



PeoplesBank

**Open on Wednesdays
from 9am to 1pm**

WELCOME:

**DISCOVERY SERIES W/
HEALTHPRO:
FALL RECOVERY!**

**GLENMEADOW STORE
HOURS 10:00am to noon
Monday and Thursday**

**TRIP BOOK—
RESIDENT RUN TRIPS**

Please be reminded to check in the front page of the Trip Book often. There is a listing of all of the trips resident's are attempting to fill. If you initiate a trip, be sure to direct people to sign up there at least 7 days prior.

Glenmeadow Times

A Monthly Communication Source for Residents

Happy Birthday to you...

JANUARY 2019

Tom Smith	02	Barbara Meister	19
Norman Fleishman	03	Claire O'Brien	19
Frances Townsend	04	Judy McGinty	20
Cissie Kitchener	06	Merle Ryan	22
Efrem Gordon	07	Paulie Sample	25
Russell Cobbs	10	Selma Cooley	28
Jean Carbonneau	11	Temmy Janofsky	28
Bea Rosenbloom	17	Erich Plaut	30
Martha Gizynski	18		

Campfire Stories and S'MORES!

Do you remember sitting around the campfire at night and telling ghost stories and/or crazy silly stories to each other?

Well if so, come to the Theater on Friday, January 25th at 3pm for some stories and to make your own s'more!

Wear your cozy flannel if you have it for our "fireside" gathering and bring a story if you'd like to share—be it ghost story, or just scary, or just silly!



Happy Retirement Carol!

Carol Baj, lead concierge and loyal Glenmeadow staff person for over 20 years will be retiring on her birthday! January 22 will be her last day. Come celebrate with her in the Cotz Hall from 3 to 4pm on the 22nd and wish her well on her new chapter!

REMINDER:

There is a "HEARING LOOP" in the Theater. If you have trouble hearing with your hearing aides, you only have to turn on the T-coil switch. If you do not know if you have one, or if it has not been initially activated, you can reach out to your audiologist to have them turn it on for you and show you how to do it.

Piano Recital...

Returning to Glenmeadow on January 19th at 1:30 pm -Award Winning Piano Students of Galina Gertsenzon, who also performed at the prestigious Carnegie Hall in New York. The program will include solo and duet selections by Bach, Grieg, Saint-Saens, Chopin and other classical composers.

TRAVELING OUT...

HADLEY STORES

Trader Joes, Whole Foods, Michaels, Marshalls, Barnes & Noble and more.

Wednesday, January 16

Depart 1:00pm from Main Lobby

ENFIELD SHOPS

Target, Kohls, Best Buy, Michaels, Bed Bath and Beyond, Ocean State Job Lot, and more.

Wednesday, January 30

Depart 1:30pm from the Main Lobby

OPEN TRAVEL EVERY WEDNESDAY FROM 9:15AM TO 4:30PM.

Please remember if you have an appointment, that you allow plenty of time.

Regular Transportation...

MONDAYS

Walgreens & East Longmeadow Stores

Depart: 9:30am – Main Lobby

TUESDAYS

Longmeadow Shops

Depart: 9:30am – Main Lobby

WEDNESDAYS

Open Travel from 9:15am to 4:30pm

Depart Main Lobby

FRIDAYS

Longmeadow Shops

Depart: 1:00pm – Main Lobby

SUNDAYS

Transportation to area worship services available from the Main Lobby between the hours of 9:00am and noon.

Please sign up in the trip book.

More Community Events:

EVENING MUSIC PROG./KP

Thursdays at 6:00pm

St. ANDREWS Communion/KP

Wednesday, January 2 at 10:30am

DR JARED DAY LECTURE/CH

Friday, January 4 and 18 10:30am

CARD MAKING W/LAURA

Wednesday, January 2nd and
Tuesday, January 15 at 2:45pm/AS

DISCUSSION W/SAUL/TH

Monday, January 14 at 7:30pm

FOOD COMMITTEE/TH

Tuesday, January 8 at 11:00am

CATHOLIC MASS w/FR. CJ/KP

Wednesday, January 9 at 10:15am

FIRE SAFETY&DISASTER TRAINING/CH

Wednesday, January 9 at 3:00pm

ART DISCUSSION w/DEB/WC

Thursday, January 10 at 1:00pm

WEIGHT A MINUTE/SL

Friday, January 11 and 25 11:00am

TOP TOPICS/TH

Friday, January 11 at 3:30pm

FIRST CHURCH SERVICE/KP

Wednesday, January 16 at 10:15am

WRITER'S WORKSHOP/Greenleaf

Wednesday, January 16 at 11:00am

SHORT STORIES W/MEGHAN

Wednesday, January 16 at 2:30pm

BIRTHDAY CELEBRATION /CH

Wednesday, January 16 at 3:00pm

COCKTAILS w/Anne T./CH

Thursday, January 17 at 4:00pm

MEMORIAL SERVICE/FLR

Friday, January 18 at 2:30pm

JOHN FITZGERALD/THEATER

Monday, January 21 at 7:15pm

SHMOOZIN' W/RABBI KOSOFSKY

Tuesday, January 22 at 2:00pm

RESIDENT ASSOCIATION MEETING/CH

Thursday, January 24 at 4:00pm

LET'S DEBATE/TH

Friday, January 25 at 3pm.

RESIDENT COUNCIL MEETING/TH

Monday, January 28 at 4:00pm

Weekly Wellness Programs...

MONDAYS

9:00am– Group Exercise/WC
10:00am – Group Exercise/CH
10:00am - Aquacise w/George
11:00am - Tai Chi
1:00pm-**EXERCISE for PARKINSONS**
2:00pm—Resistance Training/WC

TUESDAYS

9:30am—Get on the Ball/CH
1:00—OTAGO BALANCE
2:00pm - Strength Training – WC
3:00pm—MEDITATION

WEDNESDAYS

10:00am—Yoga Stretch
11:00am—Aquacise
2:00pm—Music and Movement/WC

THURSDAYS

9:30am—EXERCISE for ARTHRITIS
10:-30– BANDS AND BALANCE
11:00am– Water Works
1:00pm—Open Gym/ WC
2:00pm— Strength Training Class/WC*

FRIDAYS

9:00am – Group Exercise/WC
10:00am – Aquacise w/George
10:00am – Weight Training w/Lisa/WC
11:00am - **Range of Motion /TH**

SATURDAYS

11:00am - Stretch & Tone/CH

Memory Café and Support Groups Information

Did you know that Glenmeadow has two Caregiver Support Groups that meet monthly? We have one that meets on the 1st Tuesday of the month at 5:30pm and one on the 3rd Thursday at noon. Both provide a meal and wonderful support for people caring for a loved one with any form of dementia.

We also have a Memory Café which is a more social gathering for both the person living with dementia AND their care partner to come together with others who are in similar situations for an enjoyable afternoon.

Strong bonds and relationships can be built at any of these offerings.

Please join us if you feel any of these services could be helpful.

These groups are also open to the community, so if you know of anyone who could benefit, please share this information with them as well.

Movies...

Wednesday Opera Evening will now be called "Theatrical Productions" Movies to expand the selections.

Tuesday, 1/1

7:30pm—Theater

New Year's Eve Gala: Richard Strauss

Wednesday, 1/2

7:30pm—Theater

Antarctica: A Year on Ice

Friday, 1/4

6:30pm—Kirkham Parlor

Dad

7:30pm—Theater

Seasons

Saturday, 1/5

3:00pm—KP and 7:30pm—Theater

RBG

2018 PG 1h 37m

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court.

Sunday, 1/6

2:30pm—KP and 7:30pm—Theater

Mendela: Long Walk to Freedom

Monday, 1/7

7:30pm—Theater

Seraphine

Tuesday, 1/8

7:30pm—Theater

Glass: A Portrait of Phillip in 12 Parts

Wednesday, 1/9

7:30pm—Theater

Message in a Bottle

Friday, 1/11

6:30pm—Kirkham Parlor

Lions for Lambs

7:30pm—Theater

The Immigrant

Saturday, 1/12

3:00pm—KP and 7:30pm—Theater

Adrift

2018 PG-13 1h 37m

Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved.

Sunday, 1/13

2:30pm—KP and 7:30pm—Theater
House of D

Tuesday, 1/15

7:30pm—Theater
Mozart's Magic Flute

Wednesday, 1/16

7:30pm—Theater
The Theory of Everything

Friday, 1/18

6:30pm—Kirkham Parlor
 Nuts
 7:30pm—Theater
 The Journey

Saturday, 1/19

Madame
 2018 NR 1h 31m

When Anne and Bob host a dinner for their refined friends, the surprise arrival of Bob's son brings the guest list to an unlucky 13. To fix the situation, superstitious Anne disguises her maid as an urbane guest -- which creates a bigger problem.

Sunday, 1/20

2:30pm—KP and 7:30pm—Theater
In between

Tuesday, 1/22

7:30pm—Theater
The Music Man

Wednesday, 1/23

7:30pm—Theater
The Natural

Friday, 1/25

6:30pm—Kirkham Parlor
 The Birdcage
 7:30pm—Theater
Mr. Holmes

Saturday, 1/26

3:00pm—KP and 7:30pm—Theater
 The Immortal Life
 of Henrietta Lacks
 2017 TV-MA 1h 33m

In 1951, doctors harvested cancerous cells from an unwitting Henrietta Lacks, who died later that year. This riveting drama recounts her daughter's quest to learn about the mom she never knew and the medical breakthroughs that arose from those cells.

Sunday, 1/27

2:30pm—KP and 7:30pm—Theater
Film Stars Don't Die in Liverpool

Tuesday, 1/29

7:30pm—Theater
Close to You: Remembering the Carpenters

Wednesday, 1/30

Great Expectations

Follies to possibly morph into “GLENMEADOW’S GOT TALENT”

We want to try something new this year! We would like to meet with both residents and staff to discuss the idea of a Glenmeadow’s Got Talent event in lieu of the Glenmeadow Follies. This event could include acts by staff, residents, or a combination of both! Please join us to share your ideas on Friday, January 11 at 3pm in the Cotz Hall.

Regularly Scheduled Programs

SUNDAYS

Prog. Rummy/Cafe **1:30pm**

TUESDAYS

Scrabble/Cafe at 1:30pm

WEDNESDAYS

Open Studio—12:30pm

THURSDAYS

Bingo/CAFE- 7:30pm

FRIDAYS

Follow Me Art at 1:00pm

SATURDAYS

Afternoon Games at 2:00pm

A Moment with Meghan...

NEW MEDICARE CARDS

They have been sent! You should have received yours - if you have not received yours, please let Meghan know. She can help you make the necessary phone calls or on-line transactions. If you do have your card, please make sure Meghan has a copy for your Glenmeadow file.

LET’S TALK ABOUT

Do Not Resuscitate/DNR – many residents still have questions about what is a DNR? What does it mean? What does it mean when you don’t have a DNR completed? Meghan will once again have a presentation and discussion on DNR - this is an important topic to know about, and be comfortable with. Hopefully your questions can be answered. Please join her in the Theater on January 23rd at 11am.

WELLNESS MONTH!

NEW YEAR! NEW YOU!

We have a month filled with Wellness offerings and information to share for the new slogan running across the country right now “New Year, New You!” Here is a rundown of events:

Friday, January 4th at 1:30pm—The HealthPro Discovery Series will be focused on something several residents have asked about—**FALL RECOVERY**. How to help yourself when you have fallen and you are all alone and can not reach a pendant or are in other situations where help is not available.

Wednesday, January 9th at 2:00pm—Wellness Month **KICK OFF!** Members of the Wellness Staff will explain the different roles each play. Some confusion has been happening, so now is the time to come hear and to ask questions.

Monday, January 14th at 1:30pm—Debbie Padden and George DePina will talk about the new specialty programs they are going to be offering. Debbie’s “Exercise for Arthritis” has begun, and George will talk about the new program “Exercise for Parkinson’s”. Both will be offered to all, not just those living with these specific diagnosis. Debbie will also talk about the “Weight a Minute” program and the support group aspect of the meeting.

Wednesday, January 23rd at 3:00pm—Allison from HealthPro will talk about the variety of services they offer. Did you know they can work with you for Cardiac Rehab too! Come find out all about it!.

Wednesday, January 30th at 3:00pm—Emily and Laura will talk about the new initiative to lessen the number of falls people are having. They have staggering statistics that will prove how much exercise and movement can help you to “STAY ON YOUR FEET”, and will talk about a contest that will begin in February.