



January 2012

Dear Family Members,

Wow! Another year has come and gone and hopefully we now head into 2012 with new resolutions, goals and the sense that spring really *is* just around the corner. But as I grow older, I feel as if time is passing too fast. It seems like only yesterday that I was writing the 2011 January letter. Have you ever wondered why life seems to pass more quickly as you get older?



Psychologists think the best answer for this phenomenon is that the early years are full of first-time events - your first date, the birth of your first child, that first big vacation, etc. When you first experience something, your brain does not have memories to draw on, so it has to create new memories and store large amounts of new sensory data. Once the experience is routine, memories are not packed with so much information and the corresponding perception of time is altered.

So here is the key to slowing down the pace of life (at least psychologically): As much as possible, take advantage of new and unique experiences. When we go to the same places and do the same things, we don't make distinct memories and time seems to fly by. Focus on positive (rather than negative) past memories, try to live more in the present, and hold a positive perception of the future - envision a future full of hope and optimism.

January 27<sup>th</sup> is Holocaust Remembrance Day. The **United States Holocaust Memorial Museum (USHMM)** is the United States official memorial to the Holocaust. Adjacent to the national Mall in Washington, D.C., the USHMM provides for the documentation, study, and interpretation of Holocaust history. It is dedicated to helping leaders and citizens around the world to confront hatred, prevent genocide, promote human dignity, and strengthen democracy. Since its dedication on April 22, 1993, the Museum has welcomed nearly 30 million visitors, including more than 8 million school children. It has also welcomed 91 heads of state and more than 3,500 foreign officials from over 132 countries.



It's time for the Sweetheart's Day Flower Sale. The Women for Greenwood House are once again offering carnations for just a dollar apiece so that you can show your appreciation to the staff or your affection for a resident. Orders must be received by February 3<sup>rd</sup>. Please see the enclosed flyer for details.



And for those of you that like Hamantashen cookies, [see enclosed flyer] the deadline to order is February 24<sup>th</sup>. (More about Purim will be in the February letter.)

*Tu B'Shevat*, the 15th of Shevat on the Jewish calendar — celebrated this year on Wednesday, February 8, 2012 — is the day that marks the beginning of a “New Year for Trees.” This is the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. *Tu B'Shevat* can be celebrated by eating fruit, particularly from the kinds that are singled out by the Torah in its praise of the bounty of the Holy Land: grapes, figs, pomegranates, olives and dates.

From all of us here at Greenwood House, we wish you good health, peace, and a Happy New Year! Deborah Hunter - Assistant Executive Director



**FROM THE DESK OF LAURINA KULIGOWSKI: DIRECTOR OF ACTIVITIES**  
**THEME: "DRAGON OURSELVES INTO JANUARY"**

**GREENWOOD HOUSE**

Thursday January 5<sup>th</sup>: Simple Science for Seniors @ 2:30 pm  
Friday January 6<sup>th</sup>: Arts of the Masters @ 2:30 pm  
Friday January 6<sup>th</sup>: Trip to Casino @ 1 pm  
Sunday January 8<sup>th</sup>: Entertainer: Jerry Spathis @ 2:00 pm  
Wednesday January 11<sup>th</sup>: Volunteer Entertainer: Piano Player/ Dave Saltzman @ 2:30 pm  
Thursday January 12<sup>th</sup>: Mother Daughter Hair Fashion Show Day @ 2:30 pm  
Sunday January 15<sup>th</sup>: Entertainer: De Javu @ 2:30 pm  
Wednesday January 18<sup>th</sup>: Funny Silhouette Day @ 2:15 pm  
Thursday January 19<sup>th</sup>: National Strawberry Ice Cream Day Social @ 2:00 pm  
Friday January 20<sup>th</sup>: Trip: Japanese Restaurant @ 10 am  
Sunday January 22<sup>nd</sup>: Jewish Community Service Meet & Greet/ Neil Weiss @ 9:30 am  
Sunday January 22<sup>nd</sup>: Entertainer: Bruce Copp @ 3:00 pm  
Wednesday January 25<sup>th</sup>: Chinese New Year Presentation @ 2 pm  
Thursday January 26<sup>th</sup>: National Activity Professional Day Social @ 2:00 pm  
Sunday January 29<sup>th</sup>: Jewish Community Service Meet & Greet/ Jackie Boden @ 9:30 am  
Sunday January 29<sup>th</sup>: Entertainer: Joe Parker @ 2:00 pm

**ABRAMS**

Tuesday January 3<sup>rd</sup>: Executive Functioning Brain Challenge by LK @ 2:30 pm  
Friday January 13<sup>th</sup>: Luncheon Trip - Runway/Mercer Airport Restaurant @ 10.45 am  
Monday January 16<sup>th</sup>: Popeye's B'Day and Nat'l Corn Chip Day Social 2:30 pm  
Tuesday January 17<sup>th</sup>: Travelogue w/ Sheldon @ 2:30 pm  
January 23<sup>rd</sup>: Chinese New Year Presentation by LK @ 2:30 pm  
January 24<sup>th</sup>: Funny Silhouette Day @ 2:15 pm  
January 27<sup>th</sup>: Trip: Japanese Restaurant @ 10:30 am  
January 30<sup>th</sup>: History of the Strawberry Ice Cream Day Social @ 2:30 pm  
Tuesday January 31<sup>st</sup>: Wally's Café @ 10 am

**Other Trip Information: Hunterdon Hills Playhouse - Both Abrams and Greenwood House**

**Sam Bobrick & Ron Clark's Hilarious Broadway Comedy Hit - Price: \$55.00 per person - includes dinner and show.**

**Skype - Monday - Thursday 4:30-5 pm or 6:30 pm-7 pm. Call Laurina in advance by calling 609 883-5391 ext 322. After 3:30 pm email: [lkuligowski@greewoodhouse.org](mailto:lkuligowski@greewoodhouse.org)**

**Skype- Sunday time slots 2-4:30 pm. Call Amber Shuman 609 883-5391**