

## Happy Birthday...

Rasero, Judith	1-2
Smit, Gerry	1-11
McKee, Janet	1-13
Herbert Aldeman	1-28
Sheehan, Agnes	1-28
Walton, Grace Ann	1-31

## You share a birthday with...

Betsy Ross-January 1, 1752  
A.A. Milne-January 18, 1882  
Tom Selleck-January 29, 1945



### New Year's Eve Toast

You are never too old to set another goal or to dream another dream

~C.S. Lewis

## January is...

Soup Month  
Long Underwear Month  
Snowman Month  
Ski Month



These ladies are enjoying the Bonworth Fashion Show held on December 4th. Helen Ruggieri, Sally Jacks, and Peg Sanders are seen in these photos with one in particular looking like she's ready to dance! Go Helen!

## The Friendly Times January 2019

147 W. State Street, Kennett Square, PA 19348

610-444-2577 Friends Home

610-444-0741 Linden Hall

610-444- 8785 Admissions

[fhkennett.org](http://fhkennett.org)

## IN MEMORY OF HELEN HETRICK

Our precious Helen Hetrick died on December 18, 2018. Her smile and conversation always lit up the room.

Her laugh was contagious. Her repetitive comments will always be her trademark. The staff loved to spend time with her.

Helen loved her pink lipstick and Tommy Girl perfume and doing her fingernails.

The family is very appreciative of all of the TLC that she received both at LH and FH in the 6 years that she lived here.



Another resident will receive \$500 off their rent for one month, because someone they referred has moved into Friend Home! See Dot





Oh what fun it is to wrap gifts for the holidays!



Kudos to the ladies who participated and did such a great job wrapping!

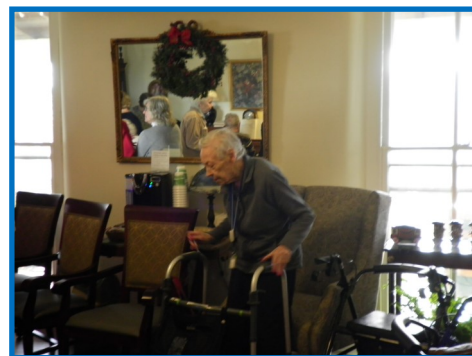
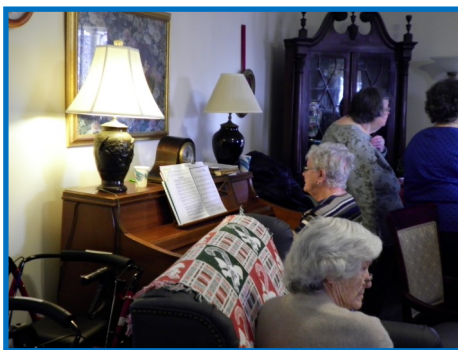
### Health Words

How to stick to your New Year's Resolution...

If you are thinking about starting something new this new year, here are some tips to help be successful!

1. Make small goals-For example if you would like to lose weight, skip dessert and go for the fruit.
2. Change one thing at a time-for example start with simple walks down the hallway before starting around the block.
3. Get a support group together who may want to share the same resolutions as you. You will have someone to vent to as well as cheer you on!
4. Just because you slip one day, remember there is always tomorrow!

~American Psychology Association



Members from Saint Michael's church joined in to help decorate the Friends Parlor tree on December 6th, while one played the piano and others sang Christmas carols with the residents. What a festive time of the year it was!

## Highlights for January

Tuesday, January 1-Happy New Year

Thursday, January 3-Trip to Library-1:30

Friday, January 4-Trip to Walmart-10:30

Tuesday, January 8-Sing-A-Long with Philly Stage-Tuesday's at 10:00

Music with Bryan Herber-2:00 at FH; 3:00 at LH

Friday, January 11-Shopping-Dollar General and Ollies-10:30

Saturday, January 12-Music with Don and Diane-2:00 at LH

Monday, January 14-Music with Quentin Jones-FH-3:00

Wednesday, January 16-Mass with Father Rogers-2:30 at LH

Thursday, January 17-Trip to Library-1:30

Friday, January 18-Shopping at Giant and Walgreens-10:30

Monday, January 21-Martin Luther King Jr. Day

Tuesday, January 22-Trip to TJ Maxx-1:30

Wednesday, January 23-Switzerland with the Mieswinkle's-1:30 at LH

Friday, January 25-Slide Show with Benjamin Soffer-2:00 at LH; 3:00 at FH

Sunday, January 27-Glenn's One Man Band-2:30 at LH

Monday, January 28-Lunch from Buddy's Burgers-12:00 at LH

Wednesday, January 30-Pancakes for Supper at LH-5:00

Thursday, January 31-Trip to the Library-1:30

