



Newark Manor Nursing Home  
254 W. Main Street, Newark, DE 19711  
[www.newarkmanor.net](http://www.newarkmanor.net)

## Senior Gazette - January 2010

Welcome to the first edition of Newark Manor's Senior Gazette! In this monthly publication you will find: an Activities calendar, a featured resident spotlight, a listing of our volunteer opportunities, and some features of interest. Your comments and suggestions are always welcome! Please address your comments and suggestions to Susan Glenn, Activities Director or Ann Lucille Kollasch, Community Liaison.

*For your Health...*

Do you get so wrapped up in caring for others that you forget to take care of yourself?

"Compassion Fatigue" is quite common in caregivers, but there are things you can do to renew the inspiration that fuels the emotional self.



### January Birthdays

- Gladys N. - 1/11
- Lawrence B. - 1/13
  - Dot G. - 1/17
- Janinia N. - 1/20
- Walter D. - 1/20
  - Alleen H. - 1/24



Happy Birthday, All!  
Join our birthday celebration  
on January 19<sup>th</sup>!



- .....
- Did you know you can "share the news" of your positive experience at Newark Manor? Here are some ways to do it:
  - Become a **Facebook** friend of Newark Manor!
  - **Tell** a friend.
  - Find us on any of these web sites and write a review!
    - Wellness.com**
    - Yellowbook.com**
    - Superpages.com**
- .....

- TAKE FIVE: Take five minutes to think about what you are doing and what you really want to do. Plan ahead so that you are making a choice and not just reacting to a forfeit choice.
  - DO NOT HANG AROUND NEGATIVE PEOPLE: We all know people who drip negativity; who never have a good day, and who always point out everything that is wrong. Don't let that person pull you down to their level.
  - BE AWARE OF NEGATIVITY: Be aware of negativity, but do not obsess over it. Focus on the positive aspects of your life.
  - OWN YOUR LIFE, DON'T JUST RENT IT: Look for ways for your life to be inspired. Look for ways that you can inspire others. Act like a mirror and reflect your own image to encourage others to share your personal inspiration. Work to make someone's day a little easier.

- Bob Lawson, LNHA  
Administrator

**Volunteer Opportunities** are always available with the Newark Manor Activities Department! Volunteers assist the Activities Director in facilitating activities and assisting residents with transportation to and from an activity. Activities are subject to change. Please feel free to call and confirm an activity before you arrive for volunteer duty.

<b>January 2010</b>					<b>1</b> Happy New Year!		<b>2</b> 10:30: Room Activities 2:30pm: Christmas movies (2nd & 3rd Floors)		
<b>3</b> 10:30: Room Activities 2:30pm: Victory Fellowship Church		<b>4</b> 10:30: Coffee Hour & News 1:45: Room visits 2:30pm: Duo Pianos 4pm: Hydration station		<b>5</b> 10am: Juice & Water bar 10:30am: Reading the Rosary 1:45: CHi Chat 2:30pm: Tai Chi Class 4pm: Hydration station		<b>6</b> 10am: Juice/Water bar 10:30am: Ecumenical Service 11am: Inspiring stories 1:45pm: Room visits 2:30pm: Bowling 4pm: Hydration Station		<b>7</b> 10:30: Coffee & News 1:45pm: CHi Chat 2:30pm: Sandwich snacks 4pm: Hydration station 6:15pm: Bingo	
<b>8</b> 10am: Juice & Water bar 10:30: Bible study 1:45: Room visits 3pm: Happy Hour		<b>9</b> 10:30am: Coffee Hour 1:45pm: CHi Chat 2:30pm: Elvis concert		<b>10</b> 10:30am: Room activities 2:30pm: Movies on 2nd & 3rd Floors		<b>11</b> 10:30am: Coffee Hour and News 1:45pm: CHi Chat 2:30pm: Bingo 4pm: Hydration station		<b>12</b> 10am: Juice & water bar 10:30am: "From the Paraly" 1:45pm: Room visits 2:30pm: Crafts w/ Lee 4pm: Hydration Stat. 6:15pm: Scrabble	
<b>13</b> 10am: Juice/Water bar 10:30am: Ecumenical Service 11am: Bible study 1:45pm: CHi Chat 2:30pm: Bowling 4pm: Hydration		<b>14</b> 10: Juice & Water Bar 10:45am: Tai Chi Class 3pm: David Walls 3pm: Happy Hour		<b>15</b> 10:30am: "On your own" activities 2:30pm: Am. Choir Travel (2) 2:30pm: John Wayne movie (2)		<b>16</b> 10:30am: Room activities 2:30pm: Shania Twain in concert (2) 2:30pm: Allison Kraus in concert (2)		<b>17</b> 10:30am: Room Activities 2:30pm: "Dance Me Kate" (2) 2:30pm: "Steel Magnolias" (2)	
<b>18</b> 10:30am: Coffee Hour & News 1:45pm: Room visits 2:30pm: Bingo 4pm: Hydration station		<b>19</b> 10am: Juice & water bar 10:30am: Reading the Rosary 1:45pm: CHi Chat 2:30pm: January Birthday party w/ AARP 4pm: Hydration		<b>20</b> 10am: Juice & water bar 10:30am: Ecumenical Service 11am: Inspiring stories 1:45pm: Room visits 2:30pm: Bowling 4pm: Hydration		<b>21</b> 10am: Juice & Water bar 10:45am: Tai Chi Class 1:45pm: CHi Chat 2:30pm: Afternoon Melrose 6:15pm: Bingo		<b>22</b> 10am: Juice & Water bar 10:30am: Who, What, Where am I? (2) 1:45pm: Room visits 3pm: Easy Listening 3pm: Happy Hour	
<b>23</b> 10:30am: Coffee Hour 1:45pm: CHi Chat 2:30pm: Bingo 4pm: Hydration Station		<b>24</b> 10:30am: Room Activities 2:30pm: "Caddyshack" 2:30pm: "Annie" (2)		<b>25</b> 10:30am: Coffee & News 1:45pm: CHi Chat 2:30pm: Bingo 4pm: Hydration Station		<b>26</b> 10am: Juice & water bar 10:30am: Bulletin board trivia 1:45pm: Room visits 2:30pm: Bible Study 4pm: Hydration 6:15pm: Ice Cream Floats		<b>27</b> 10am: Juice & water bar 10:30am: Ecumenical Service 11am: Holy Hour 1:45pm: CHi Chat 2:30pm: Resident Council 4pm: Hydration	
<b>28</b> 10am: Juice & water bar 10:45am: Tai Chi Class 1:45pm: Room visits 3pm: Music time 3pm: Happy Hour		<b>29</b> 10am: Juice & water bar 10:30am: "On your own" activities 2:30pm: Lawrence Walk in Branson (2) 2:30pm: Carol Burnett Show (2)		<b>30</b> 10:30am: Room Activities 2:30pm: Allison Kraus in concert (2) 2:30pm: Shania Twain in concert (2)		<b>31</b> 10:30am: Room activities 2:30pm: Afternoon movies			

Our specific volunteer needs are listed below:

- Bingo: 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Mondays and every other Saturday from 2:30-3:30pm
- Bowling: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Wednesdays from 2:30-3:30pm
- Coffee & News: Mondays & every other Saturday from 10:30-11:30am
- Crafts: 2<sup>nd</sup> Tuesday of every month from 2:30-3:30pm
- Happy Hour: Every other Thursday & Friday from 3-4pm
- Birthday party: always the 3<sup>rd</sup> Tuesday of the month, along with AARP from 2:30-3:30pm
- Game Days: 1<sup>st</sup> Tuesday and 1<sup>st</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Thursdays from 2:30-3:30pm

### Special note:

- We welcome volunteers to sit with a resident who may need encouragement or reminders to eat.
- Help is always welcome around the Holidays!
- Volunteers are requested to arrive 15 minutes before the activity begins to assist residents to the activity
- Volunteers are welcome to "Read-aloud" and/or participate in our "Adopt-a-Grandparent" program



### This month's Resident Spotlight: Mildred T.

Mildred was the daughter of Blanche and John Calloway and was married to Victor, who passed away in 1995. The couple had 4 children. She is a grandmother and a great-grandmother. She was born and raised in Wilmington, Delaware. She was a homemaker who raised her family and did not work outside of the home. She collected dolls, worked in her garden, and raised a variety of animals - especially rabbits. Mildred was also involved with the Girl Scouts. She enjoys the summer months because the weather is so beautiful and she can be outdoors. She currently enjoys playing bingo, music, card games, arts & crafts, sing-a-longs and bowling. She frequently enjoys room visits from family, volunteers, and Newark Manor staff.