



Morning Star Village

1160 North Mulford Road, Rockford IL 61107

(815)484-9500

www.livewithmorningstar.com

Morning Star Village

Management Team

Executive Director

Jane Stivers

Director of Nursing

Valina Ference

Facility Operations Director

Randy MacDougall

Food Service Director

Rob Bennick

Recreational Director

Latonya Thomas

Community Relations Coordinator

Marianne Drost

December Dates to Note

Hallway Bingo and Crafts Throughout the Month	
Decorating Stockings	2
Weekend Virtual Visits Begin	5
Hallway Christmas Caroling & Santa Visits	23
Christmas Luncheon for Residents	25
New Year's Eve/December Birthday Dinner for Residents	31

The Christmas Carol "Silent Night" was first performed on Christmas Eve in 1818 at St. Nicholas Parish in Oberndorf, Austria. The lyrics "all is calm, all is bright" have brought comfort and joy to so many over the years.

This Christmas, which happens to fall during a global pandemic, may seem to be anything but calm and bright.

This year has brought many hardships, heartaches and sadness to so many. Although it is easy to focus on the negative, we do have much to be thankful for, even though we

struggle at times to remember that.

We here at Morning Star Village are thankful for the residents we have been entrusted to care for, during the easy times but also during the difficult ones.

We are thankful for the family members we have been blessed to meet through our residents here.

We are thankful for our loving, compassionate staff who continue to provide the best possible care to our residents, all while taking the extra precautions necessary to keep those they care for healthy and safe and

December 2020

happy.

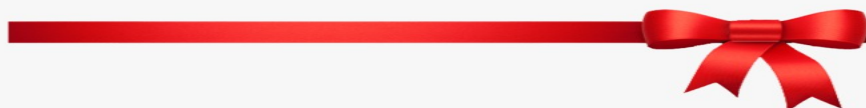
Although Christmas will look and feel very different for all of us this year, we are still blessed with the love of family and friends this holiday season.

May this Christmas end the present year on a cheerful note and make way for a fresh and brighter New Year. Here's wishing you and your families near and far a Merry Christmas and a Happy New Year!

Extra Days for Virtual Visits

Our Virtual Visits have been so successful here at Morning Star Village that we will be adding weekend calls to our schedule starting December 5th.

To schedule a Virtual Visit with your loved one, go to our website, www.livewithmorningstar.com and follow the directions listed there. Visits are scheduled on the half hour and will last 20 minutes to allow staff enough time to sanitize the calling area and set up for the next call. Be sure to add us as a contact before your scheduled call time: MSVSkype@gmail.com.



MSV Staff Celebrating
Work Anniversaries this
Month

Lou Dallman- 11 Years

We ♥ Our Staff

We welcomed **Mavis Stoll** to
our MSV Family In November



Be sure to visit our Facebook
page and our website to see even
more photos!



News From Our Therapy Department



🎵 “Oh the weather outside is
frightful, but inside MSV
it’s so delightful!” 🎵

Don't let the cold and snow dis-
courage you from keeping fit.
Remember that you not only
have to keep your body fit but
your mind as well.

Try our Twelve Days of Christ- mas Self Care Challenge.

Day 1: Take a brisk walk in your
hallway

Day 2: Work on a word search
puzzle today

Day 3: Order a side salad along
with an order of vegetables

Day 4: Step outside and take
some big breaths of fresh air

Day 5: Drink an extra glass of
water

Day 6: Participate in the 10 am
Exercise Class

Day 7: Do some gentle stretch-
ing today

Day 8: Make sure to get a good
solid 8 hours of sleep tonight

Day 9: Call someone you love
or better yet- schedule a virtual
visit with them

Day 10: Eat less sugar today
and add an extra protein serv-

ing to your lunch or dinner

Day 11: Listen to some music
and be sure to sing along

Day 12: Find a friend to walk
the hallways with

Then- start it all over again!

We always have jig saw puzzles,
books, word search and cross-
word puzzles available- let La-
tonya know if you want any of
these for your apartment.

*Here's to taking good care of
ourselves this winter!*