

Penacook Place  
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Postage  
Information

# Penacook Place Highlights

Penacook Place \* 150 Water St.\* 978-374-0707\* 978-521-0495\*



## Happy New Year!

January 1, 2020

Greetings from Penacook Place,

It's hard to believe the holidays have come and gone! I hope you were able to attend some of the activities both spiritual and festive

Our Deck the Halls wreath raffle was a huge success! I would like to thank Judy Riopelle for organizing! The raffle raised \$500.00 which went directly into the Resident Activity Account.

Gold stars on the TREE OF HOPE may still be purchased for another week. January 6<sup>th</sup> at 2PM will be the mass of those remembered on THE TREE OF HOPE.

The Chapel Project will begin January 6, 2020 and should be completed mid-February.

We are excited to announce that Penacook Place received this year's Wadleigh Grant. The grant was submitted by Penacook Place to enhance our building security with secured elevator for our memory impaired residents and overall perimeter door security updated.

Penacook Place is also blessed to be the recipient of the St. Marguerite D'Youville grant for our community outreach project of feeding those less fortunate. We have adopted the Haverhill Head Start Program. We will provide backpacks filled with food for students to take home Friday and return Monday for a refill for the next weekend. We have dubbed this project the LOAVES AND FISHES PROJECT. We also reach out to less fortunate adults every first Friday in the local park where we bring bagged lunches to those in need.

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.

As always thank you for friendship and support,

Best Regards,

Paula J. Drelick  
President

## Celebrating January

### Get Organized Month

#### First Foot Day

*January 1*

#### Bird Day

*January 5*

#### Elvis Presley's Birthday

*January 8*

#### Martin Luther King Jr. Day

*January 20*

#### Chinese New Year

*January 25*

#### Inspire Your Heart with Art Day

*January 31*

## Hubby's Day



According to old Viking calendars, the Friday of the 13th week of winter is celebrated as Husband's Day in Iceland. Also known as *Bóndadagur*, it is the first day of the month of

Porri, or Thorri, in honor of Thor, the god of thunder. There are many traditions associated with this holiday honoring both the god and the master of the house or farm, or *bóndi*. In olden times, husbands were expected to rise first and welcome Thor with a special ceremony where they would go outside dressed in a shirt, with one leg of his trousers on and the other dragging behind him. He would then hop on one leg as a welcome to Thor. Since the mid-19th century, though, this day is more like Valentine's Day, and men are given gifts and treated to dinner. Not to be forgotten, Wife's Day arrives a month later on February 24.

## Happy Birthday to all residents celebrating their birthday this month!

Thomas D. January 5th  
Vivian R. January 8th  
Doris B. January 9th  
Mary F. January 14th  
Sarah W. January 18th  
John M. January 21st  
Barbara F. January 29th  
Magaly L. January 30th

## A Very Happy Birthday to All! January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people."

**News from the Spiritual Care Office**

Happy New Year! We have entered a new decade! It seems like just yesterday that we were worried about the turn of the century! Lots of things are happening in Spiritual Care here at Penacook! The best news of all is that construction has started on the new chapel and activity area! Because of this we have had to shift where we do some of our spiritual activities but the residents are adapting well and know that it is only for a short time. I am very excited that a dedicated space for spiritual activities is just around the corner. I will keep you posted about when the new space will be dedicated, it will surely be a big event! We will now have the Catholic Mass shown on TV on Sunday mornings at 10:30. Unfortunately we are not able to get a priest into the building on Sundays to say Mass due to the shortage of priests and their need to cover their own parishes. Holy Communion is available to the Catholic residents just about every week. We continue to pray the Rosary on the Memory Care Unit and the long term units and the short term rehab unit on a weekly basis. I have been holding an evening prayer group on Wednesdays from 6-7 pm and have had a consistent group of people attend. The services for our non-Catholic residents continue on a regular basis as well. Our Tree of Hope was a great success! We celebrated a special Mass to remember all those whose names were placed on the tree. All the Catholic residents have received the Sacrament of the Sick in December. The priest from Sacred Hearts Parish is extremely supportive and helps out with this important sacrament. As always, if you have any questions or concerns please don't hesitate to reach out to me.

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

**The Last Shall Be First**

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same. Some of the earliest Phoenician alphabets begin with *abcdef*.

**Entertainment Dates**



- Harmony Sisters January 3rd, 2pm Riverview
- Katie Hanscom January 4th, 2pm Riverview
- Thomaso Schena- January 10th, 2pm Riverview
- Eric Baldwin January 17th, 2pm Riverview
- Brenda Terry January 24th, 2pm Riverview
- Scott Andrews January 9th, 2pm M.D.R.
- Jeff Morgan (Artist) January 11th, 2pm, 3 South
- Jim Moses January 21st, 2pm, M.D.R.
- Phil Cosgrove January 27th, 2pm, M.D.R.
- Sings Like A Bird January 30th, 2pm, M.D.R.

**Brain Games**



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

**Pedestrian Crossing**

During the late 19th century, pedestrianism, or competitive walking, was all the rage. The frenzy for pedestrianism reached a fever pitch on January 13, 1879, when champion British pedestrian Ada Anderson showcased her talents in America for the first time. Anderson had already become England's preeminent pedestrian, thanks to her training by another champion racewalker, William Gale. Anderson was at her physical peak and adept at sleep deprivation by the time she arrived in America. Her manager wanted to showcase his star at Gilmore's Garden (now Madison Square Garden) in New York City but was rebuffed by the venue's owner, who believed Anderson would never be able to complete the feat of walking 2,700 quarter-miles in 2,700 quarter-hours. The event moved to Brooklyn's Mozart Garden. Anderson began her trek on December 16, 1878. Thousands watched her walk for 28 straight days, during which she took just nine-minute sleeping breaks until at last, she completed her walk on January 13th. Because of heavy wagers placed on the event, police protected her during her last laps. After crossing the finish line, she was hailed as the world's greatest pedestrian.

**Mummers the Word**



Each year on New Year's Day, the Mummers Parade makes its way through Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is related to the English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade is a New Year's spectacle full of clowns, string bands, elaborate floats, and fancy costumes. At 11 hours long, the parade may also be the longest held in America.