



1001 Crossfield Drive • Versailles, KY 40383 • (859) 753-2000



Our Daisy Hill Team

Laurie Dorough
Executive Director
Tobi Stone
Resident Services Director
Jade Muniz
Dining Services Director
Kayla Macey, LPN
Clinical Director, Pathway Community
Christina Shaw
Admin. Assistant
Cameron Allen
Savannah Johnson
Evening & Weekend Receptionists
Robin Gilbert
Life Enrichment Director
Mary Lois Kanatzar
Activity Team Member
Eric Drane
Maintenance Director
Rev. Todd Renner
Chaplain

January 2025



Movin' & Shakin'

Let's get moving and shaking into the New Year! Join our Walk & Talk activity by gathering some neighbors and walking around the warm and cozy inside of the building. Take part in our daily exercise class in the Activity Room M-F at 10:30am. Just walking to and from the dining room allows us to gain many steps that we otherwise wouldn't have. Imagine increasing that routine to joining the exercise class and/or creating your own exercise program in your apartment or with friends that would allow you increased endurance & strength. Adding some light handheld weights to your daily routine in your apartment while watching TV is another way to increase arm strength. The old saying "Use it or Lose it" remains - it's so wonderful to see all of our residents maintaining their activity and creating new ones. Looking forward to another year together on The Hill!

XOXO - Laurie



Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

<u>Decade</u>	<u>Words</u>
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

"Then & Now"

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.