

# Leisure Manor Gazette

What's New in Our Community

January 2024 Edition

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**Office Hours:**  
**Monday-Friday**  
**8:30am-5:00pm**

## January Dates of Importance:

New Years Day Office Closed	1-2
Housing Commission Meeting	11
Tenant Council Meeting 2PM in LMI Comm Room	12
MLK Day Office Closed	15
Commodities LMI Community Room 3PM	24

## Inside this Edition:

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## Leisure Manor Holiday Party:

On behalf of the St. Clair Shores Housing Commission, we would like to thank those that attended the Holiday Luncheon!

We had a wonderful time and hope you did as well!

For those that did not attend, please stop by the office for your holiday gift!

## CONGRATULATIONS to all of the raffle winners:

Lorri Woods, Michael Lemich, Melinda VanAcker, Martha Seely, Carolyn Giardini, Theresa Kynaston, Teresa Englehardt, Cynthia Hayes, Joyce Pica, Kevin Pawlowski, Ray Sheardy, Anne Frasard, Cheryl Treasvant, Camille Baker, Judy Blanchfield, Lorie Piscopink, Megan Farrell, Joan Kostich, Barbara Staton, Carol Lewis, Mary Graul, Joyce VanDenabeele, James Harris, Shirley Curtiss, Annette Groit, Starr Cellitti, Billie Armstrong

**Aqua Freeze:**  
**Saturday, January 13th & Sunday June 14th**  
**Noon-9pm.**  
**Blossom Heath Park**

Everyone is welcome to join this 2 day, fun filled winter festival! There will be a beer tent, live ice carving shows, putt-putt golf, horse-drawn wagon rides, food trucks & much more!

**Come Join the Excitement!**



## Reminder:

Please remember to date your checks 2024.

Rent is due on the 1st of the month & late after the 5th of the month.

Please remember to make your checks/money orders payable to SCS Housing Comm.

OR

St. Clair Shores Housing Commission

**DO NOT make checks payable to Leisure Manor!**

## Got the Winter Blues?

With the excitement of the holidays over, January can seem like a long dreary month!

Instead of hiding out under the covers, here are some ideas to pass the time.

-Start a book club. Many people say they would like to read more in the New Year. This is also a great opportunity to get your neighbors involved!

- In addition, take advantage of the many books we have in the community room & library. Please help yourself! Curl up on the couch under a blanket with a cup of hot cocoa and a good book.

-Do a puzzle! The game room in LMI is filled with lots of puzzles & games for your enjoyment.

-Join your neighbors for bingo! Remember bingo takes place every Saturday. Come down to the Community Room in LMI on Saturday's from 5pm-7pm for bingo!

-Volunteer! Volunteer work is an excellent way to combat loneliness and boredom. There are plenty of local non-profit organizations in the area.

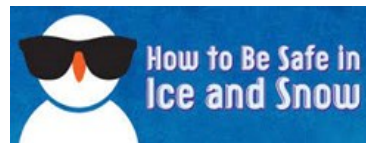
**Get creative! There are lots of things to do this winter if you use your imagination!**



## Staying Healthy in Winter

**As winter is officially here, it is more important than ever to keep in good health!**

- Maintain a healthy diet– Since exercise in winter months is limited, it is important to maintain a balanced diet.
- Eat more vitamin D enriched foods– Exposure to sunlight in the winter months is lacking.
- Stay hydrated– Drinking enough water each day is crucial to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and to keep organs functioning properly.
- Get enough sleep– Sleep is key to keeping your energy up and maintaining a functioning immune system. Create a sleep schedule and stick to it!
- Keep regular doctor appointments– As it becomes colder it is harder to leave home to venture outdoors. Do not slack on keeping up with doctor appointments!



## Upcoming Tenant Council Events:

Exciting Events Coming.  
In the next couple month, Tenant Council has some fun events planned!

**Expect in February a flea market & in March a chili cook off.**

**Stay Tuned...  
More details to come!**



## Cold Weather Tips: How to Stay Warm in Apartment Living

With temperatures dropping, it is important to stay warm this winter season.

Here are some easy tips you may find helpful:

- ◆ Avoid cold drafts. Place a towel or a drafter protector at the base of the doors.
- ◆ Utilize the sun by keeping your blinds open during the day. Even in the winter, anything the sun touches can provide additional warmth.
- ◆ Take a warm shower or bath, then put on a cozy robe or blanket.
- ◆ Add exercise to your routine. Exercise is a great way to increase your body temperature and to maintain a healthy immune system to prevent colds and flu. Many simple exercises, such as arm exercises, can be done in the comfort of your own home. You can also head down to the senior center to see what kind of activities they offer. The senior center has a fitness room and offers many fitness programs such as yoga, zumba & interval circuit exercise. The senior center offers transportation by appointment. If you would like to schedule an appointment you can call (586)498-2331



**Stay Warm this Winter Season!**

**Thank you to all who participated in decorating  
the Christmas trees and surrounding areas  
around Leisure Manor!  
The buildings look beautiful!**



## New Residents:

Over the last few months we have had many new residents at Leisure Manor. If you see a new resident, please offer a smile and introduction.

Let's make everyone feel welcome and show them that Leisure Manor is a wonderful place to call home!



## Braving the Cold?

Always make sure you have proper winter attire!

Dressing in layers is key! Cover all exposed skin and use a scarf to cover your mouth and protect your lungs.

Put on warm socks. Feet tend to get cold quickly in the winter because your feet are located furthest from your heart which makes circulation difficult.

Make sure you have good boots with traction. Take off boots as soon as you get inside to avoid slip hazards.

## January Birthdays:

Christine Pannette	2
Dimitrios Douveas	2
Russell Balduc	6
Linda Brewer	8
Terry Mullen	13
Brenda Frazier	13
Mary Jezdimir	14
Patricia Raven	14
Robert Brown	14
Betty Climer	17
Louise Miles	19
William Reblin	24
Lowanda McGee	24
Lorie Piscopink	27
John Little	29



## Skip the New Year's Resolutions! Instead Make Realistic Goals.

Only 10% of people who make New Years resolutions successfully implement lasting change. The failure of not following through on a resolution can be very discouraging and often undermines future efforts to change.

Mental health experts say other strategies for adopting healthier habits work better.

- Set realistic and obtainable goals.
- Make your goals specific and measurable.
- Do not set too many goals. Pick 1 or 2 that are most important for you to focus on.

Remember, implementing change into our lives is not something we should do once a year. We can, and should, make changes throughout the year to become the best version of ourselves.

*Change takes courage*

## Highlights from the Christmas Luncheon:



## Let's Welcome Our New Friends:

Gerald Abel~2011

*Welcome*