

Bay Village

OF SARASOTA



8400 Vamo Road • Sarasota, FL 34231 • (941) 966-5611



Bay Village

Eric Nichols President/CEO
Jennifer Grimes Chief Operating Officer
Christina Wizba Chief Financial Officer
Denis O'Connor Dir. of Dining Services
Marvin Lunsford Dir. of Maintenance
Laura Pitcher Dir. of Marketing
Shirley Laurence Dir. of Health Service
Ann Aldrich Dir. of Human Resources
Larry Buczkowski Dir. of Housekeeping
Diana Caughron Resident Enrichment Dir.
Rev. Dr. Chuck Moffett Chaplain

Mission Statement

Established on Christian principles, Bay Village of Sarasota, Inc. offers a dynamic, secure and comprehensive residency for older adults, providing meaningful community life with continuing care.

www.bayvillage.org

www.facebook.com/BayVillageSRQ/

January 2020

NICHOLS' NOTES

Happy New Year! It is hard to believe it is 2020 already! Let's look ahead to see what is in store for Bay Village in 2020:

* Renovation of apartment floors 4, 6, and 7 will be worked on in the first quarter of the year. Then 5, 10, and 12 the second quarter of the year.

* The ground floor public restrooms will undergo renovation work from mid-January through February. New sinks, floors, partitions, handicap stalls, and accessories will be installed during this time.

* Construction documents for the memory care household and the master plan for Bay Village will be completed and submitted to Sarasota County for permits. The hope is to have approvals and permits to begin construction and renovation work sometime this fall.

* In the first part of the year, the beauty shop will implement a point of sale system for hair care charges. This will integrate with our billing system and eliminate all the paper that is used now.

* Our employee scheduling system will also go electronic and will allow employees to view their schedules, pick up shifts, and schedule time using their electronic devices.

These are some of the highlights for the upcoming year. It is sure to be a busy one.

Lastly, a heartfelt thanks goes out to the residents of Bay Village who contributed to the Employee Christmas Gift fund. Your generosity was outstanding and the employees of Bay Village are extremely thankful for it.

Village Vibes

MEET THE CONSTRUCTION CREW

This month we are introducing you to Rich Fredd. Rich is a Senior Project Manager with ME&S. He has worked with the company for 20 years including helping with senior living facilities in Palmetto, Fort Myers, and Orlando. Rich is originally from Missouri but attended the University of Florida and is a big Gator fan! Rich is married and has 2 teenage sons. In his free time, Rich enjoys traveling, hiking and watching University of Florida athletics.



ACTIVITY PROFESSIONALS WEEK

January 20-24 is Activity Professionals Week. It is a week to recognize the individuals who help us find joy, well being, and fulfillment in our lives. It is also a time to learn about the variety of activities and programs that are available to us. Bay Village will be celebrating Activity Professionals Week by offering a new activity to residents every day that week. Why not try them all! On Monday you can learn a new craft. You do not have to be artistic to try using Alcohol Inks! This will be a free class, but please sign up in advance. On Tuesday we will have assistance from Holly to lead us in Karaoke. There will also be snacks and beverages available. Wednesday Petra and some of her volunteers will lead us in a sample of all the different exercise classes that are available at Bay Village. Relaxation is also important in a healthy life, so Thursday we will try relaxing with Sound Bowls. Finally on Friday we will try a new exercise class called Cardio Drumming. See the insert to learn more about our activity staff.

MOVIES FOR JANUARY

Quite a while ago I had a resident request we show some James Bond movies. So that is what we will do on Saturdays in January. You will get to see several different James Bond actors including: Sean Connery in "From Russia with Love" on January 4th, Roger Moore in "Live and Let Die" January 11th, Pierce Brosnan in "Golden Eye" on January 18th, and Daniel Craig in "Casino Royale" January 25th.

The Sunday/Wednesday movies are also requests from residents. These movies all star great female actresses/singers. January 5th & 8th we will show "The Tamarind Seed" with Julie Andrews. January 12th will be Linda Ronstadt in "The Sound of My Voice." Renee Zellweger stars as Judy Garland in "Judy" which we will show January 19th & 22nd. Finally another Julie Andrews movie, "Star!" on January 26th & 29th.

We have had a request to add a movie on Monday evenings if there is nothing else planned. This month we will show musicals (also a resident request). January 6th is "Carousel"; January 13th is "Guys & Dolls"; "Annie Get Your Gun" will be shown January 20th, and "Showboat" on January 27th. With all of these choices, you can surely find something you would enjoy!



Wellness Corner...by Petra Mueller

Let us start the New Year 2020 with the best intentions to take care of our bodies and minds by participating in all the wellness activities offered here at Bay Village.

Walk with me along the rowing facility at Benderson Park on Sat. Jan. 4 and if it is too cool, we can walk indoors at the mall. On Jan. 14 we are heading to the Manatee Viewing Area, to see them gather in the warm water outflow of the power plant. Dr. B. Stein, our Medical Director, is giving a talk on Jan 15. Come and meet him.

A variety of activities are being offered during one week in Jan., and you will have a chance to give cardio drumming or sound bowl therapy a try.

On Jan. 22 we are having a wellness presentation where all the classes will showcase what they are about. So come watch and invite the newer residents on your floor to join you. It will be a busy month!

JANUARY ENTERTAINMENT

We will start off January with Sarasota Pianist Eddie Tobin. January 2nd at 7:30 Eddie will entertain with everything from Johnny Cash to Frank Sinatra to Jazz. January 9th Brian Gurl will impress and amaze with his piano playing and perhaps will even sing a little for us. January 16th we have a duo with Michelle Tabor & Alfonso Lopez. This piano/violin classical concert will enchant all who attend. Anne Tormela is a Lyric Coloratura Soprano who will delight us with her voice on January 23rd. Last but not least we will host the Russian Duo on January 30th. The Duo is made up of Oleg Kruglyakov and Terry Boyarsky. Terry plays the piano and Oleg plays the balalaika. Don't know what the balalaika is? Come and find out!



JANUARY OUTINGS

January 2nd there is a group headed to the Van Wezel to see "Salute to Vienna." These tickets have already been purchased.

January 8th let's try lunch at Connor's Seafood & Steak House. They have a wonderful lunch menu from \$11.00-\$14.00.

January 14th we are taking a group to see the manatees at the Manatee Viewing Center at Apollo Beach. There is a boardwalk you can walk along to see the manatees and an information center indoors. On the way home, we will have lunch at Season's 52.

January 16th join the fun as we go out to lunch at the Wicked Cantina Mexican Restaurant and then tour the Marietta Museum of Art and Whimsy.

January 30th we are headed to Michael's on East for Listen and Lunch. We will hear the High Flying Sopranos while enjoying a delicious meal. These tickets have already been purchased.

The Village Vibes

VISION STATEMENT

The vision of Bay Village of Sarasota, Inc. through 2020 is to:

1. Strive to achieve the highest quality of service to our residents.
2. Extend effective dialogue between residents and staff.
3. Promote the efforts of staff and residents to build a caring community.
4. Balance net operating revenues and financial reserves so that we may have the financial strength to maintain our infrastructure, provide our staff with a competitive compensation and benefits package and have the capability to remain debt free.

BOOK GROUP NEWS

We are starting the New Year off with one of our favorite presenters. On Friday January 10th, Sheila Nichols will share "A Dog's Way Home."

KEY

- A=Auditorium
- B=Bus Service Provided
- BD=Board Room
- C=Card Room
- CR=Craft Room
- D=Dining Room
- GR=Game Room
- M=Meeting Room
- P=Pool
- HC=Health Center
- W=Wellness Center
- LR=Living Room



SAFETY FIRST

All residents, staff and visitors should be aware of safety with adaptive devices. Please allow those using canes, walkers, wheelchairs, and scooters room to maneuver. If you use an adaptive device, please be aware of those around you. Please don't overcrowd elevators as it can be difficult for everyone to maneuver. All of us should be patient and take our time as many accidents happen when people are rushing.

NEW YEAR'S DAY MEALS

Dining Services is trying something new for New Year's Day. There will be 6 seatings for the meal: 12:00, 12:45, 1:30, 2:15, 3:00, & 4:00. Please call extension 2113 to make your reservation.



Sunday	Monday	Tuesday
 MAKE YOUR RESOLUTIONS!		
5	6	7
10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "The Tamarind Seed" (A)	9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Mahjongg (GR) 1:30 Yoga (W) 2:30 Downton Abbey (A) 7:00 Movie "Carousel" (A)	9:00 Strength! (W) 9:45 Splash (P) 10:00 Craft Class (CR) 10:00 Prayer Group (C) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 2:00 Residents' Council (A) 7:30 BILL: "History of Newtown" Vickie Oldham (A)
12	13	14
10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "Linda Ronstadt: The Sound of My Voice" (A)	9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Mahjongg (GR) 1:30 Yoga (W) 2:30 Downton Abbey (A) 7:00 Movie "Guys & Dolls" (A)	9:30 Trip to See the Manatees (B) 10:00 Craft Class (CR) 10:00 Prayer Group (C) 11:30 Chair Fitness on Video (A) 12:45 Duplicate Bridge (GR) 1:00 Pinochle (C) 7:30 BILL: "Water Runoff and Red Tide" Steve Suau (A)
19	20	21
10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 1:30 Sarasota Orchestra (B) 6:15 Florida Studio Theater (B) 7:00 Sunday Night Movie: "Judy" (A)	9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Mahjongg (GR) 1:30 Yoga (W) 2:00 Craft: Using Alcohol Inks (CR) 2:30 Downton Abbey (A) 6:15 Venice Concert (B) 7:00 Movie "Annie Get Your Gun" (A)	8:30 Men's Breakfast (DR) 9:00 Strength (W) 9:45 Splash (P) 10:00 Prayer Group (C) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 3:00 Karaoke Party (A) 6:45 Venice Theater (B) 7:30 BILL: "WEDU" Larry Winegar (A)
26	27	28
10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "Star!" (A)	9:30 Bible Class (A) 9:30 Town Hall (B) 11:30 Chair Fitness on Video (A) 1:00 Mahjongg (GR) 1:30 Yoga (W) 2:30 Downton Abbey (A) 7:00 Movie "Showboat" (A)	9:00 Strength! (W) 9:45 Splash (P) 10:00 Craft Class (CR) 10:00 Prayer Group (C) 10:00 How Novel (BR) 11:30 Chair Fitness (A) 12:45 Duplicate Bridge (GR) 1:00 Pinochle (C) 2:00 Nov. Dec. Jan. Birthday Party (A) 7:30 BILL: "Building the Future" Susan Nations (A)

Wednesday	Thursday	Friday	Saturday
1	2	3	4
<p>12:00, 12:45, 1:30, 2:15, 3:00, 4:00 Special Meal Seatings</p> <p>2:30 Movie "The Blindside" (A)</p> <p>7:00 Movie "The Blindside" (A)</p> <p>HAPPY NEW YEAR</p>	<p>9:00 Strength Class (W)</p> <p>9:45 Splash (P)</p> <p>10:00 Sing for Life (A)</p> <p>11:30 Chair Fitness (A)</p> <p>12:00 Guys Only Lunch (DR)</p> <p>1:30 Yoga (W)</p> <p>5:45 Salute to Vienna (B)</p> <p>7:30 Music by Eddie Tobin (A)</p>	<p>9:30 Tai Chi, Advanced (W)</p> <p>10:00 Writers Group (C)</p> <p>11:00 Posture & Balance</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Hand Class (CR)</p> <p>2:00 Open Gym (W)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)</p> <p>9:30 Benderson Park Walk (B)</p> <p>11:30 Chair Fitness on Video (A)</p> <p>1:45 Pop Series (B)</p> <p>7:00 Movie "From Russia With Love" (A)</p>
8	9	10	11
<p>8:00 Men's Shuffleboard</p> <p>10:00 Beg. Tai Chi (W)</p> <p>11:00 Balance & Posture (W)</p> <p>11:00 Connor's Steakhouse (B)</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Move & Groove (W)</p> <p>2:30 Popcorn & Movie "The Tamarind Seed" (A)</p> <p>6:00 Duplicate Bridge (GR)</p> <p>7:15 Bingo (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:45 Splash (P)</p> <p>10:00 Sing for Life (A)</p> <p>10:00 - 12:00 Watch Doctor (C)</p> <p>11:30 Chair Fitness (A)</p> <p>1:30 Yoga (W)</p> <p>7:30 Music by Brian Gurl (A)</p>	<p>9:15 SILL (B)</p> <p>9:30 Tai Chi, Advanced (W)</p> <p>10:00 Book Group (A)</p> <p>11:00 Posture & Balance</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Hand Class (CR)</p> <p>2:00 Open Gym (W)</p> <p>2:00 Shabbat (HC)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)</p> <p>9:00 Strength (W)</p> <p>9:45 Splash (P)</p> <p>11:00 Balance & Posture (W)</p> <p>11:30 Chair Fitness (A)</p> <p>2:45 Venice Symphony (B)</p> <p>7:00 Movie "Live and Let Die" (A)</p>
15	16	17	18
<p>8:00 Men's Shuffleboard</p> <p>10:00 Beg. Tai Chi (W)</p> <p>11:00 Balance & Posture (W)</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Move & Groove (W)</p> <p>3:00 Special Presentation by Dr. Barry Stein (A)</p> <p>6:00 Duplicate Bridge (GR)</p> <p>7:15 Bingo (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:45 Splash (P)</p> <p>10:00 Campus Update (A)</p> <p>11:30 Chair Fitness (A)</p> <p>11:30 Marietta Museum (B)</p> <p>12:00 Guys Only Lunch (DR)</p> <p>1:30 Yoga (W)</p> <p>2:00 Presentation by GRIP (A)</p> <p>7:30 Music by Michelle & Alfonso (A)</p>	<p>9:15 SILL (B)</p> <p>9:30 Tai Chi, Advanced (W)</p> <p>11:00 Posture & Balance</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Hand Class (CR)</p> <p>2:00 Open Gym (W)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)</p> <p>9:00 Strength (W)</p> <p>9:45 Splash (P)</p> <p>11:00 Balance & Posture (W)</p> <p>11:30 Chair Fitness (A)</p> <p>7:00 Movie "Goldeneye" (A)</p>
22	23	24	25
<p>8:00 Men's Shuffleboard</p> <p>10:00 Wellness Class Review & Refreshments (A)</p> <p>2:00 Move & Groove (W)</p> <p>2:30 Popcorn & Movie "Judy" (A)</p> <p>6:00 Duplicate Bridge (GR)</p> <p>7:15 Bingo (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:45 Splash (P)</p> <p>11:30 Chair Fitness (A)</p> <p>1:30 Yoga (W)</p> <p>2:30 Relaxation With Sound Bowls (W)</p> <p>7:30 Music by Anne Tormela (A)</p>	<p>9:15 SILL (B)</p> <p>9:30 Tai Chi, Advanced (W)</p> <p>11:00 Posture & Balance</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Hand Class (CR)</p> <p>2:00 Cardio Drumming (W)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)</p> <p>9:00 Strength (W)</p> <p>9:45 Splash (P)</p> <p>11:00 Balance & Posture (W)</p> <p>11:30 Chair Fitness (A)</p> <p>2:30 Children & Adult Orchestra (A)</p> <p>7:00 Movie "Casino Royale" (A)</p>
29	30	31	
<p>8:00 Men's Shuffleboard</p> <p>10:00 Beg. Tai Chi (W)</p> <p>11:00 Balance & Posture (W)</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Move & Groove (W)</p> <p>2:30 Popcorn & Movie "Star!" (A)</p> <p>6:00 Duplicate Bridge (GR)</p> <p>7:15 Bingo (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:45 Splash (P)</p> <p>10:00 Lunch & Listen at Michael's on East (B)</p> <p>11:30 Chair Fitness (A)</p> <p>12:00 Guys Only Lunch (DR)</p> <p>1:30 Yoga (W)</p> <p>7:30 Music by the Russian Duo (A)</p>	<p>9:15 SILL (B)</p> <p>9:30 Tai Chi, Advanced (W)</p> <p>11:00 Posture & Balance</p> <p>11:30 Chair Fitness (A)</p> <p>2:00 Hand Class (CR)</p> <p>2:00 Open Gym (W)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p> <p>6:30 WCBT (B)</p>	

“Village Vibes”

WILKINSON SCHOOL NEWS

School Supplies are in need of replenishment at this time of the year. Here are suggestions of the needed items: highlighters, glue sticks, dry erase markers, spiral notebooks, colored pencils, boxes of 24 crayons, 3-hole lined notebook paper, composition notebooks, pink pencil erasers, and #2 pencils. You may also make a contribution to cover the cost of any of these items. Checks should be made payable to Wilkinson Elementary School. Please leave checks or cash donations in Nate Miller's box #809.

JANUARY ANNIVERSARIES

JANUARY 15

Erskine & Mary Jo
Hopkins

January 19

Bob & Anna Gannon

January 22

Herman & Marian
Wissenberg
Ron & Alice
Shankland

BILL SPEAKERS FOR JANUARY

January 7th “Newtown Alive: Courage, Dignity, Determination”
Speaker: Vicki Oldham. For over 100 years, African American residents played a major role in the development of Sarasota. Ms. Oldham will discuss this history as well as the people, places, and events that make up the rich history of Newtown.

January 14th “Excess Nutrients that Feed Harmful Algae Blooms like Red Tide and How They Can Be Reduced”
Speaker: Steve Suau. Mr. Suau, a civil engineer with 38 years of experience in both the private and public sectors, will discuss his recent research and projects to fight red tide in the Sarasota/Bradenton area.

January 21st “WEDU PBS, The One Place that Can Take You Everywhere”
Speaker: Larry Winegar. Celebrating 60 years of service, Mr. Winegar will review the PBS offerings and screen a video: “Venice, Florida; Looking Forward By Looking Back.” Door prizes from the WEDU pledge archives

will be given!

January 28th “Building the Future: How a Title 1 School is Making a Difference for Students by Growing Hearts, Minds and Community”
Speaker: Susan Nations. Ms. Nations, Principal of Wilkinson School, will discuss how elementary education is changing and why a “three-pronged” focus on hearts, minds and community is critical for student support and success.

FLICRA NEWS

The Bay Village chapter of FLiCRA (Florida Life Care Residents Association) has purchased a copy of CCRC FINANCES, a guide book for members of CCRC residences. This book is available in the Bay Village library for every resident to read. It clearly defines and spells out financial practices, as well as the rights and responsibilities of every resident member of a licensed life care community in Florida.

RAINBOWS & SHOWERS!

RAINBOWS to the members of the very appreciative Bay Village audience who heard the magical voices of the boys and girls from Wilkinson Elementary School who treated us to a memorable holiday concert.

RAINBOWS to all of our wonderful holiday entertainers: Shelly Torman Trio, Brian Gurl & Katherine, Ring Side, Cantori Choir, and the Adult & Children's Orchestra. We all enjoyed the holiday cheer you brought to us.

RAINBOWS to all of **YOU** for your generous giving to the employee appreciation fund. Bay Village is a wonderful place to work!

RAINBOWS to Josie Madigan, Michael Rigdon and crew for all of their work for the holiday sing-along.

RAINBOWS to Anna Tsakarissianos for the amazing Bay Village Gingerbread House she donated.

ENVIRONEWS

This is the first of a 2-part report on the Sustainability Conference held in Sarasota County in November. Two members of the Bay Village Environmental Committee attended the conference, and this is their report.

The keynote speaker, Josh Tickell, spoke about "Changing the Climate of Our Minds from Despair to Global Action." He expressed optimism that significant efforts are underway to positively address issues of climate change. He referred to a book called "Draw Down" by Paul Howkin that cites examples ranging from the value of preservation of our earth, sustainable food production, and solar power providing the energy source for buildings, homes, and automobiles.

There was a speaker from Newtown who discussed the initiatives underway there including a goal to reduce emissions by 40% in 12 years. A very large number of children missed school last year because of climate disasters. There will be walks and trolley rides showing local impacts and discussion of possible solutions. The city is replacing all public drinking fountains because of lead content in the water. They say that 2/3 of energy goes to waste and they are working to lower energy costs to lower-income homes.

The county is requiring all new buildings to meet LEEDS silver standard and is spending \$17.5 million to rehab present buildings, move to more automation systems, and emphasize more efficient solar power as an energy source.

This article will be continued next month.

JANUARY BIRTHDAYS

January 1

Marcia Lang, Denise Kobel

January 2

Julian Alexander, Jane Camarota

January 3

Richard Wallace

January 4

Jean Carter, Shirley Brabeck

January 5

Elaine Suau, Joan Symons

January 7

Eva Papp, Joanna Cleary

January 8

Etta Anderson

January 12

Jane Pyle

January 13

Estelle Estes

January 17

Tom Cliff

January 18

Elaine Staudt, Irene Chesek

January 20

Pat Ling, Don Loos

January 22

Eli Chatson

January 23

Betty Schattschneider, Art O'Connor

January 24

Marguerite Polley, Jacky Endres

January 25

Mary Roldan

January 26

Lise Olesen

January 29

Priscilla Ruppe, Dorothy Schnabel

January 30

Annette Strobl

January 31

Art Williams, Rose Dickherber

The Village Vibes

January Vespers Ministers

January 3

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

January 10

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

January 17

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

January 24

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

January 31

Rev. Laurie Haas
Assoc. Pastor, Church
of the Palms

WELCOME NEW RESIDENTS

Wayne & Charlotte
Thomas in apartment
710

Robert Van Derzee
in apartment 702

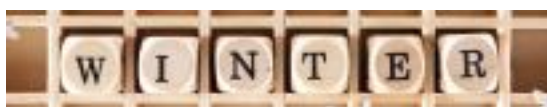
Peter & Nancy van
Roekens in apartment
1265

Gene Ferrell in
apartment 339

Kathy Pollack in
apartment 436

Alex & Christine
Burnstan in
apartment 539

Joanne Ryan in
apartment 833





John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

FINALLY! A NEW YEAR!! A NEW CHANCE FOR A NEW LIFE!!!

Exciting and daunting at the same time. Changes, yes...but a whole YEAR of changes?! Not sure I can commit to that much change.

Let me suggest a different approach. Instead of looking at a whole YEAR, maybe it is better to look at only a single DAY. After all, where we end up at the end of a year is dependent on how we have lived each day of that year.

Author Steve Goodier has written a piece simply called "*Affirmation for the Day.*" I commend it for us as we enter a new year:

Today I will live through the next 24 hours, and not try to tackle all of life's problems at once.

Today, I will improve myself: body, mind, and spirit.

Today, I will refuse to spend time worrying about what might happen IF..

Today, I will find the grace to let go of resentments of others, and self-condemnation, over past mistakes.

Today, I will not try to change, or improve, anybody but ME.

Today, I will act toward others as though this will be my last day on earth.

Today, I will be unafraid. I will enjoy what is beautiful, and I will believe that as I give to the world, the world will give to me.

Whether these are the best of times, or the worst of times, these are the only times we have. Live each day fully, and you will look back on a life (and a year) that made a difference.

May your new YEAR be the result of totally new DAYS for you and others.