



2321 Freedom Way, York, PA 17402

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NEW YEAR'S TRIVIA

1. The first ball to be dropped in Times Square happened in what year?
2. The lyrics to "Auld Lang Syne" began as a poem set to the tune of a much older Scot folk ballad. Who wrote the poem?
3. The tradition of eating black-eyed peas on New Year's Day is believed to do what?
4. What do the words "Auld Lang Syne" mean?

1. 1907, 2. Robert Burns, 3. To bring prosperity for the next year, 4. Times gone by

Peanut Butter Sheet Cake Cookies

Makes 24 cookies

Ingredients:

- 1 box yellow cake mix
- 1 2/3 cup creamy peanut butter, divided
- 2 eggs
- 1/2 cup oil
- 1/2 c butter
- 6 Tbsp milk
- 2 1/2 cup powdered sugar
- 1 tsp vanilla extract

Directions:

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. Combine cake mix, 1 cup peanut butter, eggs, and oil.
3. Drop dough by 1.5 tablespoonfuls onto baking sheet.
4. Bake 9-11 minutes and allow to cool for 10 minutes.
5. Combine butter, remaining peanut butter, and milk in a medium saucepan over medium heat. Bring to a boil.
6. Remove from heat and whisk in powdered sugar until smooth. Add vanilla, stirring well to combine.
7. Spread frosting over each cookie and allow to set.



JANUARY 2020

Happy New Year!

From all of us here at The Haven, we wish you a truly blessed 2020! I hope this past Christmas and holiday season brought you tremendous joy and sweet memories with your loved ones. I am looking forward to another great year at The Haven!

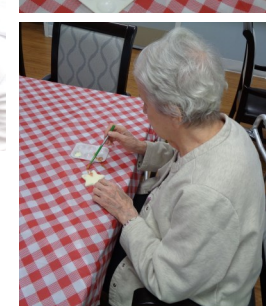
I am so excited to announce that we have hired a Memory Support Activities Specialist, Ashley O'Brien, who started with us in mid-December. She is a fantastic addition to our Haven family, and she brings with her an energetic spirit and plentiful creativity! Later in January she will be holding a Meet & Greet event which we invite each of you to attend to introduce yourselves and to get to know Ashley a little better. Please be on the look-out for a formal invitation in the mail with additional information—make sure to save the date: Saturday, January 25th from 2-4pm.

Have a great month!

*Warmest Regards,
Sheila O'Gara*



Residents made and painted salt dough ornaments and helped decorate the tree!



CELEBRATING JANUARY

National Hobby Month

Hot Tea Month

New Year's Day
January 1

Winnie The Pooh Day
January 18

Martin Luther King Jr. Day
January 20

Chinese New Year
January 25

National Puzzle Day
January 29



JANUARY SPECIAL EVENTS

Art with Megan

Thursday, January 2 at 1:30pm

Baker's Club

Friday, January 3 at 10:00am

Ice Cream Sundaes

Monday, January 6 at 2:00pm

Accordionist Bill M.

Friday, January 10 at 10:00am

Elvis Show!

Wednesday, January 15 at 2pm in the Bistro

Root Beer Floats

Monday, January 20 at 2:00pm

Saxophone Music with Jerry G.

Wednesday, January 22 at 2pm in the Bistro

Hot Chocolate Bar with Grane Hospice

Friday, January 24 at 9:30am

Harpist Mary-Kate

Friday, January 24 at 3:00pm

Meet & Greet with Ashley

Saturday, January 25 from 2-4pm

Kitchen Creation

Thursday, January 30 at 10:30am

2020

We would like to welcome our new hairdresser, Kelley Dreyer, to The Haven family, pictured below with Doris K. and Priscilla S. We are so excited to have her join our team!




Benefits for Veterans

Come & Learn Event

— Speaker —
Terry Gendron, Director of Veterans Affairs of York County

Wednesday, January 8 • 4pm

RSVP at 717-741-9919



The Haven
at Springwood
Personal Care & Memory Care

2321 Freedom Way, York, PA 17402
717-741-9919 • HavenAtSpringwood.com

Would you like to receive photos of your loved one participating in activities? Or would you like an emailed version of our monthly calendar and newsletter? Email Kim Sullivan at lifestyleandleisure@havenatspringwood.com



Home Safety Checklist

By Ava M. Stinnett

From www.activityconnection.com



According to the Alzheimer's Association, 1 in 9 Americans aged 65 and older has Alzheimer's disease. There are approximately 48 million people worldwide with Alzheimer's or other dementias. More than 65 million caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock at home. Here are some tips for making your home dementia friendly.

- Display emergency numbers and your home address near all telephones. Put all cell phones and portable equipment in a safe place so they will not be easily lost.
- Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Check their functioning and batteries frequently.
- Install secure locks on all outside doors and windows. Install alarms that notify you when a door or window is opened, and hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.
- Avoid the use of extension cords if possible. Place lamps and appliances close to electrical outlets. Tack extension cords to the baseboards of a room to avoid tripping. Cover unused electrical outlets with childproof plugs.
- Check all rooms for adequate lighting. Place light switches at the top and the bottom of stairs. Add night-lights in dark areas.
- Remove throw rugs throughout the house. Use textured strips or nonskid wax on hardwood and tile floors to prevent slipping.
- Install childproof door latches on storage cabinets and drawers designated for breakable or dangerous items. Lock away all household cleaning products, matches, knives, scissors, blades, small appliances, and anything valuable.
- In the bedroom, use a monitoring device (such as those used for infants) to alert you to any sounds indicating a fall or other need for help. This also is an effective device for bathrooms.
- In the bathroom, place nonskid adhesive strips, decals, or mats in the tub and shower. If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink. Use a raised toilet seat with handrails or install grab bars beside the toilet as well as in the tub/shower. Remove the lock from the bathroom door to prevent the person with Alzheimer's from being locked inside.
- Keep all medications (prescription and over-the-counter) in a locked cabinet. Use child-resistant caps as needed.

Keep in mind that it may not be necessary to make all of the suggested changes. This article covers a wide range of safety concerns that may arise, and some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.

Source

Allen, K. (2019). Making Your Home Dementia Friendly. BrightFocus Foundation. Retrieved from <https://www.brightfocus.org/alzheimers/article/making-your-home-dementia-friendly>

COUNTRY RIDE BUS TRIPS


Friday, January 17 at 10:15am

Monday, January 27 at 10:15am

Friday, January 31 at 10:15am

January 2020
Beacon Place Memory Support



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 The Haven at Springwood Personal Care & Memory Care		2321 Freedom Way York, PA 17402 717-741-9919		<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>		New Year's Day 1 10:30 <div>CE</div> Rise & Shine 2:00 <div>LL</div> New Year's Music with Dan M. (Bistro) 3:30 Life Skills 5:45 After Dinner Music		10:30 <div>CE</div> Rise & Shine 2 1:30 <div>AE</div> Art With Megan 3:30 Life Skills 5:45 Nail Care		10:00 Baker's Club 3 2:00 Music Appreciation 6:00 Friday Night Movie		10:00 Music 4 Appreciation 2:00 Saturday Matinee 6:00 Classic TV Hour	
10:00 Music 5 Appreciation 2:00 Sunday Matinee 6:00 Classic TV Hour		10:00 Morning Tea 6 2:00 Ice Cream Sundaes 6:00 Movie Club		10:30 <div>SS</div> Church 7 Service with Chaplain Arlene 3:30 Nail Care 6:00 Classic TV Hour		10:00 Classic TV 8 Hour 2:00 <div>LL</div> Music with Ed P. (Bistro) 5:45 After Dinner Music		10:00 <div>CC</div> Community 9 Service Project 3:30 Nail Care 6:00 Classic TV Hour		10:00 <div>LL</div> Music with 10 Accordianist Bill M. 2:00 Movie Club 6:00 Music Appreciation		10:00 Music 11 Appreciation 2:00 Saturday Matinee 6:00 Classic TV Hour	
10:00 Music 12 Appreciation 2:00 Sunday Matinee 6:00 Classic TV Hour		10:30 <div>CE</div> Rise & Shine 13 2:30 Afternoons With Ashley 3:30 Life Skills 5:45 Nail Care		10:30 <div>CE</div> Rise & Shine 14 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Popcorn & a Movie		10:30 <div>CE</div> Rise & Shine 15 2:00 <div>LL</div> Elvis Show! (Bistro) 5:45 After Dinner Music		10:30 <div>CE</div> Rise & Shine 16 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Nail Care		10:15 <div>CC</div> Country Ride 17 2:30 Happy Hour 3:30 Life Skills 5:45 Popcorn & a Movie		10:00 Music 18 Appreciation 2:00 Saturday Matinee 6:00 Classic TV Hour	
10:00 Music 19 Appreciation 2:00 Sunday Matinee 6:00 Classic TV Hour		Martin Luther King, Jr. Day 20 10:00 Nail Care 2:00 Root Beer Floats 6:00 Music Appreciation		10:30 <div>SS</div> Church 21 Service with Chaplain Arlene 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Popcorn & a Movie		10:30 <div>CE</div> Rise & Shine 22 2:00 <div>LL</div> Saxophone Music with Jerry G. (Bistro) 3:30 Life Skills 5:45 After Dinner Music		10:30 <div>CE</div> Rise & Shine 23 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Nail Care		9:30 <div>CC</div> Hot 24 Chocolate Bar Sponsored By Grane Hospice 10:15 <div>CC</div> Country Ride 3:00 Harpist Mary-Kate 5:45 Popcorn & a Movie		10:30 <div>CE</div> Rise & Shine 25 2:00 Meet & Greet Family Party 2-4pm 5:45 Popcorn & a Movie	
10:00 Music 26 Appreciation 2:00 Sunday Matinee 6:00 Classic TV Hour		10:15 <div>CC</div> Country Ride 27 2:30 Afternoons With Ashley 3:30 Life Skills 5:45 Nail Care		10:30 <div>CE</div> Rise & Shine 28 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Popcorn & a Movie		10:30 <div>CE</div> Rise & Shine 29 2:30 Afternoons With Ashley 3:30 Life Skills 5:45 After Dinner Music		10:30 <div>CE</div> Kitchen 30 Creation 2:30 <div>PE</div> Walking Club 3:30 Life Skills 5:45 Nail Care		10:15 <div>CC</div> Country Ride 31 2:30 Happy Hour 3:30 Life Skills 5:45 Popcorn & a Movie		Healthy Snacks & Hydration offered throughout each day!	