



2321 Freedom Way, York, PA 17402

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January Trivia Quiz

1. Born on January 18, 1882, author A.A. Milne created what famous fictional bear?
2. What is January's birthstone?
3. The very first Super Bowl was played on January 15 of this year in Los Angeles, CA.
4. What is January's flower?
5. In January of 1930, this Disney character first appeared in a newspaper strip.

1. Winnie the Pooh, 2. Garnet, 3. 1967,
4. Carnation, 5. Mickey Mouse

January Birthdays

Paul Revere— January 1
Elvis Presley— January 5
The Haven— January 7
Richard Nixon— January 9
Pat S.— January 10
Dolly Parton— January 19
Sandy S.— January 26
Jackie Robinson— Jan 31

HAPPY
BIRTHDAY



Celebrating January

Hot Tea Month

National Soup Month

New Year's Day

January 1

Epiphany

January 6

**The Haven's 15th
Anniversary**

January 7

National Popcorn Day

January 19

Martin Luther King, Jr. Day

January 21

Spouse's Day

January 26

With excitement we welcome 2019 and all that we have to look forward to! But the new year is also a wonderful time to look back and count our blessings over the past year. What stands out most to me is that 2018 brought many new families and friends to The Haven! And together we give thanks and praise for each and every one of you! We are a better community because of you! On a personal note, I'll share with you how I celebrate the New Year with one of my traditions: to sit down on New Year's Day and write myself a letter, filled with gratitude for the many gifts of 2018 as well as with my hopes and dreams for the year ahead.

We are excited to see the new Haven signs going up but unfortunately the cold weather has delayed the work. But keep an eye out—the completed project will be here as soon as the weather warms!

We are always looking for friendly, caring, compassionate, dedicated workers, so if you or someone you know is interested in making a difference in the lives of our seniors, please have them call our Business Office. We'd love the opportunity to interview!

I hope you all enjoyed our Christmas party last month and that you were able to spend an abundance of time with your loved ones and with us here at The Haven! This month brings The Haven at Springwood's 15-year anniversary of its initial opening! I am so blessed to be a part of The Haven's story. Happy birthday to The Haven!

*From my heart to yours, may the New Year bring
abundant peace and prosperity!*

Warmest regards,
Sheila O'Gara



January Bus Trips

Country Rides

1/7, 1/11, 1/14, 1/18, 1/25, 1/28

January Special Events

Art with Megan

Thursday, January 3 at 1:30pm

Haven 15th Anniversary Party with Tom S.

Monday, January 7 at 2:00pm

Tall In The Saddle

Wednesday, January 9 at 2:00pm

Harpist Mary Kate

Monday, January 14 at 3:00pm

Drum Circle

Thursday, January 24 at 2:00pm

Winter Party with Hot Chocolate Bar

Saturday, January 26 at 2:00pm

Horticulture Therapy

Wednesday, January 30 at 2:00pm

The Haven turns 15 years old on January 7th!



Jim Hogg and his brother Dave of Hogg Construction opened The Haven at Springwood in 2004 with our memory support unit added in 2009. The Haven was built on the Ebersole farm property, seen in the picture below circa 1958. Today, the original barn is The Haven's Dining Room! The lower levels of the original barn also house our memory support unit, Beacon Place, and our basement storage. Freedom Way, which is the street our community sits on, was named by Jim Hogg during the construction of the building which began shortly after the September 11th attacks in 2011. Happy Birthday to The Haven at Springwood!



WE WANT YOUR RECIPIES !!

If you have a recipe you would like to share, please submit it to Cheyenne or email her at msd@havenatspringwood.com. All recipes will be entered into a "Haven" cookbook. Cookbooks will be available for purchase with all proceeds going to the Alzheimer's Association.

Thank you in advance!

Ten Absolutes of Alzheimer's Caregiving

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are more than 65 million unpaid caregivers of adults aged 65 or older in the United States. Often, there's very little preparation for the daily challenges that caregivers face, particularly if your loved one has Alzheimer's disease or another form of dementia.

There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many excellent books that address the topic of caregiving. The Alzheimer's Association, the Family Caregiver Alliance, A Place for Mom, and Eldercare Locator are just a few of many online organizations that provide information and links to support groups. Talking with medical professionals about changes in diet, exercise, medication, and ways to stay mentally active can also be of benefit. There are practical questions, such as how to manage doctor's appointments, insurance paperwork, and how to take time off of work. But there are also poignant, soul-searching questions.

In this age of information overload, of having *too much* information leading to what psychologist David Lewis refers to as "information fatigue syndrome," here's a list of 10 absolutes in dementia care. These helpful suggestions written by Jo Huey, an Alzheimer's caregiver for over 30 years, are culled from both clinical and practical research and provide a straightforward way of managing care.

Never **argue**, instead **agree**.

Never **reason**, instead **divert**.

Never **shame**, instead **distract**.

Never say "**you can't**," instead say, "**do what you can**."

Never **command** or **demand**, instead **ask** or **model**.

Never **condescend**, instead **encourage** and **praise**.

Never say "**remember**," instead **reminisce**.

Never say "**I told you**," instead **repeat**.

Never **lecture**, instead **reassure**.

Never **force**, instead **reinforce**.

If you provide care to someone who has dementia, you may already know of the emotional, mental, and physical challenges that lie ahead. Remembering these absolutes can be more difficult in practice than in theory. However, remaining understanding, patient, and attuned to your loved one's condition are key to providing the best care possible. As Maya Angelou said, "They may forget your name, but they will never forget how you made them feel."