



# HAWTHORN HAPPENINGS

## December 2008

*Holiday Greetings from our Administrator*

Happy December everyone!!! It's hard to believe 2008 is winding down. It has been a wonderful year here at the Hawthorn House. We are bursting at the seams with a full house and a trained staff to love and care for all our residents. We've danced at the Valentines Ball, got our toes wet at the beach, exercised in at the pool, woke up with Tai Chi, and gave hope to hundreds of local breast cancer survivors at the Breast Cancer Walk. We have made it though a major staffing change; going from a contracted dining services, to our own Hawthorn House dining services. We opened the Olive Juice Café. Opened our doors to BHV and TV residents through the Diabetic Support Group.

And the year's not over just yet. This month we have the first ever "Camping trip" to Callaway Gardens, another great Christmas Gala, and many other activities that Leigh has up her sleeve.

I want to thank everyone for all of their thoughts and prayers over the last couple of months. They were much needed and greatly appreciated.

I wish you all a Very Merry Christmas and a wonderful 2009!!

### INSIDE THIS ISSUE

WELCOME/BIRTHDAYS	2
ANNOUNCEMENTS	3-4
HEYEN LIBRARY NEWS	5
DEPARTMENT NEWS	6-9
SODUKU	10
JUST FOR FUN	11

### Important Numbers

Hawthorn House Front Desk - 609-2550

Nurse on Call/ After Hours - 699-7716

Emergencies - 699-7716

Transportation - 651-1555

BHV Front desk - 651-2635

Front Gate/BHV security- 685-2532

For transportation **after 4:00**, please call the 699-7716 number, this will connect you to the on call nurse.



Hawthorn House  
1200 Hawthorn House Drive  
Shalimar, FL 32579  
850-651-3013 or toll free 1-866-312-1703  
E-mail: hhast@afev.us  
Website: www.afenlistedwidows.org  
License # AL 10706



# Birthdays

## Residents

Betty Harris– 2nd  
Jo Samoy– 3rd  
Marie Bruce– 30th  
Violet Coker– 31st

## Staff

Nancy Twitty– 6th  
Angela McClenahan– 12th  
Leigh Rice– 29th  
Jennifer Carron– 30th

## Welcome

Goldia McCoy  
Barbara Culpepper  
Della Phee

## Farewell

Ken Dilbeck  
We are lucky to have known you.

## Goodbye & Good Luck

Jerry Spears  
Peggy Dype

# Tips for Holiday Eating

**1. Avoid carrot sticks.** Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

**2. Drink as much eggnog as you can.** And quickly. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something. It's a treat. Enjoy it.

**3. If something comes with gravy, use it.** That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.

**4. As for mashed potatoes...** Always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

**5. Do not have a snack before going to a party in an effort to control your eating.** The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?

**6. Under no circumstances should you exercise between now and New Year's.** You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

**7. If you come across something really good at a buffet table,** like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.

**8. Same for pies.** Apple. Pumpkin. Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?

**9. Did someone mention fruitcake?** Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.

**10. One final tip:** If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread all tips; start over, but hurry, January is just around the corner.

### Sudoku

The standard Sudoku grid is subdivided into nine 3x3 boxes containing 9 squares each. The object of the puzzle is to fill each row, each column, and each 3x3 box with each of the numbers 1 to 9. You may not repeat a number within a row, column or box.

43

					8			
3	7	5			9	2		8
	8			5				9
2						8		
	6		4		5		2	
		1						3
9				3			8	
1		4	8			7	3	6
			6					

## Announcements

Please make your reservations for the Christmas meal as soon as possible. See Kelly in the front office to RSVP and pay for your guests.

Congratulations to **Hawthorn House Star Performer Andre Markcoch** for the month of **November**. Thank you for your kindness and great sense of humor.

Don't get stuck without stamps this holiday season. Remember, you can request your holiday stamps to be delivered by the postman. Please see Pat at the front desk for more information.

Please remember that employees of Hawthorn House are not allowed to accept gifts from residents. If you would like to express appreciation to a staff person at this time of year, please do so by giving them a smile, hug, or a holiday card. Thank you!

## Announcements

The U.S. Department of Veterans Affairs (VA) announced that eligible veterans will see an increase in the mileage reimbursement they receive for travel to VA facilities for medical care.

The mileage reimbursement will increase from 28.5 cents per mile to 41.5 cents per mile for all eligible veterans.

While increasing the payment, the current deductible amounts applied to certain mileage reimbursements will remain frozen at \$7.77 for a one way trip, \$15.54 for a round trip, and capped at a maximum of \$46.62 per calendar month. On January 9, 2009, these deductibles will decrease to \$3 for a one way trip, \$6 for a round trip, with a maximum of \$16 per calendar month. Deductibles can be waived if they cause a financial hardship to the veteran.

If you would like any assistance in sending out Christmas Cards, please let Leigh in activities know.

We will also have someone here on the 12th for you packing and shipping needs.

Cracker Barrel will be bringing their country store to us. Friday December 12th 8-4. This is a perfect opportunity to get some holiday shopping done. This will be the 3rd year that Cracker Barrel has come to Hawthorn House and they always have wonderful sale prices for us. Please invite friends and family to come out that day.

## News

### Building Operations

Your Maintenance Department wishes all of you a Merry Christmas and Happy New Year.

#### The Nicest Present

Under the tree the gifts enthrall,  
But the nicest present of them all  
Is filling our thoughts with those who care,  
Wanting our Christmas joy to share.  
To you, whom we're often thinking of,  
We send our holiday joy and love.

*By Joanna and Karl Fuchs*



# Department

## Housekeeping

Seasons Greetings to all,

Just a note to all....if you have anything that you want to donate to the Agape Mission Store....just let anyone of us in Housekeeping know and I will set a time...probably every month, to drop off any clean clothing items or household goods you don't want...it helps you make room in your closet and helps the Mission with their school. Thank you to all that donated last week...it all goes back into the community.....and that's a good thing!!

"Much Luv and Best Wishes for a  
Blessed Holiday Season"

From all of your Housekeeping Staff  
Mickey C...Janie Sasser...Trisha Imler.... Renee Roush

## Nursing

Flu Shots will be given on  
Friday, December 12th

Between the hours of 8:30 and 11:30 at the  
Bob Hope Village Ball Room

If you would like to get a flu shot at this location. Please let our nursing staff know and we can assist you in getting to Bob Hope Village on that day.

## Heyen Library News

New Books for December:

<u>Title</u>	<u>Author</u>
Indian Summer of the Heart	Daisy Newman
All Creatures Great and Small	James Herriot
The Ghost	Robert Harris
The Watchmen	Robert Crais
Q is for Quarry	Sue Crafton
Hornet Flight	Ken Follett
Leaving Eden	Anne D LeClaire
Her Royal Spyness	Rhys Bow

# Department

## Activities

### *Happy Holidays*

The season is in full swing. I hope everyone had a wonderful Thanksgiving. We have a calendar full of great activities scheduled for you this month. Many events are planned for the evening and the weekends for your enjoyment. Please keep in mind that groups coming in are volunteering their time in hopes to make your holidays a little brighter. Let's all show our support by coming to hear them perform.

I will be in training the first week of the month and Lorna Leigh will be taking over the Activities department. Lorna has some great things in store for you including holiday baking, and she will be showing some Christmas Movies that are very dear to her heart. She will also be continuing with our favorites; bingo, fit and fun, and Wii. You know she is always full of surprises, so don't miss out.

If you enjoy holiday lights, please be sure to mark you calendar for the Christmas lights outings. We will be taking trips at both 5:30 and at 6:30 to accommodate the different meal times. We will have sign up sheets on the bulletin board in the atrium for these trips.

Our biggest and most anticipated event for the month will be our Holiday Gala that we will celebrate on the 19th. This will be a special evening and we would love for you to invite friends and family. This event will take the place of the evening meal for all residents. Cost for guests will be \$8.00 and this will include heavy hors d'oeuvres and beverages. Tickets can be purchased in the front office.

Have fun and stay active,  
Leigh

# News

## Admissions

*Greetings and Happy Holidays to everyone at Hawthorn House. I would like to thank each of you for your kind words of encouragement as I transform to my new position as admissions coordinator. It is nice seeing you in the daylight hours.*

*Many of you have volunteered for the Ambassador program and I really appreciate the efforts to make the new residents feel at home. If anyone is interested in becoming an ambassador please come by my office and see me. No experience necessary.*

*Christmas at the Hawthorn House is always a special time. Every year when the Hawthorn House Tree and*

## BHV Resident Services

*garland go up, I am in awe. I am so grateful for the privilege we have to work and live in such a beautiful place. May God bless each of you during this special season of joy.*

*Angela Guimond*