

Miller’s Musings

Sometimes in conversations with others, we listen to their expressions or ideas that are different from ours. That also works the other way, too. We all have our own way of saying things. If we understand what others are saying, in effect we may learn something. Notice I didn’t say “they”! We hear people using clichés, which by definition, are trite expressions. But the other person gets their point across usually. In a way, this is another form of play on words.

What clichés do you remember from when you were young or even now? Our family always had two choices for dinner, “take it or leave it”. We liked to work with words that way. We were always reminded of people starving in India. Why India I wondered? Remember the expression “upside the head”? My dictionary does not have a definition of how that word is used here.

Some clichés get over used and worn out. When this happens, they can become ineffective and annoying. The cliché, or expression, I find overused is “it is what it is”. I think I know what it means, but it’s worn out. When that happens it’s called a bromide and fits the description of a trite expression. Some expressions have survived through the years and are common today. Words such as “top dog”, “top banana”, and “cream of the crop” are common today, among others. In any case, this is “food for thought”.

* I hate it when I can’t figure out how to operate the iPad and my tech support guy is asleep. He’s 5 and it’s past his bedtime.



- 3rd - Marie Kornhaas
- 10th – Marlene Monaghan
- 14th – Edith Lifrieri
- 20th – Monica Frizzell
- 23rd – Claudia Anderson
- 23rd – Dolores Tierney
- 23rd – Virginia Chiaramonte
- 24th – Joan Eddy
- 25th – Bernie Brunese
- 27th – Paulette Reda

Kathryn’s Kwips



What does the voice of fear whisper to you? Fear speaks to you in logic and reason. It assumes the language of love itself.

Fear tells you, “I want to make you safe.” Love says, “*You are safe.*”

Fear says, “Give me symbols. Give me frozen images. Give me something I can rely on.” Loving truth says, “*Only give me this moment.*”

Fear would walk you on a narrow path promising to take you where you want to go. Love says, “*Open your arms and fly with me.*”

Every moment of your life you are offered the opportunity to choose – love or fear, to tread the earth or to soar the heavens.

By Emmanuel, Curated by Patricia Ann

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Edited by Darlene Anderson-Alexander

Notes From the Administrators

Happy New Year!

We made it! 2023 is here and we are looking forward to an exciting year here at Keystone Place at Wooster Heights.

I am personally looking forward to the New Year and am excited to announce the hiring of a new Director of Dining Services – Don Luth. Don comes to us with years of experience. He previously worked for an assisted living community in Litchfield, CT. Don is excited about the new challenge ahead.

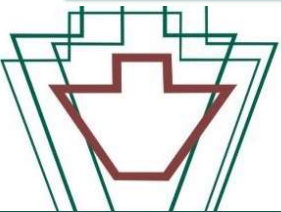
I would also like to announce the promotion of Michelle Pais. She will become our Scheduler/Staff Development Coordinator. Her replacement as Concierge is Christina Cerone. Please congratulate Michelle and welcome Christina to our Community!

I would like to thank the residents for their generous holiday gifts. The Employee Appreciation Fund raised over \$19,000. I know that staff was very grateful for what everyone was able to give.

We thank you for making Wooster Heights your home.

Peter Francis
Executive Director

January 2023



Keystone Place
at Wooster Heights

Keystone Operations

On behalf of our Wooster Heights staff, I would like to thank all residents and family members who contributed to this year’s *Employee Appreciation Fund*. As you know, our staff are not permitted to accept tips or gratuity of any kind. However, all donations made to the *Employee Appreciation Fund* are distributed to all staff in the Community during the holidays. The funds are anonymous and are distributed based on the employee’s length of time of employment as well as their status as full- or part-time. This act of generosity on the part of our residents was greatly appreciated.

Thank you and here’s to a Happy New Year for All!

Elizabeth DaSilveira
Director of Operations



Upcoming January Events

1st – **New Year's Day** ~ Welcome 2023!
2nd – **National Science Fiction Day**
9th – **Book Club Reboot**
10th – Visit from the *Danbury Library*
11th – Visit from *Better Place Forests, CT*
16th – **Martin Luther King, Jr. Day**
22nd – **Chinese New Year** ~ Year of the Rabbit
24th – **National Compliment Day**
25th – *Sharing With Sharon*
29th – **National Puzzle Day**

Regular Events

Mass and Rosary Tuesday & Thursday, 9:45am

Chair Yoga Monday, Wednesday, Friday, 10am

Crosswords Monday, Tuesday, Thursday, Friday,
11am

Stretch and Balance Sunday, Wednesday, Friday,
and Saturday

Pub BINGO! Tuesday & Thursday 3pm and
Saturday 1pm

Team Trivia Wednesday 1pm

Friday Afternoon Games 1:30 pm

Knit & Crochet Club Friday 9:30

Happy Hour Friday 3pm

InMemoriam



Ruth DiFazzio
Celine Kertesz
Tom Frizzell

Living an Active Lifestyle

Lisbetty Y. Quiroz-Doghudje, MSN,
RN, AAA, EMT, CPC.

An active lifestyle is very beneficial. It has both immediate and long-term benefits. On a daily basis, being active can help improve your mood which may prevent depression and reduce stress. Over time, it may help you perform daily activities more easily, control your weight, and help lower the risk for cancer, heart disease, diabetes, and stroke. Some examples of simple ways to increase your level of activity is by using the stairs (safely) and taking “the long way around” when going from your apartment to the dining room, pub, or activity rooms. Incorporating small changes in to your daily activities may result in big improvements in how you feel.



Happy New Year!

Joel Vega, Memory Care

A new year is a chance for new beginnings and resolutions! Make sure to give yourself a lot of resolutions so that if you keep at least one of them it counts as a win!

I'll be giving up coffee for the new year right after I drink through my current life-time supply of Folger's!

The Marketing Department, by Sharon

Welcome January, Welcome 2023!

So here we are in January, the month that everyone promises to reinvent themselves. The new year's resolutions are thrown out there faster than Gerrit Cole pitching for the Yankees. While it is nice to attack the new year with big goals remember to not be too hard on yourself.

One of my fondest memories (big sarcasm here) was during my years managing a gym and January came around. Everyone was going to make those changes in diet, work out daily, vow to get healthy, and break all the bad habits. After years of health club experience, I knew if my patience could hold on until March the madness would be over. Most people will dedicate the first month to their goals but by the second and third they realized there's no magic elixir and that hard work and habit changing were the only answer.

Personally, I look at every day as a great time to reinvent myself. I set daily goals, work on healthier habits, and just try to be better daily. I am not saying I'm completely removed from that December 31st hype but I try not to shout my hopes for the new year; I softly whisper them to myself to ease any personal embarrassment should I fail miserably.

One thing I will shout from the mountaintop this year is my resolve to bring Keystone Place to a higher sense of community by introducing more new faces to our already wonderful family. We ended 2022 on such a high note I feel that there's no place to go in 2023 than up, up, up!

Happy 2023 Keystone Family I cannot wait to see what this year brings.



A big **Keystone Welcome** to
Joe Lifrieri * Moritoshi Ohtduka (“Oscar”)
Mary Jane (“MJ”) Sinnott * Sam “Eva” Cano



Capricorn
The Goat

January Trivia



Aquarius
The Water Bearer



January is named for the ancient Roman god Janus who is thought to have presided over the dawning of each new year. He was often referred to as the “god of beginnings.” The image of Janus is often symbolized by a face that looks both backward and forward at the same time— a reminder to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.



Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- AQUARIUS
AUSTRALIA DAY
CALENDAR
CAPRICORN
CARNATION
CHINESE
NEW YEAR
- COLD
FIRST
GARNET
GOAT (Capricorn)
- GOLDEN GLOBES
JANUARY
MARTIN L. KING (Day)
NEW YEAR'S DAY
WATER BEARER
(Aquarius)
WINTER

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.