

JANUARY 2011

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**Foxbridge
Assisted Living Community**

2180 Mangum Road
Memphis, TN 38124
(901) 377-0101
(901) 377-6841



Cold and Flu Season is Upon Us

Here are the top "secrets" for keeping the cold and flu away.

Wash your hands frequently.
Keep germs off surfaces.
Exercise for immunity.
Prevention is key.

"Do the basics:
eat right,
sleep right,
exercise,
and wash your hands."

Dr. Richter, WebMD

January Highlights

(look inside for details)



Jan 1st

Happy New Year

Jan 5th

National Bird Day

Jan 11th

VA Meeting

Jan 17th

Martin Luther King, Jr Day

Jan 19th

National Popcorn Day

Jan 20th

Pastor Day

Jan 26th

Spa Day

Jan 28th

Wine & Cheese Event



FOXBRIDGE EXTENSION LIST

RESIDENT HALLS

- MAGNOLIA** - House Ext - **239**
Nurse Ext - **327**
2130 Mangum Road
House Manager, Carla Porter
- OAK** – House Ext - **238**
Nurse Ext - **327**
2150 Mangum Road
House Manager, Marilyn Billingsley
- PINE** – House Ext - **237**
Nurse Ext - **326** or **327**
2160 Mangum Road
- SPRUCE** – House Ext - **241**
Nurse Ext – **326**
2200 Mangum Road
House Manager, Jackie Ford
- WILLOW** – House Ext - **235**
Nurse Ext – **326**
2210 Mangum Road
House Manager, Beverly Hall

Resident Advocate, Shawna Jackson, Ext - **228**

ADMINISTRATION

<i>Wellness Director</i>	<i>Ext. 233</i>
<i>Maintenance</i>	<i>Ext. 236</i>
<i>Sales & Marketing Dept</i>	<i>Ext. 251</i>
<i>Activities</i>	<i>Ext. 227</i>
<i>Volunteer Coordinator</i>	<i>Ext. 252</i>
<i>Hair Salon</i>	<i>Ext. 226</i>
<i>Food Services</i>	<i>Ext. 230</i>
<i>Business Office</i>	<i>Ext. 242</i>
<i>Human Resources</i>	<i>Ext. 242</i>
<i>Executive Director</i>	<i>Ext. 223</i>

PAYMENTS

Please do not leave payments of any form in the residential buildings. Please bring all payments to the Administrative Office in Fox Hall.

JJ's Notes

HAPPY NEW YEAR!!!

We wish each of you a very happy and prosperous 2011!

As we finish the holiday season I want to express my sincere thanks to April and her Activities Department for such a whirlwind of holiday activities for us all. The Christmas Spirit was definitely found at Foxbridge this year. Thank you April, Renae, Ursula, and their myriad of volunteers including – Santa Clause and his Elf. I hope everyone had a wonderful time at the lunches with all the delicious food from “Mrs. D” and her staff. We are so blessed at Foxbridge by our residents and their families. Thank you for entrusting your loved one with us for another year. Our caring staff makes sure that your loved one receives the needed care so you can absolutely enjoy your time visiting.

January – new beginnings, new partnerships, new opportunities!

This year Foxbridge has partnered with Bartlett Performing Arts Center in sponsoring “**On Golden Pond**” **January 21 – 23**. This is a fun way to get our name out into the community while enjoying an entertaining theater production about growing older. We hope that you will join us at the matinee on **Saturday, January 22 at 2:30 p.m.** To reserve your spot with the Foxbridge group for the Saturday, January 22 matinee, please call the office at 377-0101 before January 5, 2011. Tickets are \$10 each. If you can't go with us and want to see the show, you can call the BPAC ticket office at 385-6440 for ticket information.

Monthly **popcorn and movie time** begins in January. Because of a wonderful donation given to the activities department of classic movie videos, Foxbridge is beginning a monthly popcorn and movie time. Each month the activities department will spotlight a classic movie on the big screen television in Oak Hall. Fresh popcorn will be popping and all are invited. Please check the newsletter each month for day and time.

Make your **New Year's Resolution** to enjoy the events Foxbridge offers the residents and their families to be together throughout the year.



J. J. Doughtie
Executive Director

MARKETING WITH MARY SHELLEY



Special Announcement

I would like to thank everyone for a wonderful 1st year 2010 here at Foxbridge as Director of Marketing / Sales. Reflecting back on this past year we have seen a lot of growth & wonderful team work. As leaders in our Senior community, we can forget how much teamwork plays a role in our success.

On any given day the caring, hard work & extra effort is over and above anywhere I have ever been. Way to go Foxbridge! We are the #1 place to live in Memphis - for assisted living communities in my book! 2011, here we come with a bang!! Call me for information or brochures, I will be glad to assist you or someone you know with a WONDERFUL PLACE TO LIVE.

Mary -Shelley Ritchey

VETERAN'S BENEFIT MEETING

Our next VA Meeting will
be held on
Tuesday,
January 11th at 5:15pm

WELCOME
NEW RESIDENTS

CB Coltharp
Edna Carrick

THIS MONTH, LET'S GET TO KNOW:

MARY BAKER



Mary Baker was born to Nick and Katina Stathis December 4, 1920.

Mary grew up in Memphis TN. She has always loved cooking, being active in her church and playing games like Bingo and Bunco. On July 4, 1951, Mary married Frank Baker Jr., a Marine. The couple had 3 children, whom she cherishes.

Mary loved living the military life. Together, the family lived from California to North Carolina and many other places before Frank retired.

After retirement the couple returned to Memphis but still continued to vacation in North Carolina where Frank had relatives.

When asked, Mary said she has always wanted to vacation in New York City. Mary also enjoys movies and how great they go with her favorite soft drink, Coca Cola. She loves the color red and potatoes are her favorite vegetable.

Mary currently lives at Foxbridge in our Spruce Building where she enjoys various puzzles and Trivia Hour.

Although Mary enjoys her rest, she remains very active with crafts and attending musical events on Foxbridge campus. It was great getting to know you Mary Baker!



HAPPY BIRTHDAY
FOXBRIDGE RESIDENTS

- 1/10—RAY CAMPBELL
- 1/11—ALMA LEE BRYAN
- 1/18—NEIL BALCH
- 1/29—DOROTHY ROBBINS



HAPPY BIRTHDAY
FOXBRIDGE STAFF

- 1/1—MARILYN BILLINGSLEY
- 1/4—TIFFANY DAVIS
- 1/6—DORIS BELL
- 1/7—COLLINS AKUMA
- 1/12—JUDY ARORA
- 1/22—ROSIE KELLY
- 1/23—ALAN HILL
- 1/24—ERICA GALES
- 1/25—OLIVIA CRUMP

January Crafts

- January Table Arrangements
- Winter Lacing
 - Edible Snowballs
 - Winter Stamping
 - Bird Bagels



A Day to "Wine" About - January 28th

Join us for our popular event - "A Wine and Cheese Tasting". Live music by Creative Aging to accompany this relaxing social event. Event will be in Pine from 2:00 until 3:00. All invited to attend.



Foxbridge wishes you a warm and cozy winter !



WHAT'S HAPPENING IN JANUARY?

National Bird Day - January 5th

People love birds. Bird watching is a favorite pastime of millions of people. It is the most popular of hobbies, and can be enjoyed by everyone regardless of age. With this popularity, it comes as no surprise that there is more than one day established to recognize, appreciate, and enjoy birds. Today we will be making "Bird Bagels" for our feathered friends to enjoy during this cold weather month. We will also have bird facts and photos to share. Please see the calendar for details on event time.



Martin Luther King, Jr. Day - January 17th

Today has been set aside to honor Martin Luther King, Jr. There will be a short biography, quotes by Martin Luther King, Jr. and various puzzles to share that will provide more history on his journey. Please see the calendar for details on event time.



National Popcorn Day - January 19th

Who knew there was a holiday set aside to celebrate the buttery, yummy goodness of POPCORN! To celebrate we will pop up some popcorn in our wonderful movie style popcorn popper and watch the movie classic "Funny Face". This event will be on the big screen in Oak from 2:00 to 4:00. All invited!

Spa Day - January 26th

Beat the winter blues by attending the Ladies Spa Event. Wonderful scents, refreshments, facials and social time will surely chase away the chill. Please see the calendar for details on event time.

We had a blast at the Enchanted Forest Festival of Trees in the Pink Palace Museum!



See more photos on Facebook!

Christmas Parties at Foxbridge



Would you like the Newsletter emailed to you every month? Please send a message to christifoxbridge@bellsouth.net to be added to our email list!