



Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living · 1221 Lodge Lane Wilmington, DE 19809 · 302-757-8100



Celebrating January

New Year's Day

January 1

Epiphany

January 6

Orthodox New Year

January 14

Makar Sankranti (Hindu Harvest Fest)

January 15

Tu B'Shevat & Martin Luther King Day

January 21

Australia Day

January 28 (observed)



For Old Times Sake

When the clock strikes midnight at the end of December 31, the first thing many New Year's Eve revelers are likely to hear is the song "Auld Lang Syne." The song has a long history of being sung to mark the end of something, a graduation, an evening out, even a concert.

In 1788 Robert Burns sent the poem 'Auld Lang Syne' to the Scots Musical Museum, indicating that it was an ancient song but that he'd been the first to record it on paper. The song is all about preserving old friendships and looking back over the events of the year. Although it is thought to have several different meanings the Scottish government goes with translating the title of the popular song "for old times' sake." Auld Lang Syne wasn't always a hit on New Year's.

Canadian bandleader Guy Lombardo helped make it a New Year's Eve tradition in the United States.

Long before Dick Clark's New Year's Rockin' Eve became an end-of-year entertainment tradition, there was the New Year's Eve concert hosted by Guy Lombardo.

But where did Lombardo get the idea to make the song part of his New Year's Eve repertoire? *Auld Lang Syne* was their bands theme song long before anyone ever heard it on the radio. In Lombardo's part of western Ontario, where there's a large Scottish population, it was traditional for bands to end every dance with *Auld Lang Syne*. Lombardo didn't think it was known here in America. When he left Canada, he had no idea he'd ever play it again.

People then, as now, thought the song was cheesy, Lombardo however didn't care. Now Auld Lang Syne is a tradition that can't be forgotten much like old acquaintances.

Join Lodge Lane for old times' sake for a New Year's celebration on January 1, 2019 at 3:00pm. Kick off the new year enjoying some music and refreshments.





Thank You All!

A special thanks to all the residents and family members who participated in our Hanukkah menorah lighting! We appreciate your contribution in making it a festive celebration.

January Events

Community Service Presentation

January 15, 2019

5:30pm -7:00pm

Lodge Lane Chapel

1221 Lodge Lane

Wilmington, DE 19809

Attention veterans, widows of veterans, and seniors, Lodge Lane assisted living invites you to a special community service presentation.

Please RSVP by January 10, 2019

Please see Melissa in marketing for more details.



Wise Aging

Aging is inevitable. We start to age from the time of birth. And as we get older, we face some challenges and changes. However, there is no need to dread the thought of getting older. *Wise Aging: Living with Joy, Resilience, & Spirit* rewrites what it means to grow older by giving us the tools we need to live with renewed energy, intention, and joy even as we navigate the challenges of aging.



Writers, Cowan and Thal, explore a wide range of issues including: relationships with adult children and spouses, body image, romance; living with loss, and cultivating well-being. With the same warmth, humor, and wisdom that draws thousands to their innovative workshops on aging, the authors deliver practical, real world suggestions, journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how to age well.

Join our *Wise Aging* group coming in January. This intellectually stimulating program will be facilitated by Lodge Lane's own Charlotte Z. Check out the calendar for details.

Standing Tall

Some kings rule their kingdoms sitting down
Surrounded by luxury, soft cushions and fans
But this King stood strong
stood proud
stood tall

When some yelled for violence
For angry revenge
An eye for an eye
And a tooth for a tooth
He stood his ground
Preaching peace

And when some spit out hate
He stood there smiling
Spreading love
Until it rolled like the sea across the land
Sweeping away Jim Crow
Breaking down the walls
Ringing the bell
Joyfully

For Freedom
But this King
even in death
even today
stands strong
stands proud
stands tall
And we remember



Healthy Snacking

In January we celebrate popcorn day. Contrary to what people think popcorn is a very healthy snack. When we talk about the benefits of eating popcorn, we're talking about air-popped popcorn, not the fatty,



butter-drenched stuff you get at the movies. Research has shown that it helps fight cancer, fills you with fiber, and has more antioxidants than fruits and vegetables. The healthiest type of popcorn is air-popped, which only has 30 calories. You can use a hot air popper or try this hack: Put 3-4 tablespoons of kernels in a brown paper bag, fold the top of the bag twice to make sure it's closed, and then microwave for two minutes. But let's get further into how popcorn can do all of these amazing things.

One of the many powers of polyphenols, like those found in popcorn, is their ability to block enzymes that cancers need to grow and, in doing so, regulate the spread of cancerous cells. The traditional way to reap these health benefits is by eating fruits and vegetables, but the high concentration of polyphenols makes eating popcorn a healthy alternative. Since they can also prevent inflammation and plaque buildup, foods rich in polyphenols can help prevent cardiovascular disease. Join activities for popcorn day as we share this tasty treat with everyone. Check out the calendar for more details.

Popcorn Balls

- 2 tbsp Butter
- 1 bag marshmallows *mini*
- 12 cups Popcorn *plain, unsalted, popped*
- 1/2 cup Cashews *unsalted*
- 1/2 cup Raisins

Instructions

1. Melt butter in saucepan over low heat.
2. Add marshmallows and stir until melted, approximately 10-12 minutes.
3. Pour out unpopped kernels from popcorn.
4. In a large bowl, combine popcorn, cashews, and raisins.
5. Pour melted marshmallows over popcorn mixture and fold to combine.
6. Rub hands with butter to prevent sticking. Form 12 balls approximately 2 1/2 inches wide and place on wax paper to cool (about 10 minutes).

JANUARY BIRTHDAYS

LILLIAN B. JAN 25
 AGNES C. JAN 6
 JANE E. JAN 24
 TERRY O. JAN 1
 JESSICA B. JAN 2
 CINDY N. JAN 6
 JOHNNA H. JAN 21

Celebrity Birthdays

Paul Revere (revolutionary) – Jan. 1, 1735
 J.R.R. Tolkien (author) – Jan. 3, 1892
 Diane Keaton (actress) – Jan. 5, 1946
 Elvis Presley (musician) – Jan. 8, 1935
 Richard Nixon (president) – Jan. 9, 1913
 Julia Louis-Dreyfus (actress) – Jan. 13, 1961
 Michelle Obama (first lady) – Jan. 17, 1964
 Dolly Parton (musician) – Jan. 19, 1946
 Gertrude Elion (Nobel Prize winner) – Jan. 23, 1918
 Neil Diamond (singer) – Jan. 24, 1941
 Etta James (singer) – Jan. 25, 1938
 Wolfgang Mozart (composer) – Jan. 27, 1756
 Oprah Winfrey (TV host) – Jan. 29, 1954
 Jackie Robinson (ballplayer) – Jan. 31, 1919

DELI DAYS

Lodge Lane Deli Hours
Tuesdays and Thursdays
Noon- 1:30 p.m.
Serving Deli Sandwiches & Sides
Cash Purchases Only
Please see the Front Desk for current pricing



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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George Black, Director of Community Works

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Words of Wisdom

"Life is about striking the perfect balance and since nothing in life is perfect, we have to do the best with what we got."

-Anquanette Gaspard

"No matter the number of times you fail you must be determined to succeed. You must not lose hope. Don't stop in your storm."

-Tony Narams,

"No matter how tall the mountain is, it cannot block the sun."

-Chinese Proverb

"Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up."

- Brittany Burgunder

"Always do what is right. It will gratify half of mankind and astound the other."

-Mark Twain