




  
 THE  
*Koselig*  
 HOUSE  
 The Marion Gazette

## "The Importance of Honoring Values in Our Loved Ones"

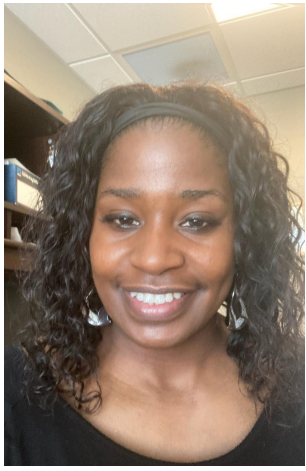
What is truly important to someone? What angers us? What brings us joy? What causes anxiety? As a life coach, I often provide ways that a client can find deep truth within themselves. I can tell you, it always comes back to honoring your values.

What are values? Values are not necessarily morals. They are traits, or characteristics, that are molded by our life experiences and perspectives. Most of which, are formed throughout childhood.

When I was young I loved nothing more than hopping on my bright pink Schwinn bike and exploring the countryside. I explored creeks, discovered new nooks in the woods and had endless amount of free time. My value that was formed? Freedom. It was tied to discovery, learning and exploration.. However, if you ask a military man or woman, who may have a value of freedom it may be connected to values of duty, responsibility, and loyalty. Same value, but very different formation.

Everyone has deep values. They do not leave once they have taken their place within your soul. Even when a person's memory starts to fade, the values of a person are still present. My Grandma Dorothy, was always the hostess with the mostess. She made you eat cake everytime you went. "No", was unacceptable. So, you ate the cake. She was always filling your drink. When she developed dementia in later life, this value never left. She would not always know who I was, but she would ask if I wanted a donut or cookie. It was just one of her values that remained evident, even when she lost the memories of why it was important. If you have a loved one whose memories are starting to fade, write down what they LOVE to do, what their characteristics are, and what they enjoy doing. Then ask them these questions: "What about (topic) is important to you?" "What is it about (trait) that you feel is important". "What brings you the most joy?" All of these questions help you to help them. As time goes by and perhaps things get more difficult, you can redirect and provide more enrichment that will bring them joy and peace within. We are an accumulation of our values. The more we live them, breath them and act on them, the more fulfilling our life is. If you know of the values of your loved one, please reach out to our team. We would love to help enrich their lives by providing opportunities to acknowledge their values through activities, pictures, and stories.

# Meet Latasha Ivy: Assistant Director



"I have three children, two sons: 22 and 15 and one daughter who is 7 years old. I grew up in Chicago with my mother, stepfather and three siblings. My mom always worked in healthcare. She was a hard worker. She inspired me to join the field " When asked what brings her joy she replied, "my kids and helping others." Her hobbies are: night out with the girls, movies and baking. The motto she follows is : Always treat people with respect because that's how I would like to be treated." We are so grateful to have this smile, heart and kindness on our team. Thanks Latasha!

## Our Mission:

*We believe it is in honor to serve the souls that work and reside within our community.*  
*We strive to provide intentional humanity in our daily tasks by providing a safe, kind and gracious home and work environment.*  
*Our priority is to comfort and serve our residents and their families with joy and dignity.*  
*We celebrate the value of every person within our care and feel it is a privilege to share this journey with them.*



St. Patrick's Day is coming! The Koselig House will be celebrating the holiday with special snacks: Shamrock cookies and cake green jello and beer (nonalcoholic). . Remember, **everyone** is Irish on St. Patrick's Day!

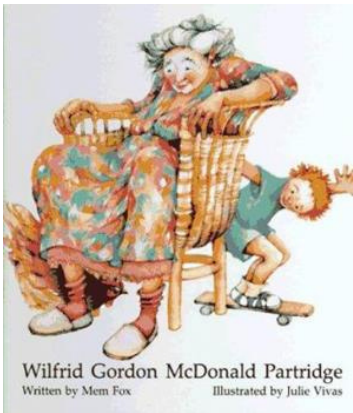
MAY YOUR troubles BE LESS,  
your blessings be more,  
& NOTHING BUT  
**Happiness**  
COME THROUGH YOUR DOOR.

## Dining in Style

The Koselig House is excited to help our residents increase their enjoyment of their dining experience. New dishes, flatware, tableclothes, drinking glasses and placemats were purchased. We believe that everyone deserves a beautiful setting to enjoy food and friends.



## A Little Nugget of Goodness



Struggling how to explain memory loss to grandchildren? This book is a wonderful way to introduce aging and how our memories carry our values. The person inside is **always** there. A little boy helps the neighborhood elderly by reintroducing them to their memories. Fair warning: This book makes me cry everytime.

*Koselig:*

*A Norwegian adjective:*

*A feeling of deep contentment, provided by a person, place or atmosphere; experiencing happiness and personal well-being through a combination of nature, companionship and coziness.*