Begin each day in prayer to God.
He understands your joys and sorrows and perplexities,
more better than anyone you have ever known!
Sing a hymn of praise or petition.

Sing your own songs, simply or profoundly,
Reach out to others:
Your roommate, other residents, your physician, nurses, CNA's and new friends.
Being friendly is the positive way to have more friends and fun.

Participate in many activities.
You can do a lot by baking, drawing, listening to CD's and using the computer,
watching videos or movies or calling an old friend you discovered on Google,
arranging flowers is a fragrant delight to you and the person receiving them.
Also the centerpiece nosegays in both the Golden Living Fine Dining area
and the hospitality refreshing beverages in the executive lounge.
Welcome to our world of lasting friendships.
Let your voice be heard.

By Nancy Floyd, Resident
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