



Voice of Vitality

january 2019

A Montereau Publication
Tulsa, Oklahoma

Happy New Year! We're looking forward to another fun and exciting year at Montereau.

The new year is a perfect time to try something new! Travel to one of Tulsa's newest attractions, Mother Road Market. Taste delicious foods from innovative restaurateurs and shop for locally made products and even farm fresh produce. This food hall has something for everyone!

You can also sample a new taste sensation at our Food Truck Friday lunch! We'll have one of Tulsa's local mobile eateries on campus serving up tasty grub for

our residents and staff.

Choose from three different dining destinations on our "Let's Eat Dinner Out" trip to Tulsa's new Osage Casino. Whether you gamble on pizza, a country buffet or burgers, you're sure to come out a winner. After the meal, you'll have time to play games or just check out the sights.

January is also a popular time to start a healthy eating plan - and to shed those extra holiday pounds! We're here to help. Our Fit & Fabulous Lunch returns this month and we'll teach you how to

build a better salad. Learn what you should add to your bowl to make your next salad as delicious, filling and nutritious as possible.

While you're focusing on health, give our new fitness class a try! We've added a Winter Workout to the schedule to keep your blood pumping as the temperatures drop.

We are also bringing back our Vitality Fitness Analysis. This is the perfect opportunity for you to learn where you stand and how you can get even better in 2019!

See more details on pages 2-11.



Santa stopped by Montereau again for our annual Merry Mingle party. Residents, employees and families all enjoyed delicious snacks and shared their holiday wishes with Santa.

inside this issue

Calendar Highlights	2-11
Movies	12-13
Montereau Wellness	14-15
Employee Spotlight	16
Photo Gallery	17
Spa Special	18
Upcoming Events	19
Marketing News	20
Birthdays	20

calendar highlights - january 1 - 2



Montereaau Featured Artists of the Month

Enjoy the art works of Arnold Brown on display in the Studio de Monet and the works of Anna Marie Sellers in the Health Center Gallery.

Various Dates & Locations Committee Meetings



The Resident Committee meetings have been moved due to the New Year's holiday on the first Tuesday of January. Meetings will each be held at 2:00 p.m. on the following dates:

- Environmental Services: Tuesday, January 8 in the Villa Dining Room
- Activities: Friday, January 4 in the Health Center Conference Room
- Food & Beverage: Tuesday, January 8 in the City View Lounge
- Resident Relations: Tuesday, January 8 in the Studio de Monet
- There is no R.O.S.E. Committee Meeting in January.

Tuesdays & Thursdays in January • 9:00 a.m. Exercise Studio Winter Workout



Wind, cold, snow, ice: does the weather sometimes keep you from your outdoor walk or other activities? Get your steps in at Winter Workout! This eight-week class begins Thursday, January 3 and will get your heart rate going as you follow along to a fitness DVD. The workout takes you through a variety of low impact moves and allows you to exercise at your own level. It's more than walking! Added bonus: exercise helps boost your mood!

Tuesday, January 1 • 11:00 a.m. - 2:30 p.m. Coterie Theatre New Year's Day Brunch Buffet



Start off 2019 with a delicious brunch buffet. The cost of brunch is \$18 and will be charged to your meal allowance. This will be the only dining option on the holiday. The Spa Café and City View Lounge will not be open. Call Shereen at (918) 491-5266 to make reservations.



Wednesday, January 2 • 2:00 p.m. • French Quarter Cleo's Story: Mr. Rogers

Learn about the legendary kids' television host from our favorite story-teller, Cleo. Mark your reservation sheet to attend.

calendar highlights - january 3 - 5

Thursday, January 3 • 10:30 a.m. • Bus Trip

River Spirit Casino Trip

Join in the fun and excitement at River Spirit Casino! The casino features table games, electronic games as well as several dining venues. Bring your Oklahoma ID or Driver's License plus money for lunch and gambling. The bus will return you to Montereau by 1:30 p.m. Mark your reservation sheet for a seat on the bus.



Friday, January 4 • 9:00 a.m.

Montereau Warren Chapel

Meditation & Prayer

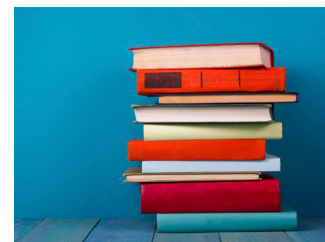
Take a moment for quiet meditation in the chapel. This is a self-led opportunity for reflection.



Friday, January 4 & 18 • 3:15 p.m. • 6th Floor Library

The Reading Group

The Reading Group meets twice per month to discuss readings from "50 Great Classic Short Stories". If you are interested in being a part of the Reading Group, contact Kristen Schooley at (918) 491-5233 or kschooley@montereau.net.



Saturday, January 5 • 10:30 a.m. • Bus Trip

Sprouts Farmers Market Trip

Catch the bus to Sprouts Farmers Market to shop for produce, dairy, deli items and more. Bring money for your purchases. The bus will return to Montereau by 12:15 p.m. A minimum of eight people is required for Montereau to provide transportation.



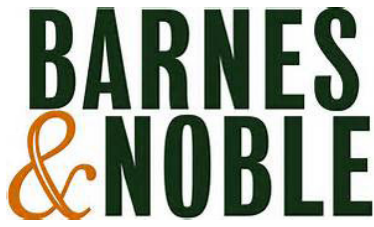
Saturday, January 5 • 6:30 p.m. • Bus Trip

Tulsa Symphony Trip

Sublime and sparkling, this concert features music selections from Mozart, Gandolfi and Prokofiev including selections from Prokofiev's "Romeo and Juliet." You are responsible for purchasing your own concert tickets and can do so by calling the Tulsa Symphony at (918) 584-3645. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation to this concert, otherwise you may need to carpool.



calendar highlights - january 6 - 8



Sunday, January 6 • 3:00 p.m. • Bus Trip Barnes & Noble Trip

Catch the bus to Barnes & Noble Booksellers to shop for 2019 calendars, magazines, music and more. Relax and enjoy a hot beverage inside while you peruse the store's selections. Bring money for your purchases. The bus will return to Montereau by 4:30 p.m. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation.



Monday, January 7 • 11:15 a.m. • City View Lounge Movie Committee Meeting

The Montereau Movie Committee needs YOU! Committee members meet once per quarter for a lunch meeting to plan movies for the upcoming months. Members are also responsible for playing movies and popping popcorn. Please join us! Mark your reservation sheet to attend the meeting or contact Molly for more details: (918) 491-5285 or mlyden@montereau.net.



Monday, January 7 • 2:00 p.m. • Villa Dining Room Fitness Committee Meeting

The Resident Fitness Committee meets the first Monday of each month. Contact Vana at (918) 728-8128 for more information.



Monday, January 7 • 4:30 p.m. • City View Lounge Dinner Music with Spencer Sutton

Enjoy the music of talented pianist Spencer Sutton during dinner.



Tuesday, January 8 & 22 • 8:00 a.m. to 12:00 p.m.

Concierge Desk

Food Bank Donations

Please bring your food donations, cash or check to the Concierge desk on the day of the Food Bank trips and our volunteers will deliver them. Most-needed items are canned meats (tuna, chicken, etc), canned or packaged fruit, canned or boxed meals, soup and stew, peanut butter, pasta and sauce, rice, breakfast cereals, etc. Checks should be payable to the Community Food Bank of Eastern Oklahoma. Thank you for your help.

calendar highlights - january 8 - 9

Tuesday, January 8 & 22 • 12:30 p.m. • Bus Trip

Food Bank Volunteers

This twice-monthly trip is a great opportunity for fellowship with other residents while volunteering to help those in need through the Community Food Bank of Eastern Oklahoma. Do sign up early to be sure to get a seat on the bus!



Tuesday, January 8 • 1:30 p.m. • Bus Trip

Woodland Hills Mall Trip

Catch the bus for a shopping excursion to Woodland Hills Mall. The bus will return to take you back to Montereau at 4:00 p.m. Mark your reservation sheet for a seat on the bus.



Tuesday, January 8 • 3:00 p.m. • HC Conference Room

Caregiver Support Group

This monthly support group can help anyone touched by dementia to overcome the challenges that come with memory loss. Whether you are caring for a loved one with dementia, or are suffering from dementia, everyone is encouraged to come share and learn from others. Meetings are held on the second Tuesday of each month. Contact Ashley at (918) 491-5248 with any questions.



Wednesday, January 9 • 11:00 a.m. - 12:30 p.m.

Exercise Studio

Ping Pong Competition

Watch the friendly ping pong competition with our friends from Oklahoma Methodist Manor!



Wednesday, January 9 & 23 • 2:00 p.m.

1st Floor Library

Food Bank Note Writing

Join other Montereau volunteers to write thank you notes for the Community Food Bank of Eastern Oklahoma. The notes are sent by the Food Bank to donors. This often encourages repeat donations. Script and supplies are provided. Mark your reservation sheet to participate. Cards are also available to write at your own convenience.



Wednesdays Beginning January 9 • 1:30 p.m.

Studio de Monet

Painting Classes

A new 10-week series of painting classes begins on January 9th. The cost is \$220 and new students are welcome to enroll. Contact instructor Ross Myers to enroll at (918) 636-6301.



calendar highlights - january 9 - 12

Wednesdays Beginning January 9 • 2:45 p.m.

Exercise Studio

Beginner Tap Classes

Have you always wanted to learn how to tap dance? Here's your opportunity to start with the Beginner Tap Class! Melanie Lee will teach you basic steps and step combinations. Tap dancing is a fun way to exercise and can improve balance and boost memory! This class is open to both ladies and men. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.



Thursday, January 10 • 12:00 p.m. • City View Lounge

Fit & Fabulous Lunch: Build a Better Salad

Our Fit & Fabulous Lunch returns - with some changes! Due to the dining room renovations, we have moved our Fit & Fabulous Lunches to the City View Lounge. This month you will learn how to build a better salad. You will create your own custom salad and learn the best way to construct a healthy, delicious and filling salad. The cost of lunch is \$17; \$10 to your meal allowance and \$7 to your monthly service fees. The cost will include the three-course lunch and a glass of wine. Call Shereen at (918) 491-5266 to make reservations.



Thursday, January 10 • 3:00 p.m. • Coterie Theatre

Sippin' Cider in Snazzy Socks

Sip some hot cider (or hot tea) and show off your snazzy colorful socks for this fun winter event! Residents and staff are all welcome. Mark your reservation sheet to attend.

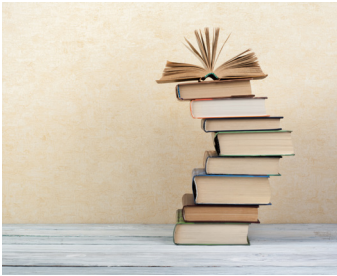


Friday, January 11 & 25 • 3:00 p.m.

Health Center Conference Room

Modern Novels Book Club

The Modern Novels Book Club is currently reading "The Awakening" by Kate Chopin. Contact Montereau resident Nat Grunst at (539) 832-8378 if you would like more information about this club.



Saturday, January 12 • 10:30 a.m. • Bus Trip

Stein Mart Trip

Catch the bus to Stein Mart to shop for accessories, clothing, shoes, home décor and more. Bring money for your purchases. The bus will return to Montereau by 12:30 p.m. A minimum of eight people is required for Montereau to provide transportation.



Saturday, January 12 & 26 • 2:45 p.m. • Coterie Theatre

Bingo!

It's your chance to win a cash prize. Bingo card packs are \$5 cash and include cards for 9 games. Cards go on sale at 2:45 and games start at 3:00.



calendar highlights - january 13 - 15

**Sunday, January 13 at 3:00 p.m. & Thursday, January 17
at 7:15 p.m. • Le Cinéma**

America's Most Scenic Drives on DVD

This month will premiere a new three-part series "America's Most Scenic Drives." Enjoy the breathtaking beauty of Maine to Key West with a drive along Maine's rugged coast, the mighty Niagara Falls, Autumn-kissed Vermont, the misty blue Ridge Parkway leading to Great Smoky Mountain National Park, the Overseas Highway, the charming Florida Keys, and more! This is a narrated series on DVD by Reader's Digest. Mark your reservation sheet to attend this event.



Sunday, January 13 • 5:30 p.m. • City View Lounge
Champion's Club Dinner

Montereau is honoring all residents and staff who donated or raised \$1,000 for the Alzheimer's & Dementia Resource Center with a wine dinner. David Murlette will be your host for this special evening of food, fun and friends. You should have received an invitation by the end of December. If you did not receive an invitation and feel you should be on the list, contact Kristen Schooley at (918) 491-5233 or kschooley@montereau.net.



Monday, January 14 • 11:00 a.m. • Le Cinéma
Le Cinéma Orientation

Learn how to play your own movies on the big screen! We will teach you how to use the equipment in Le Cinéma so you can play movies on your own schedule. Mark your reservation sheet to attend.



Monday, January 14 • 4:30 p.m. • City View Lounge
Dinner Music with Sutton & Bruner

Enjoy dinner with music performed by talented musicians Spencer Sutton, pianist and Mark Bruner, guitarist.



Tuesday, January 15 • 8:30 a.m. • Coterie Theatre
Shingles: What You Should Know

Shingles is caused by the chickenpox virus and most commonly affects older adults and people with weak immune systems. Walgreens pharmacist Tom Eddins will provide information about the risk for developing shingles, symptoms to look for, and the current protocol to protect yourself from this viral infection. Mark your reservation sheet to attend.



Tuesday, January 15 • 1:00 p.m. • Studio de Monet
Color Me Calm

Color yourself calm! Coloring is a relaxing activity that can provide a sense of calm, lower stress and stimulate positive endorphins. Try this trend with us. Coloring materials will be provided. Mark your reservation sheet to participate in this activity.



calendar highlights - january 15 - 17



Tuesday, January 15 • 2:00 p.m. • Coterie Theatre

Montereau Town Hall

It's time to hear about what's going on at Montereau. A monthly report will be presented by the chair of each resident committee, department directors and Montereau's CEO, David Murlette.



Wednesday, January 16 • 9:30 a.m. • Le Cinéma

New Resident Orientation

We invite all Montereau residents to attend orientation at any time! Learn more about your meal allowances, the wellness programs we offer, emergency policies and procedures, and much more. You don't want to miss this wealth of information. **Please contact the concierge desk if you plan to attend:** (918) 491-5200.



Wednesday, January 16 & 30 • 2:00 p.m.

Exercise Studio

Move to the Music with Melanie

Join Melanie for another upbeat cardio dance session! Dancing is a fun way to exercise and the music can lift your spirit. Moves in this class can be done standing or seated. Remember to wear comfortable shoes. Mark your reservation sheet to participate in this classes.

Wednesday, January 16 at 4:45 p.m.

Wednesday, January 23 at 5:15 p.m. • Bus Trips

LEDO Trips



This month the "Let's Eat Dinner Out" group will travel to the new Osage Casino Hotel for dinner! Dining options include Roni Peppo's serving pizza and sandwiches, Thunder Grill for burgers, sandwiches, and steaks, and the Country Buffet at Stonecreek Kitchen. Bring money for your dinner. After dinner, feel free to explore the casino and gamble. Please bring your Oklahoma I.D. and gambling money. The bus will return to Montereau between 8:30 and 9:00 p.m. Please note the later departure time on the second trip. **Mark your reservation sheet for only one trip.** Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.



Thursday, January 17 • 8:00 a.m. • Bus Trip

Walking Group: Woodland Hills Mall

Get some indoor exercise at Woodland Hills Mall. Following the walk, we will ride the bus to Panera for breakfast. Bring money for your meal. The bus will return to Montereau by 10:15 a.m. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.

calendar highlights - january 17 - 22

Thursday, January 17 • 6:30 p.m.

Montereau Warren Chapel

Hymns with Friends

All are welcome to join us for a fun hymn sing-along.



Friday, January 18 • 9:30 a.m. • Bus Trip

Gilcrease Museum & Lunch Trip

View the special exhibit "Albert Bierstadt: Witness to a Changing West" at the Gilcrease Museum. Mr. Bierstadt (1830-1902) is recognized for his depictions of the Native cultures of the Great Plains and American bison. The exhibit also includes paintings from other artists of his time. After the tour, we will have lunch at Roosevelt's on Cherry Street. The cost of the tour and lunch is \$40 and will be billed to your account. The cancellation deadline is January 14 at noon. Please cancel by this date and time to avoid being charged the \$8 group reservation fee.

Mark your reservation sheet for a seat on the bus.



Saturday, January 19 • 10:30 a.m. • Bus Trip

Super Target Trip

Pick up all your essentials and more at Super Target! The bus will return to Montereau by 12:00 p.m. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation.



Sunday, January 20 • 4:00 p.m. • Bus Trip

Oklahoma Jazz Hall of Fame Trip

Take in great music during a concert at the Oklahoma Jazz Hall of Fame. Tickets are \$10 and may be purchased at the door. The entertainer will be announced in the January News Flash. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation to this concert.



Monday, January 21 • 4:00 p.m. • City View Lounge

Hard Hat Happy Hour

Hear the latest updates about the restaurant renovations from the Hard Hat Committee and the Leadership Team. Complimentary drinks will be provided during the Happy Hour from 4:00 p.m. to 5:00 p.m.



Monday, January 21 • 5:00 p.m. • City View Lounge

Dinner Music with Nick Bratkovich

Listen and enjoy the music of talented accordionist Nick Bratkovich during dinner!



Beginning Tuesday, January 22 • Exercise Studio

Vitality Fitness Analysis

Learn your current fitness level and how to improve it with our Vitality Fitness Analysis. See more details on page 15.



calendar highlights - january 24 - 27



Thursday, January 24 • 5:00 p.m. • Bus Trip Mystery Trip

Escape the winter blues and join the group on the Mystery Trip! Bring money for dinner. The bus will return to Montereau by 8:00 p.m. Seats are available on a first-come, first-served basis. Please mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 or mlee@montereau.net for hints leading to our destination.



Friday, January 25 • 11:00 a.m. - 1:00 p.m.

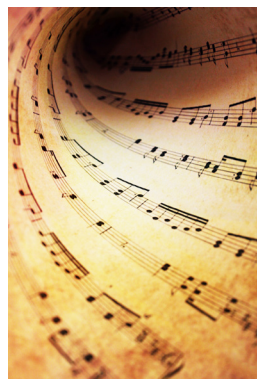
Main Entrance Food Truck Friday

Try something new during Food Truck Friday! We will have a local food truck serving up delicious lunches right here at Montereau. Bring cash or credit card for your lunch purchases. You can take your lunch to enjoy in the Studio de Monet, the 1st Floor Library, or in your own apartment. The name of the food truck and details about its menu will be announced in the January News Flash.



Friday, January 25 • 5:00 p.m. • Coterie Theatre Dinner Music with Sandy Knox

Enjoy soft music played by talented pianist Sandy Knox during dinner.



Saturday, January 26 • 6:45 p.m. • Bus Trip TCC Classics Trip: "Bach and Sons, Inc."

Enjoy music from the extend Bach family as the Signature Symphony celebrates its 40th anniversary. This is a season ticket event. You are responsible for purchasing your own concert tickets and can do so by calling the TCC VanTrease PACE ticket office at (918) 595-7777. Mark your reservation sheet for a seat on the bus. A minimum of eight people is required for Montereau to provide transportation to this concert, otherwise you may need to make your own travel arrangements.

Sunday, January 27 • 2:35 p.m. • Bus Trip Tulsa Oilers Hockey Game Trip

Catch the bus to the BOK and watch the Tulsa Oilers play the Idaho Steelheads during this special resident and staff outing! Enjoy snacks during the Montereau Pre-Game Party! Game tickets are \$27 and will be purchased in advance. The game ticket includes a voucher for a hot dog and beverage. All seats are reserved. The cancellation deadline is January 18 at noon. Please cancel by this date and time to avoid being charged \$27 for your game ticket. Mark your reservation sheet to reserve your ticket and bus seat.



calendar highlights - january 27 - 31

Sunday, January 27 • 5:00 p.m. • City View Lounge

Potluck Dinner: Let's Eat Pizza!

Everyone likes pizza! Come enjoy it with friends! This month we'll have a pizza party at our monthly potluck dinner. The cost will be \$5 per person and you can bring your money with you. Sign up in the book by the post office so we know how much pizza to order. If you are unable to attend, please cancel by Saturday, January 26. If you sign up and do not attend, your account will be charged the \$5 fee.



Monday, January 28 • 4:30 p.m. • City View Lounge

Dinner Music with Jim Tate

Enjoy music played by talented guitarist Jim Tate during dinner!



Tuesday, January 29 • 10:45 a.m. • Bus Trip

Mother Road Market Lunch Trip

Explore Mother Road Market, Tulsa's first food hall! Check out this curated collection of small restaurants and retail shops. Choose from a wide selection of dining options including pizza, sandwiches, tacos and much more. You can also pick up locally made gift items, baked goods and farm fresh produce. Bring money for lunch and shopping. The bus will return to Montereau by 1:30 p.m. Mark your reservation sheet for a seat on the bus. Contact Melanie at (918) 491-5232 or mlee@montereau.net for more information.



Tuesday, January 29 • 2:00 p.m. • Studio de Monet

Pinterest Party

Learn how to make a lip scrub to keep your lips soft and moisturized during the dry winter months. All supplies will be provided. Mark your reservation sheet to attend.



Wednesday, January 30 • 5:45 p.m. • Bus Trip

TU Basketball Game

Cheer on the Tulsa Golden Hurricane as they play the Memphis Tigers! Game tickets are \$16 each and will be billed to your monthly account. The cancel deadline is January 23 at noon. Please cancel by this date and time to avoid being charged \$16 for the game ticket.



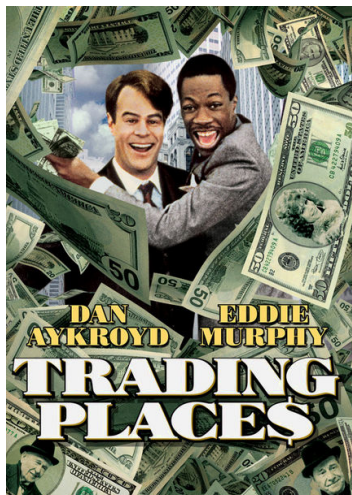
Thursday, January 31 • 5:00 - 7:30 p.m. • Coterie Theatre

Dinner Music by Sugar Time Band

Enjoy a variety of classic country and western, soft rock and popular tunes of the 50s, 60s and 70s during dinner. Reservations are not required – just come enjoy the music while you dine!



movies showing in january



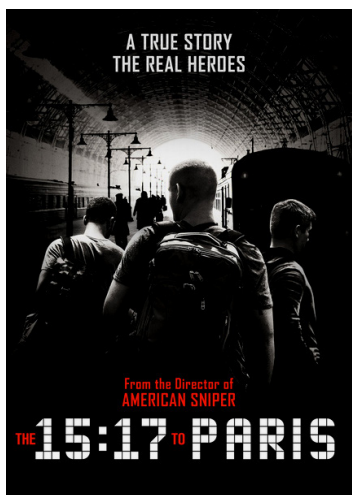
Wednesday, January 2 • 7:15 p.m. • Le Cinéma

Trading Places

1983 Movie: Streetwise hustler Billy Ray Valentine (Eddie Murphy) trades places with wealthy investment executive Louis Winthorpe III (Dan Aykroyd) as part of a bet cooked up by the rich, greedy Duke brothers (Ralph Bellamy and Don Ameche). But when Valentine and Winthorpe find out about the wager, the

payback begins.

1 Hour 56 Minutes - Rated R (sexuality and language)



Monday, January 7 at 1:45 &

Tuesday, January 8 at 7:15 p.m. • Le Cinéma

The 15:17 to Paris

2018 Movie: An attempted terrorist attack on a Paris bound train is prevented by three courageous young Americans. Their friendship was their greatest weapon that saved the lives of those on board. The story is portrayed by the actual heroes who lived it.

1 Hour 34 Minutes - Rated PG-13



Wednesday, January 9 • 7:15 p.m. • Le Cinéma

Hopscotch

1980 Movie: One of the CIA's top international operatives, Miles Kendig (Walter Matthau) is suddenly relegated to a desk job in an agency power play. Unwilling to go quietly, Kendig begins writing a memoir that exposes the secrets of every intelligence agency in the world.

1 Hour 46 Minutes - Rated R (language)

wednesday movie theme: comedies

**Monday, January 14 at 1:45 &
Tuesday, January 15 at 7:15 p.m. • Le Cinéma**

I Can Only Imagine

2018 Movie: Released as a single in 2001, the Christian rock ballad “I Can Only Imagine” became a huge crossover hit for the band MercyMe and composer Bart Millard (J. Michael Finley). This family drama charts Millard’s life and memories of his late father, which inspired the song.

1 Hour 50 Minutes - Rated PG

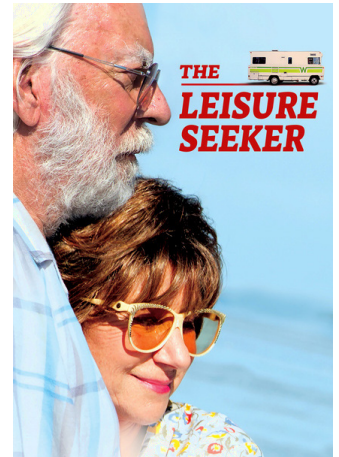


**Monday, January 21 at 1:45 &
Tuesday, January 22 at 7:15 p.m. • Le Cinéma**

The Leisure Seeker

2017 Movie: The Leisure Seeker stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

1 Hour 52 Minutes - Rated R (some sexual material)



**Monday, January 28 at 1:45 &
Tuesday, January 29 at 7:15 p.m. • Le Cinéma**

Won't You Be My Neighbor

2018 Movie: For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, “Mister Rogers’ Neighborhood”, Fred and his cast of puppets and friends spoke directly to young children about some of life’s weightiest issues, in a simple, direct fashion. There hadn’t been anything like Mr. Rogers on television before and there hasn’t been since.

1 Hour 34 Minutes - Rated PG-13



Wednesday, January 30 • 7:15 p.m. • Le Cinéma

Best in Show

2000 Movie: Master mockumentarian Christopher Guest (Waiting for Guffman) is at it again with this snarky send-up of canine culture that traverses the galloping neuroses surrounding one highly competitive dog show in Pennsylvania. Talented improvisers Parker Posey, Eugene Levy, Michael McKean and Catherine O'Hara elevate this satire to the stuff of genius. Fans of This Is Spinal Tap, television’s “SCTV” - and dogs, of course - will find much to love.

1 Hour 30 Minutes - Rated PG-13





MONTEREAU

You're First

Monterneau Personal Care and Companion Services

Our trained caregivers help you meet the challenges of post-operation rehabilitation with the following services:

- Bathing, grooming, assistance with dressing
- Check of vital signs
- Medication management and reminders
- Companionship and socialization
- Activities and reminders
- Assistance with walking and transferring
- Incontinence care

If routine chores are more challenging at this time, a little help from the staff of professionals on our *You're First* team can make a big difference in your level of independence and quality of life. Services include:

- Healthy meal planning and preparation
- Light housekeeping and laundry
- Linen service
- Shopping and errands
- Transportation to appointments
- Dog walking
- Additional services for individual needs

For more information, please call (918) 491-5226 or email yourefirst@monterneau.net.

Wellness Clinic

9:00 a.m. - 4:00 p.m.

Monday - Friday

Tess Morris, RN

Call (918) 491-5218 for All Appointments
(Except Audiology)

tmorris@monterneau.net

Lab Draw

Wednesdays 9:30 a.m. to 10:30 a.m.

Physician Order Required

Dr. Chandini Sharma, MD

Call for Appointment

Airyn Christiano, Audiologist

1st & 3rd Tuesdays

Call (918) 749-7711 for Appointment

Eye Care Associates of Tulsa

Call for Appointment

HealthMark Podiatry

Call for Appointment

Louie "The Diabetic Guy"

Orthotics, Shoes, Supplies (Home Delivery Available)

Call for Appointment

wellness letter

Montereau's Vitality wellness program seeks to improve longevity and quality of life for residents by evaluating your fitness level with the Vitality Fitness Analysis (based on the Senior Fitness Test).

If you have participated in a previous Vitality Fitness Analysis, this is the perfect time to measure your improvement.

First-time participants will learn where they stand with regard to other adults their age and gender.

The Vitality Fitness Analysis consists of six activities that focus on upper and lower body strength and flexibility, aerobic endurance, and agility & balance:

1. Chair Sit-to-Stand
2. Arm Curl
3. 2-minute Step in Place
4. Chair Sit and Reach
5. Back Scratch
6. 8-foot Up and Go

After you complete your Vitality Fitness Analysis, you will meet 1-on-1 with a Wellness Specialist to discuss your results and make plans to help you meet your fitness goals!

Vitality Fitness Analysis will take place in the Exercise Studio and is by appointment only.

- Tuesday January 22
- Wednesday January 23
- Monday January 28
- Thursday January 31

Sign up in the book by the Post Office for your Vitality Fitness Analysis. Call Vana Moore at (918) 728-8128 for more information.

Have a well day!



Vana Moore - Lead Wellness Specialist

Vana has been promoting wellness to Montereau's residents for four years. Vana started as a Wellness Instructor and was recently promoted to Lead Wellness Specialist.

Vana says she loves her job because of the "energy and openness of the residents and how that creates a vibrant environment and strong sense of community."

She says "work" feels more like having fun with friends and neighbors. She explains, "One morning I told Steve, my wonderful husband of 12 years, that I had to get to work early for a Wii bowling tournament. He answered that



he had never once uttered that sentence during his 30+ years in the oil and gas industry."

Vana's first career as a

pharmacy technician led her to think about how we can feel better as we age. That led to her second career in wellness where she has happily spent the last 18 years.

Vana is very proud of her son, Derek. He and his wife are both attorneys and live in Chicago with their three 12-year-old sons, Liam, Owen & Maddos, and 7-year-old daughter, Annabel.

When she is not having fun with friends at Montereau, you can usually find her reading. She has every book from her favorite author, Larry McMurtry, as well as a small collection of books signed by Oklahoma authors.

January Sudoku Puzzle

				2				
1	7							4
					4		8	
			9			5		7
			5					
	4				8		1	3
		3				7	2	8
	5	9						
		2					3	

The objective is to fill the grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.

5	3	6	7	9	4	2	1	8
1	9	4	2	8	3	6	5	7
8	2	7	6	5	1	3	9	4
3	1	9	8	7	2	5	4	6
2	6	8	1	4	5	7	3	9
7	4	5	6	3	9	1	8	2
9	8	3	4	1	7	6	2	5
4	5	2	3	6	9	8	7	1
6	7	1	5	2	8	4	9	3

photo gallery



Merry Mingle was a blast for children of all ages! Thank you, Santa for visiting Montereau again!



Desserts and hot cocoa are the perfect way to conclude a tour of holiday lights.



Our talented residents and staff entertained with another fantastic Variety Show!

personal fitness coaching

Personal Fitness Coach

New Client Special

Redeem this coupon for

3 Personal Fitness Coaching sessions for just \$90 in the Fitness Center or \$105 in your home.

That's a savings of \$15 off the regular price!

*Contact Vana Moore at 918.728.8128 or
Katie Eddins at 918.491.5278 to get started.*



Preserve the confidence and self-esteem that comes from maintaining independence! Consider working one-on-one with a Certified Wellness Specialist as a part of our Personal Fitness Coaching Program.

A Personal Fitness Coach focuses on exercise components tailored to your specific health and wellness goals. These might include:

- maintaining your health & well-being
- maintaining or losing weight
- reducing your anxiety about exercise
- increasing balance, stability & coordination
- increasing strength & stamina
- making everyday activities more comfortable

Use this coupon to start your Personal Fitness Coaching today!



The Spa at Montereau

January Spa Special

Free Paraffin Hand Dip With Manicure Purchase

Services must be booked in January and received by February 28.

Limit one free paraffin dip per client.

Call 918.491.5251 or see Suzy in the spa to book an appointment!

upcoming events

Here's what we're planning for February!

- Tulsa Boat Show Trip - February 2
- Groundhog Day Happy Hour - February 7
- TU Basketball Game Trip - February 9
- Valentine's Dinner Music - February 14
- Mystery Trip - February 28
- OLLI Smart Body * Smart Mind 2 - Dates TBA

Look for more details in your February *Voice of Vitality* newsletter!



We'll celebrate whether Punxsutawney Phil sees his shadow or not!

welcome father benjamin vima, catholic chaplain and new resident

We are pleased to welcome Father Ben to Montereau and grateful for the faith and leadership he provides. Although he hasn't been here long, he knows this is exactly where he belongs. His short time at Montereau has been a blessing to himself and others. Father Ben said this of his first one hundred days: "After coming to Montereau, I discovered that this is the climax of my life and my ministry. It is wonderful to be here. The residents are happy and cheerful. I am energized by the staff's commitment to service and watching them share their joy and happiness for life with the residents."

Father Ben is an accomplished author and recently found new inspiration in his Montereau surroundings. His most recently published book in mid-December, *Living Faith Daily in Spirit and in Truth: This Is the Day the Lord Has Entrusted to Me; Let Me Live My Faith as Best as I Can*, is a collection of scriptural reflections for those who strive to be genuinely living in their faith.

In January he will publish his newest book, *Disciple Leadership: The Nuts and Bolts of Successful Parish Leadership*. This book is described as a keen observation and transparent proclamation of church leadership with all its bright and dark sides. Both books can be purchased on Amazon.com or BarnesandNoble.com.

