 2017, she has been volunteering with the Albany VA and is also involved in the VA's Compassionate Companion Program and Healthy Living Programs. In addition to her volunteer work, Melovee has served as a registered/licensed dietitian at the VA and currently holds her role at MissionCare. Melovee focuses on assessing the nutritional needs of residents, creating personalized meal plans, and collaborating with the MissionCare team to promote optimal nutrition. This includes providing education to both residents and staff.

If you have any questions about menu planning and nutrition, Melovee is available at the center every Tuesday and facilitates monthly Nutrition classes.

## **MAINTAINING GOOD NUTRITION**

✓ Variety    ✓ Balance    ✓ Moderation



Choose nutrient-dense, low-calorie foods



Stay active and socially engaged



Address health issues affecting appetite and digestion



Go for regular health screenings



Consult your doctor about supplements

Hello



January

## The Month of January

National Cervical Cancer Awareness  
Month

**January 4**

National Spaghetti Day

**January 9**

National Law Enforcement Awareness  
Day

**January 23**

Maternal Health Awareness Day



JANUARY IS

**CERVICAL HEALTH**

AWARENESS MONTH

Every year, over 14,000 women in the United States receive a diagnosis of cervical cancer. To raise awareness about this critical health concern, Congress has designated January as Cervical Cancer Awareness Month. This type of cancer originates in the lower segment of the uterus and can be deadly if not detected early. Hence, regular screenings and timely

treatment are essential for saving lives. The Human Papillomavirus (HPV) is a widespread virus with more than 200 known strains. While not everyone infected with HPV will develop cervical cancer, the majority of cervical cancer cases are linked to this virus. In fact, nearly all instances of cervical cancer can be attributed to HPV. Though most individuals will encounter HPV at some point in their lives, there is a safe and effective vaccine available that can prevent approximately 90% of cancers associated with HPV. Additionally, smoking increases the risk of developing cervical cancer as well as various other types of cancer.

# January *events*

**January 14**

Therapist Dog Visit

**January 15**

January Birthday Party

**January 21**

Food Committee Meeting

**January 23**

Resident Council Meeting

**January 28**

Senior Nutrition Group



Engaging in activities not only helps reduce symptoms of depression but also promotes dignity and independence. These activities play a crucial role in combating loneliness, offering structure to daily routines, and creating a sense of normalcy in people's lives.

# 2024 Lobby Throw-down Winners

This year, MissionCare at Bennington truly outdid itself for the iCare Lobby Holiday Decorating Contest! The lobby was transformed into a magical tribute to the beloved film, Home Alone, but the festive fun didn't stop there.

The celebration stretched throughout the entire building, with staff and residents teaming up to bring seven iconic scenes from the movie to life. The journey started at the beginning of the story and ended beautifully in the decorated lobby that perfectly resembled the McCallister home. The highlight? A heartwarming reenactment of Kevin's reunion with his mom, portrayed by Tabitha Davis-Barron and Assistant Director of Nursing, Chandler DeGrenier.

Over 30 staff members and residents joined forces to create this unforgettable experience, showcasing incredible creativity, and teamwork. Their effort brought joy, laughter, and nostalgia to everyone involved, truly capturing the holiday spirit.



Q: Why was the snowman looking in the bag of carrots?



A: He was picking his nose!



## RIDDLE OF THE MONTH

### January's Riddle

What has 13 hearts but no other organs?

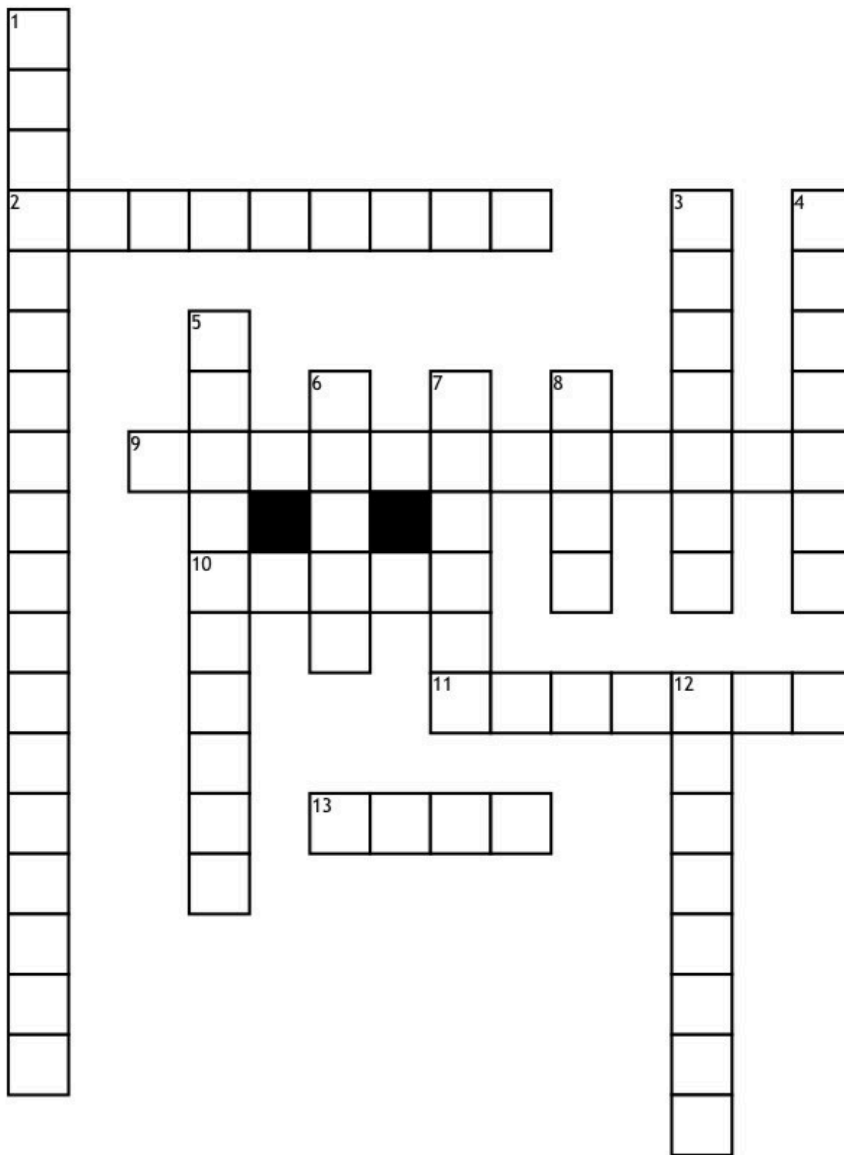


December's Riddle

Spelled forwards I'm what you do every day, spelled backward I'm something you hate.

Answer: LIVE

# January Crossword Puzzle



## Across

2. How many days are in January?  
 9. What do you drink when it is cold outside?  
 10. Day of the month New Years is on  
 11. Something you build when it snows  
 13. How the weather feels during the winter

## Down

1. I have a dream  
 3. Month New years is in  
 4. Used to keep your hands warm in the cold  
 5. Soft pieces of frozen water that fall from the sky  
 6. Something that keeps your neck warm

7. There are 12 of these in a year  
 8. What do you eat when its cold?  
 12. What you are waiting for on New Years Eve

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