



January 2012

*Learn from yesterday, live for today, hope for tomorrow...
Einstein*

It's hard to believe that January is upon us. A New Year and a fresh start! It is a time when many people tend to make New Year's Resolutions. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. A recent survey indicated that the top 5 New Year's Resolutions were:

- 1. Spend more time with family and friends ~ take the time to set up that lunch, dinner, movie or whatever it is you want to do. Don't use the excuse that life is too busy!***
- 2. Keep fit ~ studies show that regular exercise has been associated with more health benefits than anything else known to man.***
- 3. Weight loss ~ setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program.***
- 4. Quit smoking ~ over the counter availability of nicotine replacement therapy now provides easier access to proven quit smoking aids.***
- 5. Enjoy life more ~ given the hectic, stressful lifestyles of a large percentage of the population; it is important to remember a happier and healthier YOU!***

Whether you make a New Year's Resolution or not, embrace life! Our Carpe Diem Family wishes you and your family a very healthy and **HAPPY NEW YEAR!**

CHRONICLES

ON - CALL

In the event that the pager is not working properly, please refer to the schedule below for the on-call list and dial the on-call worker directly. Thank you!



Jan. 2 nd – 8 th	Amber Owens	416-434-5482
Jan. 9 th – 15 th	Amber Owens	416-434-5482
Jan. 16 th – 22 nd	Patrick Parent	519-770-9997
Jan. 23 rd – 29 th	Charlene Naykalyk	416-697-6873
Jan. 30 th – Feb. 5 th	Amber Owens	416-434-5482
Feb. 6 th – 12 th	Cara Murphy	519-732-2115
Feb. 13 th – 20 th	Cara Murphy	519-732-2115
Feb. 21 st – 28 th	Blair Lewis	416-459-1999



Our Stars of the Month



Congratulations to Brett A. who received an English award and his first term report card had some of the highest marks in his class!



Kim's Korner...

Please be sure to submit ALL expenses this month as we will be closing the books for 2011. Thank you!

