

November 2019

Penacook Place

Penacook Place * 150 Water Street, Haverhill, MA 01830 * 978-374-0707

Celebrating November

**Inspirational Role Models
Month**

Alzheimer's Disease Month

**American Indian Heritage
Month**

Author's Day
November 1

Men Make Dinner Day
November 7

Veterans Day: U.S.
November 11

World Kindness Day
November 13

Rock Your Mocs Day
November 15

Thanksgiving: U.S.
November 28

Greetings from Penacook Place,

We can hardly believe it is already November!

We are planning something new this year at Penacook Place for the Thanksgiving Holiday. **Sunday, November 24, 2019** we will be hosting a traditional Thanksgiving Dinner. Each resident will be allowed to invite **2 guests**. Unfortunately due to space we must limit guests. You will be receiving more information in the coming weeks regarding the Thanksgiving Event. Please see the details on the dinner in the flyer accompanying this newsletter.

Please be sure to update your inventory of personal items with the nurse manager, bring home the summer clothing and bring in the Fall/Winter clothing as you know closet space is very limited.

We ask that if you have any time or talent that you would like to share with us here at Penacook Place please become a volunteer, just an hour, once a day, or week or month is always appreciated and brightens the day of our residents.

May you and yours have a blessed Thanksgiving filled with health, happiness and those you love around you.

As always thank you for friendship and support,
Best Regards,
Paula J. Drelick
President



Activities News

Happy November!

This year is flying by so quickly! I cannot believe the Holidays are almost here. Our residents that went to the Harvest Ball had a wonderful time. Nella Spurling was crowned Queen of the Ball, as she was the oldest one there!

We will be honoring our Veterans with a special ceremony on Monday, November 11th. This month we also are having visits from Barn Yard Babies (little farm animals), Merrimack Valley Bell Ringers will be performing on December 7th at 2:00 pm. There will be many wonderful programs this month as we head into our Holiday Season!

It will also be with a heavy heart that I am informing you our Penacook Place families that as of November 29th I will be retiring from my position as Director of Activities. After many years of working here I am looking forward to now spending more time with my family. I will miss each and every resident and family member, as I feel you are my extended family.

Donna Shaw
Director of Activities

Dear Residents Family and Staff,

We would like to design a **cookbook** from a collection of all of our favorite recipes. If you would like to be part of this project and we are hoping you do please, submit your recipe to any one of our Activity Staff members or to our amazing reception team. All recipes need to be submitted by November 15, 2019. Thank you in advance for sharing!

It's Pumpkin Spice Season! Here's a fun recipe to play with! Pumpkin Spice Play Dough Recipe

Ingredients:

- 15 oz. can of Pumpkin
- 2 Tbsp. Pumpkin Pie Spice
- 2 ½ – 3 ½ cups of Cornstarch

Procedure:

1. Pour Pumpkin into the mixing bowl.
2. Stir in the Pumpkin Spice
3. Add Cornstarch a small amount at a time, mixing each time you add more. Add as much as you need to get a consistency of play dough.

Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

Easy-Baked Success



On November 4, 1963, the Kenner toy company introduced the Easy-Bake Oven, a real baking oven for children that was powered by nothing more than a lightbulb. Toy salesman

Norman Shapiro was inspired after taking a trip to New York City, where he saw street vendors heating their pretzels with lightbulbs. Inventor Ronald Howes was tasked with turning the idea into reality, which he did by using two 100-watt bulbs. Despite a high price tag of \$15.95, which is equivalent to \$127 in today's marketplace, the toy was a hit, selling half-a-million units in its first year alone. Now, over 50 years and 10 different designs later, it remains popular.

News from the Spiritual Care Office

If you know someone who has passed away this past year here at Penacook Place and would like to attend the Memorial Service that is planned you are more than welcome. It will be held on Tuesday, November 5th beginning at 6 pm in the Dining Room. If you know someone who has lost a loved one and has not received an invitation please let me know so I can extend an invitation to them. Plans are underway for the "Tree of Hope" that will be set up for the Christmas season. The tree has been ordered, the stars have been cut out so now all we have to do is wait for the time to set up the tree! You will have the opportunity to purchase a star for \$2; you can write the name of a loved one on the star and place it on the tree. In January when we celebrate the Epiphany there will be a special service or Mass to remember all those whose names were placed on the tree of Hope.

If you have heard from your family member that there is a prayer service that happens in the evening on Wednesdays, they are not telling you a story. I started about 3 weeks ago and I alternate between the 2nd and 3rd floor. We begin after supper around 6 pm and it lasts for about an hour. If you would like to join in please feel free to stop by.

If you have any questions or concerns please feel free to reach out to me, my door is always open! Wishing you and your family a very happy and blessed Thanksgiving!

In God's Service,

Judy Riopelle
Director of Mission Integration

"Kind words can be short and easy to speak, but their echoes are truly endless."

St. Mother Theresa of Calcutta

That's So Cliché

Each year, Cliché Day is celebrated on the same day, November 3, which is apt considering that a cliché is a phrase or expression that is used over and over again until it becomes unexciting or boring. Perhaps the saddest part of any cliché is that it was once original and exciting. Take the story opener, "It was a dark and stormy night." This phrase was originally penned by Edward Bulwer-Lytton in his 1830 novel *Paul Clifford*. Bulwer-Lytton is not only responsible for this cliché but also for incorporating the phrases "the pen is mightier than the sword" and "pursuit of the almighty dollar" into his books. It seems that if anyone should be celebrated on Cliché Day, it is Bulwer-Lytton. So, feel free to use any number of worn-out expressions on this day, as long as you give credit where credit is due.

The Descent of Duncce



November 8 commemorates the death of the medieval Catholic scholar and philosopher John Duns Scotus in 1308. It is from Duns Scotus that we get the term *dunce*, meaning "a stupid person." How would such an esteemed scholar give rise to a term for a know-nothing? Duns Scotus earned great renown for his sweeping philosophical tracts, including arguments for free will, the existence of God, and the Immaculate Conception of Mary. He rivaled the great minds of Thomas Aquinas and William of Ockham. Hundreds of years later, during the Renaissance of the 16th century, many scholars thought that the ideas of Duns Scotus were behind the times. Many began to use the word *Duns*, or *dunce*, as an insult, meaning one who was incapable of scholarship. Furthermore, since Duns Scotus was often depicted in his signature pointy cap, which he believed was a sort of funnel for knowledge into the head, his detractors derided the "Dunce Cap" not as a badge of intelligence, but as a symbol of ineptitude.

The Queen of Queens

On November 17, 1558, Queen Mary I died, and her 25-year-old half-sister Elizabeth ascended the throne to become Queen Elizabeth I. Queen Mary was Catholic and had spent much of her reign trying to restore the supremacy of the Pope to England. Upon her death, Queen Elizabeth I, a Protestant, was heartily welcomed by lords and laypersons alike. Queen Elizabeth's reign was



one of peace and prosperity and has been called by historians both the "English Renaissance" and England's "Golden Age." Indeed, the period of Queen Elizabeth's reign is known in history books as the Elizabethan Era.

Much of England's prosperity was due to trade across the Atlantic, especially the slave trade. This new wealth combined with a strong government and the establishment of a religious doctrine known as the Elizabethan Religious Settlement (which made Protestantism the law of the land) created stability that allowed England to flourish. Perhaps the era's most notable achievements were in literature, poetry, and drama, led by writers William Shakespeare, Christopher Marlowe, and Ben Jonson. The court of Elizabeth watched the same plays as the commoners, and so drama became a unifying art form for the country.

While England remained unified at home, it expanded its interests abroad. Queen Elizabeth's favorite explorer was Sir Francis Drake, a sea captain who turned pirate at the queen's behest, raiding rivals from Spain and France. When Drake returned to England after his circumnavigation of the globe in 1580, he was celebrated as a national hero and as a symbol of England's power. Queen Elizabeth never married, which led commoners to nickname her the "Virgin Queen," and also helped her consolidate her power. She was celebrated and idealized in poetry, portraiture, and pageantry. Even today, she remains an icon of majesty and perfection, and her continued worship is known as the cult of Queen Elizabeth.

November Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

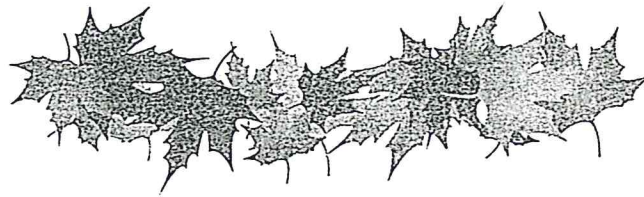
Burt Lancaster (actor) – November 2, 1913
Art Garfunkel (singer) – November 5, 1941
Alfre Woodard (actress) – November 8, 1952
Carl Sagan (scientist) – November 9, 1934
Whoopi Goldberg (comedian) – Nov. 13, 1955
Georgia O'Keeffe (painter) – November 15, 1887
Alan Shepard (astronaut) – November 18, 1923
George Eliot (author) – November 22, 1819
Charles Schulz (cartoonist) – November 26, 1922
Mark Twain (writer) – November 30, 1835

Japan's Movie Monster



On November 3, 1954, the movie *Godzilla* was released throughout Japan. The tale of a giant dinosaur-like monster awoken by an atomic bomb was not an instant hit. Many critics believed that the

filmmakers were exploiting Japanese fears of nuclear devastation, fears that were still fresh in the minds of many Japanese less than 10 years after the bombing of Hiroshima and Nagasaki. When the film was released in America two years later, critics had a different view. They believed that the movie accurately captured the horrors of nuclear war. Soon, even Japanese critics were praising *Godzilla* for its social commentary. Today, *Godzilla* remains an enduring part of Japanese pop culture. The movie spawned 32 more films, as well as a bevy of comic books and toys. According to Guinness, *Godzilla* is the longest-running film franchise in history.



Penacook Place
Cordially invites you to
A traditional
Thanksgiving Dinner
Sunday, November 24, 2019
At 12:00 PM

MENU

Roasted Turkey W/Homemade Gravy
Homemade Stuffing
Fresh Mashed Potatoes
Fresh Buttered Seasoned Green Beans

Dessert
Pumpkin Pie w/ fresh whipped topping

***** Please note due to limited seating, each resident may invite 2 guests *****

RSVP required by November 18, 2019

Please call Maureen Blake at 978-374-0707

Seating will be assigned, please see the hostess when you arrive



A Member of Covenant Health

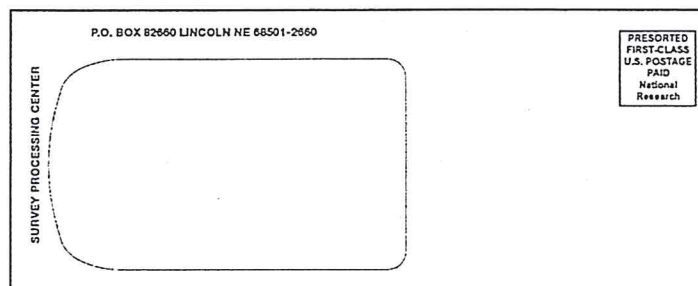
Dear Resident/Family member,

We are committed to providing excellent care and service. NRC Health, an independent outside resource, has been commissioned to conduct a satisfaction survey of our residents, patients. We are asking for your assistance in completing the short survey, designed to give us feedback on levels of satisfaction with the care and service we provide.

Your input will help us in two very important ways. It will help us identify opportunities for improvement, as well as identify areas in which our staff has achieved excellence in the care and service they deliver.

Please watch your mail for this envelope!

The envelope will contain a survey from NRC Health.



IMPORTANT INFORMATION:

1. It will take only a few minutes of your time to complete the survey.
2. Your responses are confidential. Surveys are processed by NRC Health and a summary report is prepared. This report does not include any information that can be linked to individual responses.
3. There is a form for written comments. If you choose to submit comments, the form will be shared with us. It is not necessary for you to identify yourself on the survey or comment form.

We strive for excellence! Your time and participation are greatly appreciated. Your input is needed so we can continue to improve areas that are important to you.

Please complete the survey and return it to NRC Health in the postage-paid envelope provided. It is important that you return the survey by the due date.

We appreciate your help! Thank you!

For more information about this survey, go to www.myinnerview.com/satisfaction

November 2019

Riverview Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| 9:30 Sunday Morning 3 Reading 10 Morning Stretch 11 Refreshments Served 1:30 Down Through The ages 2 First Baptist Church 3 Singing the Oldies 4 Remember the 1940's 6 Letter Ball Game 7 Evening Snack | 9:30 The Chronicle 4 10 Volley Ball 11 Trivia And More! 1 Nail Spa 2 Dot Leaf Painting 2:30 Refreshments 3 Sing Along 4 Table Games 6 Leaf word game 6:30 Evening Tea 7 Short Stories | 9:30 The Chronicle 5 10 Bowling 11 Lunchtime Trivia 1:30 Baking 2 Kitchen Memories 2:30 Bingo 3 Table top Games 4 Sing the Favorites 6 Volley Ball 6:30 Evening Snack bar 7 Relaxation & Massage | 9:30 It's Peanut Butter Month & The Chronicle 6 10 Peanut Olympics! 11 Remember When.. 1 Nail Spa 1:30 Peanut Butter Facts 2 Rosary 3 Peanut Butter Art 4 Sing your favorites 6 After dinner stretch 6:30 PB & J Social | 9:30 The Chronicle 7 10 Sit and Fit 10:30 Finish the lyrics 1 Fun Facts 1:30 Trip to the Bakery 2 Bake Monkey Bread 3 Table Top Games 6 Volley Ball 6:30 Sing Along 7 Table Top Games | 9:30 The Chronicle 8 10 Parachute Games 10:30 Sing Your Favorites 11 Refreshments 1 Nail Spa 2 USA Flag Craft 3 The Three Stooges 4 Easel Games 6 Art, Puzzles & Cards 6:30 Movie Snack Time 7 Friday Night Movie | 9:30 Morning Greetings 2 10 I Love Lucy 10:30 Table top tasks 11 Refreshments 1:30 Volley Ball 2 Word Games 3 Sing Along 4 Coloring Club 6 After Dinner Stretch 6:30 Evening Tea 7 Chicken Soup Soul |
| 9:30 Sunday Morning 10 Reading 10 Bean Bag Twister 11 Refreshments Served 1 Name 10 2 First Baptist Church 3 Singing Your Favorites 4 What's In the Box Game 6 After Dinner Stretch 6:30 Evening Snack 7 Magazines & Stories | 9:30 The Chronicle 11 10 Veteran's Service-tv 11 Patriotic Word Game 1 Nail Spa 2 Painting Poppies 3 Patriotic Sing Along 4 Patriotic Ballroom Toss 6 Table Top Fun 6:30 Evening Tea 7 Short Stories Veterans Day (US) Remembrance Day (Canada) | 9:30 The Chronicle 12 10 Bowling 11:30 Sensory Fun 11 Remember When 1:30 Baking 2 Letter Ball word game 3 Singing the Favorites 4 Table Top Games 6 Volley Ball 6:30 Evening Snack bar 7 Relaxation & Massage | 9:30 The Chronicle 13 10 Volley Ball 10:30 Easel Games 1 Nail Spa 1:30 Trivia & More 2 Rosary 3 What's In The Box 4 Musical Memories 6 After Dinner Stretch 6:30 Sing Along 7 Cinnamon Toast Social | 9:30 The Chronicle 14 10 Sit and Fit 10:30 The Game of Things 1 Puzzles and More 1:30 Pumpkin Pie Craft 2 Bingo 3 Arm Chair Travels 4 Sing Along 6 Finish The Phrase 6:30 Creative Color Club 7 Table Top Games | 9:30 The Chronicle 15 10 Trivia & More 10:30 Parachute Games 11 Refreshments 1 Nail Spa 2 Resident Birthday Party with the Harmony Sisters 3 Sing Your Favorites 4 Easel Games 6 Volley Ball 7 Friday Night Movie | 9:30 The Chronicle 16 10am Visits with Abbie 10:30 Sit and Fit 11 Refreshments 1:30 Volley Ball 2 Word Games 3 Sing Along 4 Coloring Club 6 After Dinner Stretch 6:30 Evening Snack 7 The Evening Paper |
| 9:30 Sunday Morning 17 Reading 10 Morning Stretch 11 Refreshments Served 1 Thanksgiving Centerpieces 2 First Baptist Church 3 Singing Your Favorites 4 Conversation Ball 6 Evening Snacks 7 Art Your Way | 9:30 The Chronicle 18 10 Volley Ball 11 Table Top Tasks 1 Nail Spa 2 Remembering Mickey Mouse-Atv 3 Sing Along 4 Afternoon Stretch 6 Word Games 6:30 Evening Snack 7 Fantasia the Movie | 9:30 The Chronicle 19 10 Bowling 11 Letter Ball 11:30 Sensory Fun 1 Pumpkin playdough 2 Men's Day Social 3 Song Title Hangman 4 Singing Favorites 6 After Dinner Stretch 6:30 Evening Snack bar 7 Relaxation & Massage | 9:30 The Chronicle 20 10 Sit and Fit 10:30 Easel Games 1 Nail Spa 2 Rosary 3 Painting Indian Corn 4 Play Your Favorites 6 Bean Bag Toss 6:30 Sing Along 7 French Toast Stick Social | 9:30 The Chronicle 21 10 Ring Toss 10:30 Name 10 1:30 Painting Turkeys 2 Bingo 3 Volley Ball 3:30 Remember the 50's 4 Autumn in New England 6 After Dinner Stretch 6:30 Evening Snack 7 Table Top Games | 9:30 The Chronicle 22 10 Parachute Games 10:30 Trivia 11 Refreshments 1 Nail Spa 2 Paper plate wreath Craft 3 Sing Your Favorites 4 Easel Games 6 Volley Ball 6:30 Movie Snack Time 7 Friday Night Movie | 9:30 The Chronicle 23 10 Move to Music 10:30 Word Games 11 Refreshments 1:30 Authentic Pilgrim Gathering & Meal 2 Katie Entertains 3 Conversation Ball 4 Water Color Painting 6 After Dinner Stretch 7 Arm Chair Travels |
| 9:30 The Chronicle 24 10 Native American History 10:30 Native American Sign language 2 First Baptist Church 3 How Moccasins were made-Atv 4 Totem Art 6 After Dinner Stretch 7 Magazines & Stories | 9:30 The Chronicle 25 10 Sit and Fit 11 Tag Tom Turkey 1 Nail Spa 1:30 Turkey Races 2 Indian Pudding 3 Sing A long 4 Volley Ball 6 Pictionary! 6:30 Evening Tea 7 Thanksgiving story | 9:30 The Chronicle 26 10 Turkey Bowling 11 Letter Ball 11:30 Sensory Fun 1:30 Blessing Tree art 2 Turkey Ticklers 3 How Many Words 4 Singing the Favorites 6 After Dinner Stretch 6:30 Evening Tea 7 A Wild Tale Story | 9:30 The Chronicle 27 10 Turkey Races 11 Easel Games 1 Nail Spa 2 Rosary 3 Sensory Fun 4 Turkey Toss 6 Musical Memories 6:30 Evening Tea 7 Granddaughter's House Story | 9:30 The Macey's Day 28 10 Thanksgiving Tradition 10:30 Thanksgiving Games 2 Playing your favorite songs 4 Turkey Bowl Toss 6 Relaxation Hour 6:30 Hot Cocoa Social 7 It's a Wonderful Life | 9:30 The Chronicle 29 10 Sit and Fit 11 Refreshments 1 Nail Spa 2 Barnyard Babies! 3 Name That Jingle 4 The Price is Right 6 Who Am I? 6:30 Thanksgiving Sandwiches 7 Celtic Woman | 9:30 The Chronicle 30 10 Volley Ball 11 Easel Games 11:30 Refreshments 1:30 Greeting Card Club 2 Bingo 3 Sing Your Favorites 4 Bean Bag Twister 6 After Dinner Stretch 6:30 Evening Snack 7 Creative Coloring Club |

Activities are subject to change to meet the needs of our residents.