



LEGACY RIDGE  
AT NEESE RD

# THE JOURNAL

The Monthly Newsletter of the Legacy Ridge Neese Rd Community

## STAFF

### Keith Martin

Executive Director  
Interim

### Nikki Ray

Business Office  
Manager

### Lisa Phillips

Sales and Marketing  
Director

### Hyacinth Atchison

Dinning Director

### Alyssa Nidiffer

Lifestyle Director

### Natalie Civil

Health and Wellness  
Director

## Important Dates

January 1<sup>st</sup>

New Year's Day

January 16<sup>th</sup>

Martin Luther King  
Day

## Taking Care of Yourself This New Year

Most of us spend most of our lives taking care of others that we often forget about ourselves. We must remember it is not a selfish act to care for us, after all, we cannot care for others if ourselves are not at their full potential. Benefits of taking care of yourself are reducing stress and anxiety, improving mood, increased productivity, relives pain, and can boost your immune system.

This year, try building self-care into your schedule. Plan and mark it on your calendar so it become a habit. Ensure you are setting S.M.A.R.T goals which stands for; Specific, Measurable, Attainable, Relevant, Time Based. Be sure to come to our "Watering Yourself" activity talk to learn more about setting S.M.A.R.T goals to help obtain the best you this new year!

Resident of the Month  
Margaret K  
Employee of the Month  
Dahnielle H

