



GOLDEN YEARS at Golden Tower *5th Issue/August 2016*

Dear Residents: Welcome to the 5th edition of **GOLDEN YEARS!** Stay tuned to Channel 31 and watch for event flyers announcing upcoming events!

Dr. Kim's Hopes for Golden Tower Residents

Thank you to all the Golden Tower Residents that have taken a few minutes to complete the evaluation for Suk-hee Kim, Ph.D. Dr. Kim is a member of Northern Kentucky University's faculty in the Department of Counseling, Social Work and Leadership. She started at NKU in 2014, after teaching full-time for many years.

This fall, Dr. Kim would like to provide health, educational and recreational opportunities, as well as other services, to Golden Tower residents while also providing hands-on learning experiences for NKU social work students.

She needs your help to bring these services to Golden Tower! Up to 100 participants are needed to take part in a simple evaluation. Several residents have already participated. Please watch for flyers and channel 31 announcements and look for Dr. Kim at future events. The evaluation takes only 5 minutes.



Suk-hee Kim, Ph.D.

Please help and let's bring more free health, educational, recreational and other services to Golden Tower this fall!



Golden Tower Residents, please give a big welcome to Ms. Valerie Walker of Wesley Community Services (WCS.) WCS offers the congregate meal/free lunch program at Golden Tower. Ms. Walker has experience in food service and you can't miss her bright smile and friendly nature!

For those of you not signed up for

Congregate Meals are served in the Community Room, Monday through Friday, from 11:00 am—12:00 pm. To be eligible for the free lunch program, you must be 60+ years of age or have a disability / chronic health condition documented by a licensed health provider. For more information, or to sign up for the lunch program, please see Ms. Walker or Allura Eckert.

QUOTE OF THE MONTH:

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

~ Dr. Wayne Dyer

YOU HAVE A VOICE AND GOLDEN TOWER RESIDENT COUNCIL WANTS TO HEAR IT !!!!

Mark your calendars for Monday, August 15th @ 2:00 PM and take part in Golden Tower Resident Council Meeting! We want to hear your thoughts, concerns, event ideas, or anything you feel is important to the well-being of Golden Tower Residents!



POSITIVE THINKING Word Search



ATTITUDE
HARMONY
LOVE
PEACE
POWERFUL
PURE
RECEPTIVE
SUCCESS
WILL-POWER

FREEDOM
HIGH-ENERGY
MOTIVATION
POSITIVE
PROGRESS
QUALITY
SELF-DISCOVERY
VICTORY
YOURSELF



Y V S O P Q E E Z W C M H I Y
L N E E M R D J I T G O I E O
P J O Y L U O L C Z R D G V U
P A K M T F L G X M Y E H I R
U P M I R P D Q R F Z E E T S
R Z T L O A E I H E B R N I E
E T O W I O H V S B S F E S L
A V E L K C J W I C B S R O F
E R N O I T A V I T O M G P S
P O W E R F U L P J P V Y S A
X L J Z K G C K N E T E E G F
Y T I L A U Q P M O A C C R I
L M A T X X P Q O O C C F E Y
V I C T O R Y K T U X S E N R
W I I H X M K W S D B C R E S



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