



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q1 2023

## The Lang Nelson Experience...Live it!

*The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!*

### Celebrate 2023

On behalf of all of Lang Nelson and its associates, we want to wish each of you, and all of the very important people in your lives, a Happy New Year and the very best in the year ahead. We also want to express our gratitude for your continued support, for we cannot do it without you, our teams, residents, families, VIPS, vendors, first responders and city officials. We recognize each of you and the lengths you have and continue to go in support of this special, award-winning, lifestyle experience.



Turning the calendar only helps us remember this and also take the time necessary to reflect on how meaningful it all is. In other words, the new year can provide a clean slate, which can be exciting, especially when thinking of the possibilities.

Lang Nelson has chosen "Celebrate" for its 2023 company saying. There will be a different focus each month, and we look forward to sharing these with you so we can acknowledge and recognize these wonderful things together.

In life, we often move so fast that we sometimes don't take time to smell the roses, let alone celebrate the small things. In 2023, we encourage all to do exactly that, slow down, take stock of all things big and small, and celebrate them. Celebrating milestones often comes more naturally, then celebrating some of the more simply joys like having breakfast, going for a walk, or even getting lost and learning a new neighborhood or way home. Although, it's sometimes the smallest accomplishments, acknowledgements, and/or outcomes that have the largest impact. Therefore, dance, sing, shout, and rejoice in the complex and simple treasures.

Happy New Year, and Thank You, from all of us at Lang Nelson Associates!

### Mind yourself and your body

Chances are someone in the new year will soon share their commitment to lose weight or exercise more often. Using the change in the calendar to start a diet or exercise plan is normal and can be a good way to track success, as it provides a very clear and universal measuring stick, the calendar. Yet, is your mind ready to commit?

Losing weight, eating better, getting more exercise, or setting almost any goal at all requires the mind and body to work together. The best plans, without teamwork, are often foiled. Vietnamese Monk and renowned Zen Master, Thich Nhat Hanh, credits these instances to "forgetfulness". He goes on to describe forgetfulness as "Their mind is caught in their worries, their fears, their anger, and their regrets, and they are not mindful of being there." He then states that the opposite of this is mindfulness and begins to describe it as, "when you are truly there, mind and body together. You breathe in and out mindfully, you bring your mind back to your body, and you are there. When your mind is there with your body, you are established in the present moment."

Naturally, having your body and mind in sync like this should help to set more realistic goals, but also support you in the moment, by being more focused, present, and less distracted. Additionally, and in accordance with the National Institute of Health, and Dr. Harrison Wein, "studies suggest that mindfulness practices may help people manage stress, cope better with serious illness, and reduce anxiety and depression." All of which should support the individual feeling better about themselves and the progress made. In essence it provides the support, encouragement, and motivation likely needed to "just do it".



### Five Steps of Mindfulness by Thich Nhat Hanh

- 1) **Mindful Breathing:** Find and recognize the difference b/w your in and out breaths.
- 2) **Mindful concentration:** Focus on your breathing, slowing it and following it, to connect it to your being.
- 3) **Awareness of your body:** This connects the body with the brain, making them one, and thus supporting your physical objectives.
- 4) **Releasing Tension:** We all have some, acknowledge it, then release it.
- 5) **Walking Meditation:** Walk and breathe with purpose and enjoyment.

### Some small changes can net some significant change in your pocket

Is it just me, or do groceries feel as if they are almost double the cost from a year ago? Same with dining out, and how does fast food for one now cost double digits? It is here and it something we are all effected by, inflation. Yet, there are things each of us can do, to make our nickels last longer.

continued on Page 2



# The Lang Nelson Experience... Live it!

continued from Page 1

Cutting expenses is never easy, and can be nearly impossible to do in some cases. So, as many of us may have heard, "focus only on what you can control". Cutting costs at the grocery store is one of those things you can control, and it can have a significant effect. It is a fact, prices are up. According to Evelyn Waugh, "Meat is up over 14.8%, vegetables are up over 8.5%, and pasta and rice are over 9.3%." She goes on to suggest that she doesn't feel that food prices are likely to stop rising soon. So, it may be natural to ask, what can I control and how do I feed my family? The Experian article goes on to share four rather simple steps, which we encourage you to consider or to further look into to see what may be right for you.

- 1) Come up with a food spending plan. For example, the USDA estimates monthly food spending for a male 19 to 50 years old is \$278 (low) to \$427 (high).
- 2) Opt for cost-effective foods. Try building meals around low-cost staples such as pasta, rice, dried or canned beans, potatoes and eggs. Canned and frozen fruits and vegetables tend to cost less than fresh, and swapping name-brand products for generic versions can help.
- 3) Meal plan. Create a meal plan each week to avoid impulse shopping or relying on takeout during the week.
- 4) Comparison shop. You may also be able to save by buying staples such as pasta, canned goods, pancake mix or toilet paper in bulk from stores like Costco and Sam's Club.



### Another Advantage:

Lang Nelson is excited to announce yet another advantage of The Experience. As of Jan 1, 2023, FOX Therapy will be available to meet the outpatient rehabilitation therapy service needs

within the homes of our Assisted Living Residents, at the Legacy of St. Anthony. We anticipate this growing to soon also service our residents at other Lang Nelson communities, possibly within their communities, but most definitely at the Legacy of St. Anthony location.

FOX Rehabilitation is a professional private practice of Physical, Occupational Therapists and Speech Language Pathologists that make "Geriatric House Calls" serving over 26 States. Their therapists will be making the Legacy their newest office, which will enable them to travel to the resident, bring innovative, evidence-based, clinically excellent care delivered person-to-person, face-to-face, human-to-human. They believe people are strong, and their therapists help to find that strength in each individual - a vital part of caring, healing and helping.

Strong people helping strong people. The result is an altogether new definition of aging based on living life rather than years lived.

### Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences



Their approach is different, as they provide the correct dose in terms of level and length of care, as determined by the evidence shown in each unique individual. FOX works the body, encourages the spirit, and honors the person. Their tools are clinical expertise, passion, empathy, engagement, responsiveness, listening and laughter. They believe for one to have lasting improved health, one must heal completely, in their own time.

Please watch for more information on the Lang Nelson and Fox Therapy partnership, which aims to ensure the best experience possible.

### New Year's resolutions

It takes anywhere from 18-254 days to form a new habit, and 66 days for that new habit to become an automatic response. It's no wonder new years' resolutions are so hard to stick to, we don't give ourselves enough time! Or, quite possibly we pick resolutions that are not of benefit to us. This year, forgo the usual resolutions and instead pick something that has a meaningful connection to you and is sustainable.

Instead of making a vague resolution be specific. Don't say "I'm going to lose weight" say "I am going to workout at least three days a week." The more intentional you make your resolution the greater the chance of success!

A few resolutions ideas that could bring meaning to your life are:

1. Commit to complimenting or being kind to at least one new person each day.
2. Commit to reading for 15 minutes each day.
3. Commit to trying a new restaurant each month.
4. Commit to visiting somewhere you have never been.
5. Commit to increasing your daily water intake.
6. Commit to volunteering at least once a month.
7. Commit to writing in a gratitude journal every day.
8. Commit to reducing the time spent scrolling on your phone.
9. Commit to laughing every day! Find joy in your life!



Small changes that you can sustain will become habits that will greatly improve your life and health. Finding an accountability partner could

also help you in reaching your goals.

In this new year... BE BOLD!