

FEBRUARY 2020 IVY CREEK STAFF

Managers......TILLMAN & CATHY SCOTT
Executive Chef.......AMANDA MUSTO
Activity Coordinator.....DEBBIE CORNELL
Maintenance.....JASON MILLER
Transportation.....KEITH MOYER

TRANSPORTATION

Monday & Friday, 10 a.m. to 3:30 p.m.: Shopping and Errands

> Tuesday & Thursday 8:30 a.m. to 3:30 p.m.: Medical Appointments Only

Wednesday, 10 a.m. to 3:30 p.m.: Outing Day



Happy February! It's Heart Month♥

February is chock full of events to celebrate how much we appreciate you. Here are just some of the fun events to put on your list to attend. Refer to the center calendar of this newsletter for more information.

February 2nd: Souper Bowl and Super Bowl Parties — just delicious.

The week of February 3rd concludes the Hawthorn Adventure. Every day holds different events to enjoy in Tanzania.

Of course, Valentine's Week starts
February 10th. You will love what is in store for you.

February 18th is National Drink Wine Day, with a private sipping at Chaddsford Winery.

February 19th is the King of Motown event. Start practicing now.

February 25th is a fun Mardi Gras celebration. Get that mask on.



The Love Bouquet

On February 29th, leap into 2020 with a roaring '20s Party. Get your wardrobe ready now.

Our First Christmas at Ivy Creek

From decorating the building, to putting up our first twelve-foot Christmas tree, to designing our gingerbread entry for the Hawthorn contest, our residents had so much fun throughout the holidays. Since this was our first venture in decorating, our blueprint was wide open. Several volunteer groups participated and devised their own committees,

including tree decorating, cookie baking, building decorating, and gingerbread house designing and building. Visions of sugarplums are already in the residents' heads to make next year an even more grandiose effort.



Emil and his son and wife, enjoying Christmas dinner.



Joann and Jim's family both shared dinner together in our beautiful Private Dining Room.



Chef Amanda outdoes herself again with a festive Holiday buffet.



Sharing a quiet moment together by the tree on Christmas Eve

Ivy Creek's February Heart Month

There are several types of hearts: A healthy heart, a smart heart, a loving heart, a heart that needs healing and a broken heart. At Ivy Creek, we address all sorts of conversations relating to all of these issues. We don't wait until February to have these programs, but rather use Heart Month to create an awareness. Our exercise, stretching and balance classes help the physical heart, while our Bereavement Buddies group addresses the broken heart. Wellness Wednesdays, sponsored by Dunwoody at Home, evaluates the health of our residents by monitoring blood pressure and overall health aspects that may need attention. We also have many spiritual activities to help those who are questioning the big conversations in life.

Data from several researchers in gerontology has shown that seniors who live independently but in a Community engaged environment thrive more. That is why we are so proud to say that our residents are so happy they made the decision to move here, and they have never felt more comfortable and happy.





Why Do We Give Candy on Valentine's Day?

Because it is a universally accepted gift? Or, it is easy? Or, we just like candy!

Here are some Valentine's Day facts: The first heart-shaped box of chocolates was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for Valentine's Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!

Who started those candy hearts with messages on them? The story of conversation hearts first began when a Boston pharmacist named Oliver Chase invented a machine that simplified the way medical lozenges, used for sore throats and other illnesses, could be made. The result was America's first candy-making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead! Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers.

But it wasn't until 1866 that we first got sweet printed messages on candy hearts. It was Oliver's brother, Daniel Chase, who started printing sentimental messages on the Necco sweethearts, though these candies were bigger than the versions we have today, and featured much longer printed sayings and phrases. Some of the first messages were "Married in white you have chosen right" and "How long shall I have to wait? Please be considerate."

Did you know that more than 8 billion conversation hearts are manufactured each year? Necco has to start making them just days after each February 14th to have enough in time for the next Valentine's Day. That's almost 100,000 pounds per day! Each box has approximately 45 sayings, including "True Love," "Hug Me," and "You Rock," but you can personalize your own, too. But don't worry if you still have last year's box; they have a shelf life of five years!



FEBRUARY 2020

Birthdays

Hilda Deal, 2nd Keith Moyer, 3rd (Employee) Stardaisha Larry, 17th (Employee) Alice Rowe, 26th Phyllis Albany, 27th Joyce Brehony, 28th

Locations

Activities Room, ACT
Atrium, AT
Back Patio, BP
Bistro, BI
Chapel, CH
Community Gardens, CG
Computer Room, CR
Cost For Activity, \$
Firepit, FP
Fitness Center, FC
Fourth Floor Store,
4STORE
Game Room, GR
Library, L
Main Dining Room, MDR
Main Dining Room
Fireplace, MDRFP
Main Lobby, ML
Overlook Deck, OD
Residents' Kitchen, RK
Theater, TH
TV Room, TV

Mealtime

Breakfast: 8 a.m. **Dinner:** 12:30 p.m. **Supper:** 5:30 p.m.

Coffee service, water and snacks are available at the coffee bar all day.

SUNDAY **TUESDAY MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 10:00 Puzzle Group, GR 11:00 Wii Games, ACT 2:00 Ping Pong, ACT 3:30 Bean Bag Toss, ACT 7:00 Bingo, ACT **4** 10:00 Morning 5 8:00 Breakfast in 9:30 Eucharistic **Hawthorn Adventure:** Exercises, FC 10:00 Bridge Club, GR Tanzania, MDR Service, CH 9:30 Stretching Exercises, ACT 10:30 Chef's Chat with Amanda, ACT Tanzania 10:00 Bridge Club, GR 10:00 30-Minute Fitness 11:00 Chess. L 10:00 Morning Exercises, FC 11:00 Climb Mt. Kilimanjaro 10:00 Puzzle Group, GR 11:00 Tanzania Coffee Tasting, RK 10:00 Sunday Hymns at 12:30 Dinner in 12:00 Outing: Fun. ACT Balance Class, ACT 12:00 Rosary, CH 11:00 Wii Games, ACT 1:00 Zanzibar Fishing Game, MDR the Piano, MDRFP Tanzania. MDR Mediterranean 11:00 Crafty Crafts, ACT 1:00 Tanzania Table 2:30 Let's Make Chapatti, RK 2:00 Ping Pong, ACT Trivia, MDRFP 11:00 Wii Bowling with Lunch \$, ML 2:00 Watercolors: Painting 3:00 Happy Hour with 3:00 Fourth Floor Store 3:30 Bean Bag Toss, ACT 2:00 Conversations About Life, TH Open, 4STORE Tillman, ACT with Spices, ACT 2:00 Birds of Tanzania, TH Dawa Mocktails, ACT 3:00 Fourth Floor Store 7:00 Bingo, ACT 3:00 Choir Practice, MDRFP 3:00 Choir Practice, 3:30 Guess the Tanzanian 5:30 Supper in 12:30 Souper Bowl Open, 4STORE 3:30 Hand & Foot Card Game, ACT **MDRFP** 7:00 Bingo, ACT Tanzania, MDR Spice Game, ACT 6:30 Super Bowl, TH 7:00 BIG Bingo, ACT 7:00 Rummikub, ACT 7:00 Rummikub, GR 6:45 Friday Night Flick, TH 11 13 VALENTINE'S DAY 14 15 10:00 Bridge Club, GR 9:30 Stretching 9:30 Eucharistic Exercises, ACT 9:00 Wednesday 10:30 Chef's Demo: **Happy Valentine's Day** Service, CH 10:00 Bridge Club, GR 10:00 30-Minute Fitness **Chocolate Covered** Wellness, ACT 10:00 Morning Exercises, FC 11:00 Bereavement Buddies, ACT 10:00 Sunday Hymns at 10:00 Puzzle Group, GR Fun, ACT Strawberries, RK 10:00 Morning 12:00 Rosary, CH 11:30 Movie Selection the Piano, MDRFP 11:00 Wii Games, ACT 11:00 Balance Class, FC 11:00 Crafty Crafts, ACT 1:00 Tuesday Table Teams, MDR Meeting, ACT Exercises, FC 2:00 Chocolate Tasting, RK 11:00 Wii Bowling with 3:00 Choir Valentine 2:00 Ping Pong, ACT 1:30 Resident/Managers' 1:30 Scrabble 11:00 Wii Golf, ACT Meeting, ACT Program, MDRFP 5:30 Special Valentine Tillman, ACT 3:30 Bean Bag Toss, ACT Tournament, ACT 2:00 Conversations About Life, TH 12:00 Valentine Outing, ML 3:00 Fourth Floor Store Dinner, MDR 7:00 Rummikub, ACT 7:00 Bingo, ACT 2:00 Learn to Sketch, ACT 3:00 Fourth Floor Store 7:00 Evening Prayer Open. 4STORE 6:30 Broadway Love Open, 4STORE 3:00 Choir Practice, MDRFP Songs, MDR 3:00 Choir Practice, MDRFP Service, CH 7:00 Bingo, ACT 7:00 Rummikub, ACT 9:30 Senior Yoga, ACT 6:45 Friday Night Flick, TH 7:00 BIG Bingo, ACT 22 16 PRESIDENTS DAY 17 18 20 21 10:00 Bridge Club, GR 9:30 Stretching 9:30 Eucharistic 10:00 Morning 11:00 Balance Class, FC Exercises, ACT 10:00 30-Minute Fitness 10:00 Bridge Club, GR Exercises, FC 2:00 Special Event Service, CH 10:00 Puzzle Group, GR 10:00 Sunday Hymns at Fun. ACT 12:00 Rosary, CH Committee 10:00 Morning 11:00 Chess, L 12:30 National Drink Wine Day the Piano, MDRFP 11:00 Crafty Crafts, ACT 11:00 Wii Games, ACT Meeting, ACT Exercises, FC 1:30 An Afternoon of at Chaddsford Winery, ML 11:00 Wii Bowling with 3:00 Fourth Floor Store 3:00 Dunwoody at Home 2:00 Ping Pong, ACT Tuesday Table Teams, MDR 2:00 Learn to Motown, ACT Open, 4STORE Tillman, ACT Happy Hour, RK 3:30 Bean Bag Toss, ACT 2:00 Conversations Watercolor, ACT 3:30 One Act Comedic 3:00 Choir Practice, MDRFP About Life, TH 7:00 Rummikub, ACT 6:45 Friday Night 7:00 Bingo, ACT 3:00 Choir Practice, Play with Bruce, ACT 3:30 Hand & Foot Card 3:00 Fourth Floor Store Flick, TH **MDRFP** Open, 4STORE 7:00 Rummikub, GR Game, ACT 7:00 Bingo, ACT 7:00 Rummikub, ACT 7:00 BIG Bingo, ACT 25 ASH WEDNESDAY 23 26 27 28 29 9:30 Stretching 10:00 Bridge Club, GR 9:30 Eucharistic Exercises, ACT 10:00 Morning 10:00 Morning 10:00 Puzzle Group, GR 11:00 Balance Class, FC Service, CH 10:00 Bridge Club, GR Exercises. FC Exercises, FC 2:00 Special Event 11:00 Wii Games, ACT 10:00 Sunday Hymns at 12:00 Rosary, CH 10:00 Morning Exercises, FC 10:00 30-Minute Fitness 11:00 Wii Golf, ACT Committee Meeting, ACT the Piano, MDRFP 12:30 Mardi Gras, MDR 11:00 Open Card Games, GR 1:00 Roaring '20s Fun, ACT 12:15 Outing: Leap Year 3:00 Fourth Floor Store 1:00 Tuesday Table 11:30 Movie Selection 11:00 Wii Bowling with Experience, MDRFP Teams, MDR Open. 4STORE 11:00 Pinochle, GR Luncheon, ML Meeting, ACT Tillman, ACT 2:00 Ping Pong, ACT 2:00 Conversations 3:00 Choir Practice, MDRFP 11:00 Crafty Crafts, ACT 3:00 Senior Yoga, ACT 2:00 Learn to Sketch, ACT About Life, TH 3:30 Bean Bag Toss, ACT 7:00 Rummikub, ACT 3:30 Hand & Foot 6:45 Friday Night 7:00 Evening Prayer 3:00 Choir Practice, MDRFP 3:00 Fourth Floor Store Card Game, ACT 7:00 Bingo, ACT Open, 4STORE Flick, TH 7:00 Rummikub, ACT Service, CH 7:00 BIG Bingo, ACT 7:00 Bingo, ACT

Ivy Creek Loves Our Community

Ivy Creek has not even been open for a year yet, but we have made so many positive connections in our community. We have hosted several events for our Concordville Township officials and community volunteers, to thank them for their overwhelming support. We also participate in the Community Living and Learning Program, where we assist Garnet Valley High School students that have significant cognitive impairments to learn and practice independent living skills in an authentic environment. Ivy Creek welcomes four to eight students three times per week to help us with our hands-on real life experiences training. Our youth help us set tables in the Dining Rooms, vacuum the common areas, dust the stairwells, and help clean the Activities Room. We are so proud to help these transitional students gain experience

in living skills. social adaptability, improving selfdetermination, and providing them with a loving and supportive environment. After the kids are finished with their duties, what is their favorite reward? Ice cream, of course, in the Activities Room, chatting with the residents. We love our kids!



More yummy cookies for our community service volunteers



Residents make sugar cookies for our neighboring students to decorate.



Our Garnet Valley Stars decorated dozens of cookies before they went home for Christmas break.

Happy 2020 To All!

On December 31st, we celebrated New Year's Eve at noon with a New Year's Eve in Shanghai party. The ten-second countdown was exciting, as we had the festivities in Shanghai and their time zone is eight hours ahead of ours. When the clock struck noon and midnight, the Dining Room was alive and loud with whistles, horns, confetti and all sorts of noise makers.

New Year's Day was just as fun, as the residents celebrated Philly-style, while watching the Mummers Parade and enjoying Philly hoagies with all the accompaniments, yummy soft pretzels, and, of course, Tastykakes! We were also so lucky to have Cub Pack 2 help us to distribute the noisemakers and have fun with the residents.



2019 turns into 2020.

Love Story With Ivy Creek

Debbie, the Activities Coordinator, surprised everyone at Ivy Creek when she came back from her vacation in November and announced that she got married in Dublin, Ireland, to her love of three years, Matthew. "We never told a soul, not even our family," said Debbie. Debbie and Matt met online at Match.com, after Debbie lost her husband and Matt was looking for a companion. "We both come from large Catholic families, and our immediate family would be over 100 people, which is something we simply could not afford," said Debbie. "But, I wanted to include my Ivy Creek family, since I basically live with them almost every day and every holiday." Matt felt his wife's heartache and decided to have a reception at Ivy Creek for "our other family." Matt said, "Debbie and I just wanted everyone to share in our joy, so a reception on January 2nd, 2020, was going to be on me, for treating my wife so well."

This is a Love Story between Matt and Debbie, but also between the couple and Ivy Creek. "Thank you, everyone, for sharing our love and our future."



Celebrating with our Ivy Creek family



A pic from Dublin



Tillman, Matt, Debbie and Cathy after the reception



Celebrating in Shanghai



Counting down with the Cub Scouts.



300 Franklin Drive Glen Mills, PA 19342



