

January 2025

Your Home Away From Home

Mrs. Bush's Personal Care Home

610-381-3713

www.mrsbushcares.com



BIRTHDAYS

Here's to Celebrating you!

Jan. 6: Marilyn B.

Jan 21: Gloria C.

**Happy Birthday to
each of you!**

CELEBRATE JANUARY

**January 12–18: Universal
Letter-Writing Week** (Write a
letter to Hunter and Ben, both boys will
be graduating Navy boot camp soon.
Give the letter to Carrie to mail!)

January 6: Epiphany

January 15: National Hat Day
(Wear your favorite hat today!)

**January 20: Martin Luther
King, Jr. Day**

January 24: Belly Laugh Day
(Share with us your favorite joke and be
entered to win a Mrs. Bush's Humor
Prize Pack!)

January 29: Chinese New Year

Editor's Desk

Happy New Year, and welcome to 2025! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead. I'm wishing all of you a year filled with **purpose**, **connection**, and **happiness**.

Have you thought about ways to start the year off on a positive note? One idea is to focus on nurturing both your physical and mental well-being. Research continues to show that staying mentally engaged and learning new skills can do wonders for brain health. Picking up a new hobby, exploring an interest, or even taking part in a discussion group can improve focus, memory, and overall **happiness**.

This month, why not challenge yourself to try one new activity? Whether it's joining in the walking club, expanding your creativity at an art class, or attending a talk, you'll be surprised how these experiences can energize you and **connect** you with others.

Our theme for 2025 is: **Purpose, Connection**, and **Happiness**. We hope that during the year you will find activities and events that provide you with a sense of **purpose**, that **connect** you to your family, your friends and the community, and at least one (but hopefully many more than one) moment of **happiness** each day.

Let us know how we can help you discover something new this month—you just might find your next passion!

Carrie Shafer, Community Life Director

SIGN UPS

Sign up for the following events in the West Annex Community Room. All costs go on incidental bills, unless indicated.

Due to the winter weather and severe cold, all trips for the month of January are on hold. If we have a day above freezing with sunshine, we may take an impromptu trip and it will be announced that day.

Jan. 6th at 12:15pm: Burger King- In honor of the creation of the Whopper...Whopper, Small Fry and Soda! SIGN UP by 1/3!
West Annex Community Room
Cost: \$8.00

Jan. 17th at 10am: Color Street Manicures- Manicures that last up to 2 wks or more!
West Annex Community Room
Cost: \$7.00

Jan. 21st: Massage Therapy-
Massage therapy by a licensed massage therapist.
Cost: \$35 (no tipping)

Jan. 24th at 12:15pm: Chinese- in celebration of the upcoming Chinese New Year, Chinese food take out.
West Annex Community Room
Cost: \$12.00

HAVE A SUGGESTION?

If you have any suggestions, compliments, or complaints, please feel free to share them at the suggestion box.

You can find our suggestion box in the West Annex Community Room. Your feedback will be reviewed monthly and discussed either in our monthly planning meeting (**1st Wednesday of each month at 3pm**) or in private with you.

ART AND CRAFT CORNER

Pictures of our crafts are on display on the café screen or channel 60!

Jan 2 at 1:30pm: Canvas Craft- Button
Jan 14 at 1:30pm: Craft- Salt Shaker Snowman
Jan 21 at 1:30pm: Craft- Snowman Hat
Jan 28 at 1:30pm: Canvas Painting: Valentines

Purls of Wisdom- Yarn Club-Every Tuesday at 9:15am

RELIGIOUS SERVICES

Protestant Services:

Jan 10th at 10am: Family Pillars
Jan 14th at 10:30am- Jerusalem UCC
Jan 15th at 2:30pm- Middlecreek Christian
Jan 28th at 10:30am- Living Hope Lighthouse

Catholic Services:

Every Sunday at 9:30am: Communion
Every Wednesday at 1:30pm: Rosary (in private dining room)
Jan 23rd at 10am: Mass

Bible Study:

1st and 3rd Wednesday at 10:30am: led by Pete and Jean DeSanto
2nd Wednesday at 10:30am: led by Loida

Hymn Sings:

Jan 29th at 10:30am: Join us as we sing our favorite hymns

Noticeboard

LOCAL NEWS

There's a lot happening in our town. Here's a story of something you might be interested in.

***FIRST BABY OF THE YEAR:** A Kunkletown couple's baby was born exactly at the start of 2025, St. Luke's University Health Network announced Wednesday. Owen Eugene Brewer was born to Nadia and Ethan Brewer at 12 a.m. on Jan. 1. He weighed 6 pounds and 3 ounces and was 18 inches long.

***HELPING OUR COMMUNITY:** A building on the property of Valor Clinic Foundation which assists Veterans in Kunkletown, dates back to the 1800s. The upstairs stores donated clothing for homeless veterans.

But the basement, covered in graffiti, has been left unused. Area historians say the basement was used as a stop along the underground railroad where escaped slaves could rest and hide on their way north.

So, volunteers with Wells Fargo spent the day Thursday using special paint to cover up and preserve the walls.

"Oh, it's just great that we have all these volunteers coming because a project like this today could take a month or so. But now we have five or six people out there running the paint brushes, folding the clothes." said Raymond Berger, a Valor Clinic Volunteer.

WRITING PROMPTS

Write a poem, a short story, an essay. Each month we will give a prompt, submit your entries by **January 24th**. We will pick one writing to be in our newsletter.

This month's prompt: What is love?

NEW RESIDENTS

A very warm welcome to:

- **Martha L.**
- **Jacqueline M.**
- **Mary S.**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome to those who joined our team in December!

- **Lindsey- Evening Shift**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mrs. Eva Knecht**
- **Mr. Robert Larimore**
- **Mrs. Mary Ann Hulsizer**

DRAWING PROMPTS

The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

This month's prompt: A Snowman or A Winter Scene

Submit your drawing by **January 24**.

LIBRARY SERVICE

We have a mobile library service (Western Pocono Library) that visits the 3rd Wednesday of the month at 10:30am in the West Community Room. If you would like this service, please stop down to meet the librarian.

If you are interested in audio books, due to poor vision, please see Carrie. There is a great free service available!

Don't forget we also have a house library, The Earline Terefenko Library in the south hall of our home that you can access at anytime!

MASSAGE THERAPY

Massage therapy is offered once a month by licensed massage therapist, Terri. Massage therapy is great for helping with circulation, pain management and relaxation.

Sign up in the West Annex Community Room for a 30 minute massage- this can be seated, focusing on a targeted area or a full body. Once signed up a order from your primary care physician will be obtained to approve you for massage services.

Your time will be given to you the day before service.

WAKE UP YOUR MIND

Join us every Friday at 9:30am for engaging brain exercises, trivia and more to stimulate your mind. Think of it as aerobics for your brain!

HOLIDAY DECORATIONS

Now that the holiday hustle and bustle is over, we'll be taking down our twinkle lights and decorations starting after the Epiphany on January 6th.

Be sure you pack up any holiday decorations in your home as well, including any wreaths or trees you might have put up for the season.

DAILY ANNOUNCEMENTS

Stay **connected** and tune to CHANNEL 60 each day to see announcements, menus, daily activity calendar and more!

Please report to Curt if channel 60 is not working.

WALKING CLUB

Join us every Wednesday at 9:30am for our weekly walking club. This is a great way to move your body, be with friends and see the home.

For 2025, we will be counting steps to walk across America. Join us for the walk, we will calculate our steps into miles and move us across the country! Can we walk to California in a year?

PURLS OF WISDOM-YARN CLUB

Every Tuesday at 9:15am, residents gather in the kitchenette area of our Community Room to work on yarn projects. All supplies are given to you or bring your own supplies. Our items are then donated to a local organization.