Wellness Newsletter



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513-347-1400

Bayley

Dear Fitness Friends,

Some days feel wonderful. Everything goes as planned—or better—and you move easily from one task to the next. Other days are different. You struggle to find motivation. Your plans unravel before the day has even begun, or something important goes unexpectedly wrong, leaving you with a sinking feeling in your stomach. You may feel sorry for yourself and want nothing more than to go back to sleep. Focusing on gratitude can be one of the simplest, most effective ways to bring a more positive outlook to a difficult day, week, or month. Even if life feels tough today—or for the next several months—you can still find something in your life to be grateful for.

Yours In Wellness,
Bayley Wellness Staff

The Power of Thankfulness: 5 Helpful Tips

1. Pause and look around.

Ask yourself: What three things am I grateful for today? Which three people do I appreciate, and why?

Even one person or thing is enough. Vary your answers to notice more reasons for gratitude.

2. Express your gratitude.

Tell people you appreciate them. A few words can brighten their day—or make a lasting difference—and their smiles can lift your spirits too.

3. Appreciate yourself, too.

Gratitude includes yourself. You matter and have value, too. Ask: What three things do I appreciate about myself? Consider supporting a sibling through a crisis, finishing a postponed task, your humor, or listening to loved ones. Small habits, such as morning flossing, count too—not just achievements.

4. Appreciate everyday comforts.

Not everyone has the comforts I'm grateful for: a warm home, safe drinking water, enough food, small free pleasures, and internet access to learn and connect. Remembering them helps me put difficult times in perspective.

5. Make gratitude a daily habit.

Set a regular time: name three things you appreciate about yourself over breakfast, or write down three things you're grateful for from your day before bed.

Dates To Remember

Month of November
"Get Off Your Cans for Cans" Donations

Nov 2 Strong for Every Day Living

Nov 5 2027 Medicare 101

Nov 20 Bijou Christmas Ornament

Nov 26 Happy Thanksgiving! Closed

Nov 27 Hours: 8am-6:30pm No classes!

Survey Results: Bayley Wellness Center Renovation Feasibility Study

Several months ago we invited our members to share their feedback on potential renovations to the Bayley Wellness Center. This input is an important part of our ongoing commitment to advancing Bayley's mission of promoting wellness, independence, and healthy aging throughout our community. We are grateful to the 460 members who took the time to participate and share their perspectives. Your feedback provides valuable insight as we begin exploring key areas of focus and begin identifying potential areas for improvement. Thank you for your continued patronage, engagement, and commitment to Bayley. Your voice helps shape the future of our Wellness Center!

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." **Ralph Waldo Emerson**

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GIVE

Volunteer Opportunities - These local ministries recently shared at our Volunteer Fair. See below to learn more…..

Bayley
Needs: Fitness Center, Adult Day, one on ones, Gift Shop, Beauty Shop
Contact Kaleigh Rothert 513-347-5500

Heart Animal Refuge [No Kill Cat Shelter]
Needs: Volunteers to pet, clean, love, and play with the cats
Contact 513-602-7729

Last Mile Food Rescue
Needs: Volunteers drive to pick up food and deliver to locations in need. Sign up on the App and provide your availability.
Contact 513-449-1698

Mary Magdalene House
Bathing for Cincinnati homeless and cleaning of their clothing
Needs: Men's clothing, shoes, boots, socks, coats, hygiene products. Note: There is a tub in the coat room at the Fitness Center for Donations. *Contact* Jack Hekler 513-257-4520

May We Help
If you need a piece of durable medical equipment or a custom solution, please contact them.
Needs: Anyone with skills to assemble these items as well as monetary donations. *Contact* www.maywehelp.org

Network of Hope (Organ Donation) Register your decision to donate at your local driver's license agency or by visiting networkforhope.org

Oak Hills Book Bus
Mobile Literacy Outreach serving toddlers, children, and adults.
Needs: Volunteers to hand out books, drivers ,grants and monetary donations *Contact* ohbookbus@gmail.com

Saint Vincent DePaul
Many opportunities to volunteer with SVDP; you decide how much time you can devote to them.
Needs: One on ones, praying with others, monetary donations to help with bills, food, clothing and household items
Contact info@svdpcincinnati.org

Saint Ignatius Scarf it Up
Collects and distributes handmade scarves, hats, specialty items and gloves to the homeless, inner-city youth, and the elderly.
Needs: Fabrics, poly fiber, yarn, hand sanitizers, pens, suckers, and monetary donations... *Contact* Susan Oldfied 513-910-3992

Bayley.U
Learn something new for you!

Strong for Everyday Living

Each week focuses on a common daily movement—getting up from the floor, climbing stairs, lifting, and carrying objects—paired with simple exercises to build strength, stability, and endurance. Gain practical skills to help maintain independence, prevent injuries, and move with greater ease every day.

Mondays, Nov. 2-23 12:30 - 1:30 pm
[La Casa del Sol]

Bijou Christmas Ornament

Zentangle is an accessible and easy-to-learn drawing method that utilizes structured, repeating patterns known as "tangles". Enjoy creating a Christmas ornament decorated with beautiful Zentangle designs. You'll learn four festive Zentangle tangles, then make an ornament using decorated tiles, ribbon, beads and bell.

Friday, November 20 1:00 - 3:30 pm
[Wellness Center Library]

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." — John F. Kennedy

Get Off Your Cans for Cans

During the month of November, we'll be collecting cans for the Anderson Ferry Food Pantry. When you come in to workout, drop a can in the bin near the Welcome Desk.

Medicare 101
Navigating the 2027 Market

Broker and Medicare specialist Sharon Bohlen will share about how best to navigate upcoming Medicare changes in 2027. Space is limited. Sign up at the welcome desk or call 513-347-1400.

Thursday, November 5th 2:00p

