



# A Note from Executive Director, Vicki Hickman

## A New Year: Turning The Page Together

January has a way of inviting us to pause.

As the calendar turns and the pace of the holidays gives way to quieter days, we find ourselves standing at the beginning of a new year. For many, January represents fresh starts, renewed commitments, and hopeful intentions. For others, it is a time of reflection — a moment to take stock of where we've been and what truly matters as we move forward.

At Twin Towers, a new year is less about resolutions and more about recommitment. Recommitment to the relationships that make this community feel like home; to caring for one another with dignity, respect, and compassion; and to living each day with purpose, no matter the season of life we are in.

A new year affords us an opportunity to build upon the experiences of the year behind us. The friendships we've formed, the milestones we've celebrated, and even the challenges we've faced together all shape who we are today. Growth is rarely about sudden change; more often, it comes from ongoing, intentional effort and a shared commitment to continual progress.

January also brings tangible signs of progress within our community. We are excited to share that we expect our new Bistro to begin serving meals mid-January. Designed as a welcoming space to gather, connect, and enjoy a more casual dining experience, the Bistro reflects our ongoing commitment to enhancing daily life at Twin Towers. We look forward to seeing it become another place where everyday celebrations are held, meaningful connections are built, and memorable experiences are shared.

This time also presents an opportunity to reflect on the significance of community. Twin Towers is more than a place to live — it is a place to belong. Whether it's sharing a meal, attending a program, volunteering your time, or simply offering a warm greeting in the hallway, these moments enrich our lives in ways that are both seen and unseen. They remind us that independence and community are not opposites, but partners.

January can feel energizing and hopeful, but it can also feel quiet or uncertain. Both experiences are natural. What makes Twin Towers special is that no one is expected to navigate these experiences alone. Here, support is woven into daily life, and neighbors become friends who walk alongside one another through every chapter.

As we step into this new year, my hope is that we remain open to new experiences, new friendships, and to supporting one another with kindness and grace. Let us celebrate progress wherever we see it, extend understanding when it's needed, and continue creating a community where every resident, associate, and family member feels valued and respected.

Thank you for the many ways you contribute to the life of Twin Towers. It is a privilege to serve as your Executive Director, and I look forward to all that this year will bring — and to experiencing it together.

*-Vicki*

