

## JANUARY 2012

### *A Message from the Executive Director:*

“Happy New Year”

While the New Year brings a perfect time for reflection of past memories; it is also a time for new beginnings, thus the reason so many of us make New Year’s Resolutions.

I like to begin a new year reflecting on the many things I have to be thankful for – family, friends, co-workers, and the privilege of holding a job that I truly enjoy. Feeling somewhat rejuvenated from two long weekends over the holiday season, I am ready to embark on an exciting New Year and an exiting year it will be for Buffalo Valley!

Very soon – only the groundhog knows for sure; we will break ground for our new Nursing Care Facility. This long-awaited project will finally become a reality. Very soon, our community will be “bursting with activity”. While many may feel this project has been a long time coming, I assure you that it will be well worth the wait!

In the meantime, we strive to provide the same good care and services as always – meeting our mission and values.

My wish for each and every one of you is a year full of happiness, good health and self-fulfillment.

God Bless You,

Nea

#### MISSION

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LUTHERAN VILLAGE**  
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Dear Christian Friends,

Christmas was a little different at our house this year. The former parishioner that I told you about last year died quietly last spring, so she didn't call to thank Bonnie and me for her Christmas card, and she won't be telling me about her garden; she won't be planting one. I'm going to miss that, and I'm going to miss what she used to say every year: "If the Lord gives me strength, I'll get that garden ready." After 99 years of life, her garden will be no more.

She used to give me some rhubarb from her garden every spring, enough for me to make a rhubarb custard pie. Some years ago, when she learned that Bonnie and I had planted a garden of our own, she called me and asked me to come over to her house. She had dug up some of her rhubarb roots, and she wanted us to have them for our own garden. She told me they were pretty good roots, she had planted them in 1931, the year she was married. "You won't have to do much for them," she explained. "Just feed them once in a while, and they should do just fine."

Bonnie and I planted those roots, and true to her promise, they have done "just fine." They have their own patch at the end of the garden, and it's a lot fuller now. In fact, we have rhubarb all season long. The last time I pulled it (well, Bonnie did), it was October and there was enough to make a pie. Who would believe that 80-year-old rhubarb roots could be so hardy? I'm already anticipating the rhubarb 2012 season.

It seems to me that there is an object lesson here for all of us. Most of us don't think about our gardens in the winter, but maybe we should. We don't need to think about the gardens we will plant when the weather warms up, but maybe we should think about the garden God has planted in us. Just because it is winter, doesn't mean that the seeds of grace and love, which God has planted in us, aren't growing.

The weather tells us that January is too cold for any garden work. The culture tells us that Christmas is over, and stores have already stocked cards and candy for Valentine's Day. But can we set aside the seeds of Christmas joy and celebration so easily? Have we already forgotten the happiness and excitement of the Christmas just past? Those Christmas seeds of joy and celebration, are the seeds of God's planting, and God does not intend for them to spring up one day and wither away the next. God intends those seeds to take root and grow: through the cold of winter, the thaw of spring, the warmth of summer, and the chill of autumn. Just like those rhubarb roots, the seeds God has planted are a year-round planting, and we are walking gardens of God's love.

When we think about faith like this, it becomes so much more than just a seasonal thing. It brings a peace to our living that lasts much longer than a few days at the end of December. It brings a lifetime of promise that years cannot diminish. My hope and my prayer is that you will use the Lord's planting well. Happy New Year. As we rejoice together in the planting of the Lord, I remain,

Your brother in Christ, Chaplain Cockley

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## MOVIE TO THINK ABOUT

Now that Operation Iraqi Freedom is over, it's time for us to consider what this conflict has cost our nation—not only in our pocketbooks, but in our psyche as well. Since the war began, more than 800,000 American military personnel, men and women, have passed through Bangor International Airport, either on their way to the conflict or on their way home from the field. Every one of them has been met, going or coming, by a group of selfless Americans who have done what we as a nation often overlook—they have been greeted and thanked for their service to our country and our freedoms.

This is the background for January's MOVIE TO THINK ABOUT, *The Way We Get By*, which will be shown at the **Village Common** on **Monday, January 18, 2012**, starting at **2:00 p.m.** In this touching slice of American life, we'll meet three dedicated citizens, Bill Knight, Joan Gaudet, and Jerry Mundy (average age: 78), whose self-appointed mission is to greet each and every American soldier that passes through Bangor's airport. Iraq and Afghanistan are more than places on a map for these dedicated American citizens. They are profoundly aware of the costs endured by our military men and women as they serve our nation. They see their own service as something to do for the men and women who wear the uniforms of the United States military. Their duty, as they understand it, is to provide that measure of gratitude due to so many of our otherwise overlooked fellow citizens. Bill and Joan and Jerry don't preach or complain or over-think their actions—they just do the right thing again and again. They show us what is best in ourselves, and you owe it to them to see what they do on our behalf.

*The Way We Get By* is so much more than a slice of American life; really, it's the whole pie. Honored across the nation at many film festivals, *The Way We Get By*, will affect you as well, and make you proud of them and what they show us about ourselves. If you don't believe me, see for yourself, when *The Way We Get By* will be shown at the **Village Common** on **Monday, January 18, 2012**, starting at **2:00 p.m.** We may not be serving slices of pie, but, as always, Popcorn Is Optional.

## SUNDAY BIBLE STUDY

Sunday Bible Study continues in the Personal Care Dining Room on Sunday afternoons, starting at 2:30 p.m. The focus of the current study is “**Texts for a Healthy Spirituality.**” Sessions resume on Sunday, January 8, 2012, and continue through February 12, 2012. If you've been thinking about joining us, please consider this as your personal invitation. All you'll need is your Bible and your time—everything else will be supplied.

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## **EMPLOYEE SPOTLIGHT**

**Carole Wilson is our new beautician. She is originally from Boyertown, PA. She is married to Jim and has a dog named Penny. They all moved to the Milton area 7 years ago after Jim retired. They moved here after much prayer and felt the Lord led them here. They have 4 children and 11 grandchildren.**

**Some things Carole enjoys are walks with Jim and Penny and reading her bible. She enjoys fellowship with others. The Lord is number one in her life. She believes being at Buffalo Valley is part of his plan.**

**She hopes to bring 1/2 as much light into each person she meets, as she has already received.**

**God Bless You All!**

**Salon Hours:**

**Nursing Care Center: Mon-Weds 8:30—4:30.**

**Personal Care: Thursday and Friday 8:00—4:00.**

**To reach Carole, you can call 523-4225.**

**Please stop by introduce yourself, and welcome Carole to Buffalo Valley!**



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## TOP TWELVE NEW YEAR'S RESOLUTIONS

Courtesy of the Dallas News

This is the time of year most of us make resolutions. Read below to see the top twelve. Did any of these make your list?

- 1) Cut back on fast food. Practice your cooking skills! Try a new recipe. You can plan ahead and make meals in a slow cooker.
- 2) Brush and floss your teeth twice daily. Flossing protects against gum disease.
- 3) Skip the car and elevator as much as possible. Walk when you are able to.
- 4) Get more sleep—sleep affects mood, stress levels and longevity. Try to wind down before you go to bed.
- 5) Stop obsessing about the number on the scale and focus on your well-being.
- 6) Pledge to pack lunch the night before with healthy choices.
- 7) Set a goal; put it on your calendar. (walking, beach vacation, hiking trip)
- 8) Try a new work out.
- 9) Create your own fitness support group.
- 10) Fill up your refrigerator with healthy choices—keep the healthy items at eye level.
- 11) When you go to the grocery store, stick to your list. If you don't buy it you won't eat it!
- 12) Quit using tobacco products.



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## ACTIVITIES FOR JANUARY

### NURSING CARE

1/6—Lester Hirsh  
1/6—Sing-a-long  
1/9—Sketch It  
1/10—Snowball Fight  
1/11—Sing with Maddie  
1/12—Geology Fun  
1/12—Pine Cone Bird Feeders  
1/13—Hockey Game  
1/13—Steve Sutherland  
1/13—Sing-a-long  
1/16—Nail Care and Music  
1/17—Name that tune  
1/19—Make snowflakes  
1/19—Birthday Party  
1/20—Wood Working  
1/20—Order out Chinese  
1/20—Chalk Art  
1/21—Sing-a-long  
1/23—Karaoke  
1/24—Barbara Shaffer  
1/25—Sing with Maddie  
1/25—Shady Grove Singers  
1/26—Make Peanut Brittle

**For more details on events for the nursing care center, call Donielle at 523-4224.**

1/26—Jack Frost Social  
1/27—Nature's Corner  
1/27—Bill Lynn  
1/27—Sing-a-long  
1/30—Sponge Painting  
1/31—Make a Groundhog



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## JANUARY ACTIVITIES CONTINUED

### PERSONAL CARE

1/9 and 1/10—Taking down  
Christmas Decorations  
1/11—Trip to Wal-Mart  
1/13—Trivia and  
Superstitions  
1/13—Morning Star Singers  
1/18—Trip to Wal-Mart  
1/19—Welcoming Committee  
1/19—Pizza Pajama Party!  
1/20—Chat Time with Kathleen  
and Sandra  
1/24—Sing-a-long with  
Maddie  
1/25—Trip to Wal-Mart

For more details on events for  
Personal Care, call Shirley at  
523-4299.

### INDEPENDENT LIVING

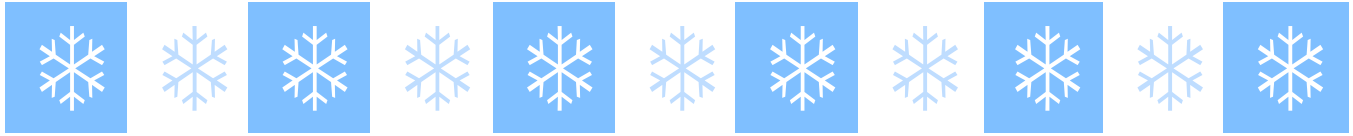
1/8—Breakfast Buffet  
1/10—Men's Breakfast  
1/12—Covered Dish  
1/19—Monthly meeting  
Lunch at PC (soup and fruit  
donations)  
1/24—Bucknell Lunch and  
Learn  
1/26—Legion Breakfast  
1/31—Game Day and Bag  
Lunch

For more details on events  
for IL, call Shirley at 523-  
4299.



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January in the North  
Can turn your nose to freezin' -  
Your fingers start to tingle,  
You shiver with good reason.

Your teeth begin to chatter,  
Your feet feel like clumps of wood -  
Clothes are put on in layers,  
Ears feel better in a hood.

But sunny thoughts keep you warm,  
And echoes of birds that sing -  
Just remember that green grass,  
Is waiting, like you, for Spring.

By Sharon L. Awey

If it did not bring you joy,  
Just leave it behind.  
Let's ring in the New Year  
With good things in mind.  
Let every bad memory fade  
That brought heartache and pain,  
And let's turn a new leaf  
With the smell of new rain.  
Let's forget past mistakes,  
Making amends for this year.  
Sending these greetings  
To bring you hope and cheer.  
HAPPY NEW YEAR!

Author Unknown

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