

News from the Spiritual Care Office

December is upon us! We have lots of things going on here at Penacook Place!

There is a "Tree of Hope" outside of the Main Dining Room. The Tree of Hope is a way for us to honor our loved ones who are no longer with us. The names of those we have lost are written on gold stars and hung on the tree. You may purchase a gold star at the reception desk for \$2.00. On January 6th, the Epiphany at 2:00pm, all the names will be remembered at a Catholic Mass.

We have created an Ethics Committee. Our first meeting was held in November. The purpose of the committee is to discuss challenges that may arise and educate ourselves and the staff to work on improving circumstances that may be presented to us. If you have any questions or perhaps you might be interested in being part of this committee please, speak with me so we can discuss.

We are moving forward with the plans to create our chapel. I'm very excited that we will have a dedicated space for our Catholic Mass, Protestant Services and Spiritual Gatherings. The Chapel will be a peaceful place to be used by anyone seeking a place of quiet to reflect.

Lastly, this year we have one Holy Day of Obligation in December, Christmas Day. The Feast of the Immaculate Conception is a Holy Day of Obligation but because it falls on a Monday it is moved to Sunday. The most popular feast day is probably The Feast of St. Nicholas on December 6th. This is the day children put out their shoes to collect small gifts such as chocolate and oranges.

Wishing you and your family a Merry and Blessed Christmas.
In God's Service,
Judy Riopelle

"kind words can be short and easy to speak, but their echoes are truly endless." St. Mother Theresa of Calcutta

Celebrating Local Artists

This December, we are very happy to announce that two local artists will be sharing their amazing talents with us.

December 3rd, Haverhill's very own, Tomaso Schena will be here to draw whimsical caricatures of residents and staff alike. This will be the first visit of many to come.

Monday, December 9th, artist Jeffery Morgan will begin painting a beautiful wintery scene on the windows of our main entrance and he is not going to stop there! He has plans to paint a nativity mural on the windows in the T.V. lounge area!

We hope that all will come to view and enjoy the art installations.

Speaking of Local Artists...



Penacook Place is home to an incredible group of crafters and they have been busy creating beaded candy cane ornaments, painting holiday scenes, crafting felt ornaments and so much more!



Penacook Place

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Celebrating December

Cookie Day
December 4

Mitten Tree Day
Dress Like The Grinch Day
December 6

Gingerbread Decorating Day
December 12

Ugly Sweater Day
December 13

National Firefighters Day
December 15

Dress Like an Elf Day
Caroling Day
December 20

Winter Solstice
December 21

Hanukkah
December 22-30

National Egg Nog Day
December 24

Christmas
December 25

Greetings from Penacook Place

We have begun decking the halls here at Penacook Place!

During this season of advent we have many activities for all to participate in, both spiritual and festive!

We hope you have had a moment to see the Tree of Hope in the lobby. Gold stars are placed on it in memory of our loved ones no longer here to spend Christmas with us.

December 12, 2019 we will have our wreath raffles and refreshments. Come stroll the first floor hallway, see and take chances on the beautiful wreaths donated by our many friends of Penacook.

We look forward to seeing you at our many Christmas activities celebrations.

The Chapel will finally be getting underway within the next 4-6 weeks and we are all anxiously awaiting!

Family/Resident group had its first meeting and was well attended.

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 Christmas filled with health, happiness and those you love around you.

As always thank you for friendship and support,

Paula J. Drelick, President.

Happy Holidays from The Activity Department!

This is an exciting time of year and we are absolutely thrilled to be able to offer calendars filled with an array of new programs and new entertainers while offering the tried and true favorites of our residents. The Activity Department is committed to providing quality programs for our residents. We are very grateful to be able to serve the people that live here at Penacook Place and would like to extend a big, heartfelt thank you to them and their families. We are honored to be a part of your home. Have a wondrous holiday season! Blessings to you and yours,

Sherry Brosseau

December Entertainment Line Up

Dec. 3rd - Phil Cosgrove- 2pm

Dec. 5th - Eric Baldwin-10am R.V.

Dec. 5th - Sacred Heart Carolers-6pm

Dec. 7th-Merrimack Bell Ringers-2pm

Dec.10th-Scott Andrews-2pm

Dec.13th The Harmony Sisters-2pm R.V

Dec. 16th Sings Like A Bird-2pm

Dec. 18th Harmony Sisters-2pm

Dec. 20th Lenny Pearl-2pm R.V.

Dec.23rd Phil Cosgrove-2pm

Dec. 27th Brenda Terry-2pm RV

R.V. –Riverview/2 South, If not stated entertainment will be in the Main Dining Room

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

The Kid's Corner



Candy Cane Playdough Recipe

Whisk 1 cup flour, 1 cup water, ½ cup salt, 1 tsp Cream of Tartar, 1 tbsp vegetable oil, and a few drops of red food dye in a small saucepan. Stir over low heat until a ball forms. Remove the **playdough** from the saucepan and add 3-5 drops of peppermint essential oil. Knead well!

Recipe from:

<https://www.firefliesandmudpies.com/christmas-playdough-ideas/>

The Season of Sugar and Spice

December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.

Josephine's Chocolate & Almond Macaroons

Ingredients:

- ¾ c. Sweetened Condensed Milk
- 1(14oz.) Pkg. Coconut
- 1/4 to ½ tsp. Almond Extract
- 24 Whole Unblanched Almonds
- 1/2c. Chocolate Morsels

Stir together first 4 ingredients. Drop dough by lightly greased tablespoonfuls onto parchment paper lined baking sheets. Press an almond on top of each cookie. Bake at 350 degrees for 15-17 minutes or until golden. Remove cookies and cool on wire rack. Microwave 1/2c. of chocolate morsels until melted. Put in zip lock bag. Cut a tiny hole in corner of Bag. Put chocolate over cooled cookies.

Submitted by the Camella Family



The Penacook Cookbook

If you haven't heard, we are hoping to create a cookbook from recipes submitted by residents, family members and staff.

Recipes are to be submitted by:

January 31, 2020.

Recipes can be given to the receptionist or an Activity staff member.