

# Williams Place

Gracious Retirement Living

825 Peninsula Drive • Davidson, NC 28036 • Phone (704) 896-3278 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)



JANUARY 2019

## WILLIAMS PLACE STAFF

Managers..... DAN & DEBBIE MCENTIRE

Assistant Managers .....CHUCK & CHARLENE  
TURNER

Executive Chef..... CODY WALKER

Activity Coordinator .....DEBBIE GREEN

Bus Driver .....APRIL KOMISAREK

## December Resident of the Month: Dottie Stein

Dottie Stein is our resident of the month. She always helps at mealtime with the residents that need assistance with coffee or those with physical limitations. Dottie also helped start "The Butterfly Program" and with getting together "The Resident of the Month."



Dottie Stein

## The Hawthorn Express

Full Steam Ahead! Beginning the week of January 21st through February 8th, Williams Place will be boarding a high speed, luxury train — The Hawthorn Express!

The Hawthorn Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy



Germany, France, and Italy

HAWTHORN  
SENIOR LIVING





## Sir Purr Stopped by for Football Friday

Sir Purr, the NFL Carolina Panthers mascot, came and took pictures and signed autographs for the residents and we did a little dancing too!



Dancing with Sir Purr



Group picture



Betty Moore loves Sir Purr!



Sir Purr posing with Mary



George Ann enjoys Sir Purr



Jim is a football fan

## Velma Fogarty Turns 100 This Month!



Velma as a child being held by her mom.

Velma was born on January 7, 1919 in Tampa, Fla., right after World War I. She was named after her aunt Velma, who lived to be 103. Her parents moved to Grand Rapids, Mich., when she was a small girl, so she grew up and was raised there in Michigan.

Velma was a cheerleader in high school where she graduated in 1936. After high school, she worked for the American Seeding Company for two years, and then raised her family of four children. She raised her family in Delaware. Velma takes exercise here at Williams Place everyday at 9:30 a.m. and walks around our community. She played bridge for years until her eyesight went bad. Her favorite food is chicken and favorite dessert is pumpkin pie!

She shared that she has buried three husbands, but had a great marriage with each. Her first husband worked for DuPont.

Happy Birthday Velma!



Velma Fogarty posing with Sir Purr, mascot from the Carolina Panthers!



## Williams Place 2nd Year Anniversary

We celebrated our 2nd Year here at Williams Place, and had a very nice dinner for the residents with nice linens and great food, cooked for us by Chef Cody!



*Residents enjoying a nice meal for our 2nd year anniversary*

## Davidson Police vs. Our Corn Hole Team

The Davidson Police Department came out and played Corn Hole and ate some doughnuts!



*Our corn hole team beat the policemen!*

## How to Be Creative During the Winter Blues

1. **A change in diet may help mentally and physically.** Certain supplements also have proven effective; you should watch for overconsumption of alcohol, which may be an issue with depression.
2. **Touch is important.** We communicate so much with a touch. Research has shown that touch helps with depression, anxiety, and dementia.
3. **Socialization is critical.** Come out for meals and plan at least one activity in the morning and afternoon. Do something different or in a different way every week; it gets you out of the daily grind.
4. **Get out in the world.** Sign up for an outing on the activity bus. Plan a couple hours away with family. Go outside just to get some fresh air.
5. **Encouragement to move.** Make that winter walk in the sunshine a habit. Exercise is a potent antidepressant.
6. **Ask your doctor to test your Vitamin D levels.** Vitamin D deficiency has been associated with depression, but no one is sure whether it's a cause or a symptom.

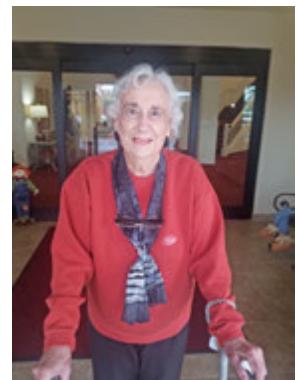
## Sylvia worked until she moved to Williams Place at 91 years of age!

Sylvia always asks what she can do to help out. She is in the Activity Room putting up chairs and picking up and turning out lights to keep it clean.

She graduated from high school in 1943. She worked full time until she was 81 years old. Then her husband died and she worked part time until she turned 91. Her boss still sends her flowers here at Williams Place.

Her first job was as a secretary at a school. She was walking with her mom down the street and someone called out to her and asked her to come work for him. She worked there until she married and put her husband through college. Her husband was an engineer and worked for an employment service.

When her youngest child was four years old, her husband told her to go back to work, and she worked for 50 years as a dental assistant and then part time after her husband died.



*Sylvia loves to keep everything neat!*

# JANUARY 2019

## Birthdays

Rose Ann Griffith, 4th  
Lee Stanley, 5th  
Pat Gross, 7th  
Velma Fogarty, 7th

Elizabeth Wawrzaszek, 8th  
Jane Hess, 12th  
Harold Whitt, 17th  
Barbara Parry, 20th  
James Fry, 21st  
Lorna Josefchuk, 22nd  
Jack Henderson, 23rd  
Lessie Kirch, 23rd  
Betty Mapes, 30th

## Locations

Activity Room, ACT  
Back Patio, BP  
Billiards Room, BIL  
Chapel, C  
Dining Room, DR  
Fitness Room, FIT  
Library, LIB

Lobby, LBY  
Movie Theatre, MT  
TV Room, TV  
Upper Deck, UD

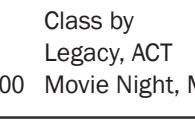
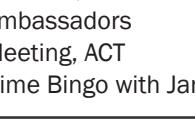
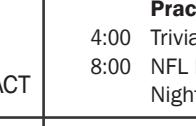
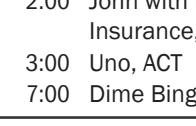
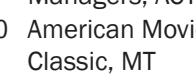
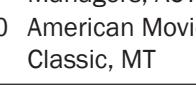
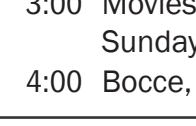
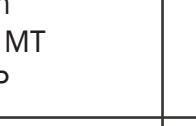
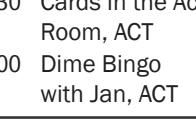
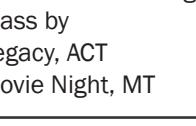
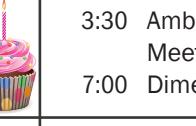
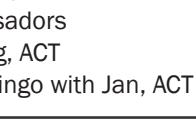
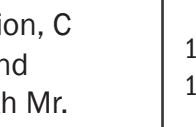
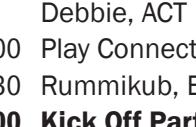
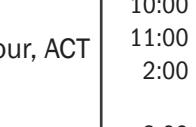
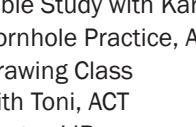
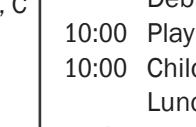
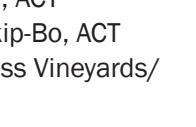
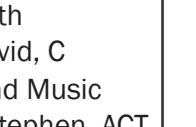
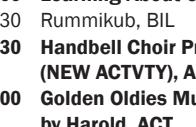
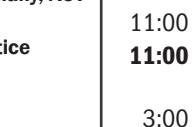
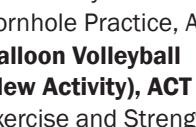
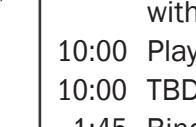
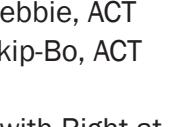
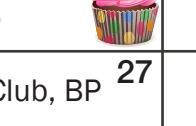
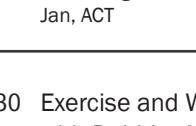
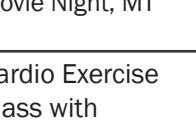
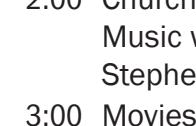
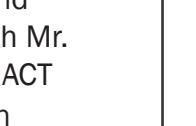
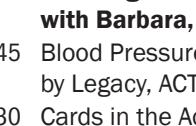
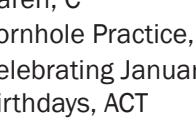
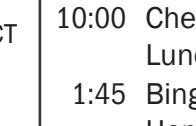
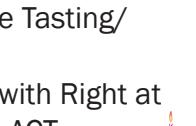
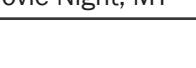
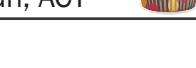
## Bus Schedule

**Monday** is Walmart and Harris Teeter Day. **Tuesday** is Doctor Appt. Day.

**Wednesday** is Special Outing Day. **Thursday** is Doctor Appt. Day.

**Friday** is Walmart and Harris Teeter Day

**\*\*Calendar Subject to Change\*\***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>NEW YEAR'S DAY</b> 9:30 Cardio Exercise Class with Debbie, ACT 10:00 Bible Study with Karen, C 11:00 Cornhole Practice, ACT 2:00 Drawing Class with Toni, ACT 7:00 Movie Night, MT	<b>1</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Play Skip-Bo, ACT 1:45 Bingo with Right at Home, ACT 3:00 Balloon Volleyball, ACT 7:00 Dime Bingo with Jan, ACT	<b>2</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Chat with Managers, ACT 10:30 Rummikub, BIL 11:00 Cornhole Practice, ACT <b>2:00 Just Us Band Performs, ACT</b> 2:00 Pokeno Game, ACT 4:00 Trivia, ACT 8:00 NFL Football Game Night, MT	<b>3</b> 9:30 Exercise Cardio Aerobics with Debbie, ACT 10:00 Rummikub, BIL 11:00 Garden Club Meets, BP 12:00 Dime Bingo with Jan, ACT	<b>4</b> 9:30 Exercise and Weights with Debbie, ACT 10:00 Uno, ACT 2:00 Balloon Volleyball, ACT 3:00 Uno, ACT 7:00 Dime Bingo with Jan, ACT	9:30 Exercise in the Gym (on your own), FIT 10:00 Bocce, BP 11:00 Uno, ACT 2:00 Play Connect Four, ACT 2:00 Matinee Movie, MT 3:00 Skip-Bo, ACT 4:00 Charades with Managers, ACT 7:00 American Movie Classic, MT
						
						
						
						
						
						
						
						





## Mrs. Hanes Cookie Factory Trip and History

Evva Hanes is now 86 years old, and still comes and helps with the cookies. Here is her story, in her own words:

The craft of making the cookies was brought from Germany by the early Moravian settlers. At age 5, I began helping my mother (Bertha Crouch Foltz) make



*Our gang who attended Mrs. Hanes Cookie Factory in Clemmons, N.C.!*

unique, thin, high-quality cookies has spread around the world. We ship to all 50 states and to over 30 foreign countries.

Now we have over 90,000 mail-order customers and we continue to grow about 10 percent each year. While our business has grown steadily, our method of making the cookies remains the same. Every cookie is rolled, cut, and packed by hand. The flavor is literally rolled into the cookie. This is a costly method but the only way we can maintain the high quality and delightfully different taste. Our skilled workers take pride in their work.

Our business is a family endeavor. I am the seventh generation of Moravian cookie makers. My husband

cookies at Christmas to supplement the family income received from our small dairy farm.

In 1960, my mother's health failed, and I took over the baking. By word of mouth the business grew and the reputation of our

Travis and I have been followed in the business by our daughter, Mona Hanes Templin and our son, Mike Hanes. The ninth generation is awaiting on the sidelines in the form of our grandchildren.

Being a family business, our pride in our product is personal as is the concern and care we give each order. Because of this concern, quality service is maintained. Our first product was the Moravian Sugar Crisps Cookie. This old family recipe has been handed down for generations. Our customers say, "It is truly a cookie with a personality."

We also make Moravian Ginger Crisps. This type of Ginger cookie has long been a local Christmas favorite. We have applied our experience learned in baking Sugar Crisps and have produced a spicy, paper thin, delicious cookie. In addition, we make Moravian Lemon Crisps, Moravian Chocolate Crisps, Moravian Butterscotch Cookies and Moravian Black Walnut Cookies.

Our goal is not to be the biggest, but to be the best cookie makers in the world. Come by and visit our bakery. Group tours are given January through October.

— Evva Hanes



*Watching the ladies roll the cookie dough*

## Show and Tell

We took an afternoon where residents brought items they made or treasured and shared them with other residents.



*Residents holding their show and tell items*

## Jottit Game

Helen, the inventor and creator of Jottit came and introduced the game to the residents and played it with us.



*Helen introduces her game*



## Christmas Fun!

We had a fantastic program given to us by a local high school who came to sing and dance. We didn't want them to leave!



*High School group came to sing and dance*



*The students took time to talk to the residents after the show*

## Christmas Bazaar in the Activities Room

We had a very nice turnout for our First Annual Christmas Bazaar here at Williams Place. We had six vendors who came and brought their crafts to sell.



*It's beginning to look a lot like Christmas*



*Tina, our only resident who made and sold her items*

Happy  
New Year  
from  
Williams  
Place!



*Pat is ready for the new year!*

## January in History

- On average, it is the coldest month of the year in the Northern Hemisphere.
- It is the second month of winter.
- In the Southern Hemisphere January is a summer month, equivalent to July.
- Sometimes the Saxons called January the wolf month because hungry wolves would come into their towns searching for food this time of year.
- For a long period of European history, the start of the New Year occurred in March.
- Georgetown University was established, 1789
- 13th Amendment to the U.S. Constitution, abolishing slavery, was passed by the U.S. House of Representatives, 1865
- First Boy Scout troop organized in England by Robert Baden-Powell, 1908
- Henry Ford introduced the assembly line, 1914
- United States prohibition began, 1920
- The Holocaust began, 1933
- Adolf Hitler becomes the chancellor of Germany, 1933
- First Emmy Awards held, 1949
- NBC's "Today" show premiered, 1952
- First presidential news conference filmed for television with permission of President Eisenhower, 1955
- "Hello Dolly!" opened on Broadway, 1964
- First Super Bowl held, 1967
- The Beatles U.S. album Yellow Submarine was released, 1969
- United States Supreme Court's Roe vs. Wade decision, 1973
- The Vietnam War ended, 1973
- End of Military Draft announced, 1973
- Iran released 52 American hostages, 1981
- Space Shuttle Challenger exploded, 1986
- Martin Luther King Jr. Day first observed, 1986



825 Peninsula Drive  
Davidson, NC 28036



## Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

Williams Place

Gracious Retirement Living

**704-896-3278**