

TO YOUR HEALTH

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Embracing Change in the New Year

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The New Year is often seen as a time of renewal, reflection, and possibility. This season carries special meaning. It offers residents, families, and staff an opportunity to honor the past while embracing change with hope and purpose. While change can feel challenging at any stage of life, it can also bring growth, connection, and renewed comfort when approached with compassion and intention.

For residents, the New Year may prompt reflection on a lifetime of experiences. Most have lived through decades of change ---- personal, cultural, and technological.

Embracing change in this setting does not mean letting go of cherished routines or traditions; rather, it means finding ways to adapt while preserving dignity and individuality.



Change can also be emotional. A new year may highlight feelings of loss or uncertainty, especially for residents adjusting to health changes or new living environments.

Acknowledging these emotions is essential. Open conversations, support groups, and one-on-one time with friends and family as well as caregivers can help residents feel heard and supported. When change is framed as a shared journey rather than an isolated experience, it becomes easier to navigate together.

For staff members, the New Year is a chance to re-commit to their mission of care. Embracing change means remaining open to learning, supporting one another, and seeking innovative ways to improve resident care. Ongoing training, wellness initiatives, and team-building activities can strengthen morale and reinforce a culture of adaptability and respect.

Families, too, play a vital role in embracing change. A new year may bring shifts in a loved one's care needs or care

plan. Clear communication between families and facility staff helps ensure that everyone remains aligned in supporting the residents' well-being. Family involvement in care conferences, celebrations, and facility events can strengthen trust and create a sense of community that benefits everyone involved.

The New Year also presents an opportunity to introduce meaningful goals within the facility. These goals might include enhancing social engagement, expanding the resident's knowledge of other parts of the Village and continuum, or exploring new therapies that support physical and emotional health. Celebrating small milestones—whether it's a resident trying a new activity or a team successfully implementing a new process—reinforces the positive impact of change.

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We are aware that change can be quite scary, and these feelings are valid, especially when

change may involve a significant transition within the wonderful care continuum we are so privileged to have at Carleton-Willard. It is natural to feel uncertain when facing the possibility of a move or adjustment, even within a familiar and supportive environment.

It is important to remember, however, that these transitions are thoughtfully discussed and recommended to ensure individuals can continue to enjoy all that Carleton-Willard has to offer, while remaining as independent and as safe as possible. Each change is guided by care, compassion, and a commitment to meeting residents where they are physically, mentally and emotionally.



These moments serve as an important reminder to everyone involved, residents, families, and staff alike—that change does not erase history; it builds upon it, honoring each person's journey while supporting their needs for today and the future.

Ultimately, embracing change is about fostering resilience, connection, and hope. The New Year invites us to approach change with patience, empathy, and optimism. By working together—residents, families, and staff—we can transform change from a source of uncertainty into an opportunity for growth, comfort, and renewed purpose in the year ahead.

Spotlight on Social Work

By Maeve Lobo, LICSW

Something New for the New year
As the New Year begins, you might find yourself open to a small adventure. Have you ever considered trying a podcast? These digital conversations offer a surprisingly intimate way to explore new ideas, encounter unfamiliar perspectives, and stay connected.

The term podcast was coined in 2004 by Ben Hammersley, a journalist at *The Guardian*. A hybrid of iPod and broadcast, the word reflects a much longer technological story. Its roots stretch back to audio broadcasting experiments of the 1980s, gradually reshaped by the rise of the internet. Today, there are more than four million podcasts worldwide, with over 55 percent of Americans tuning in. By 2025, the global podcast market is expected to approach forty billion dollars.

Fun facts:

In 2004, George W. Bush became the first U.S. president to deliver his weekly address via podcast.

In 2005, the Oxford English Dictionary named podcast its Word of the Year; the runners-up were bird flu and IED.

YouTube is currently the most popular platform for podcast listening.

One podcast worth sampling is *Try This*, produced by *The Washington Post*. The series offers thoughtful discussions and practical guidance on topics ranging from altruism and aging to gut health and stepping outside your comfort zone. Episodes are short, informative, and—refreshingly—often leave you feeling a bit better than when you started. *Try This* is available on YouTube, Spotify, and Apple Podcasts. If you're curious, check it out sometime. The Clinic can help you navigate the process.

Source: Wired.com

The Washington Post

Clinic Update: Deb Nickerson has resigned from her position due to relocating out of state. She her new adventure. will be missed and we wish her all the best.