



JANUARY HAPPENINGS



**Celebrating January
Painting with Steve**
January 7 and 21

Walmart Shopping Trip
January 8

Music with Don Smith
January 13

Ladies' Luncheon
January 15

Men's Luncheon
January 22

Music with Mark Stanzler
January 23

Presidential Primary Voting
January 27

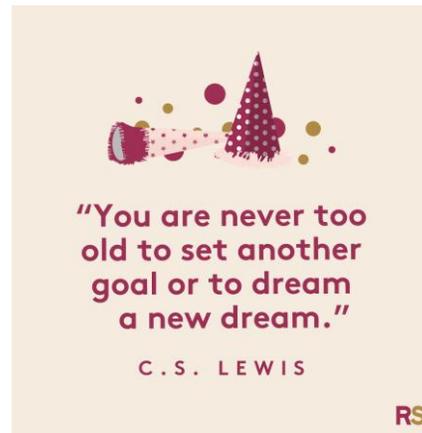
Dollar Store Trip
January 29

Lunch In
January 30

Happy Hour with Sue Thayer
January 31

Welcome to 2020! As the calendar flips to another year, we take time to reflect on our highlight reel of 2019. The friends we made, places we traveled, meeting new babies born into families, eating delicious foods and drinking delightful beverages. We were all warm enough in the cold months, cool enough in the hotter months. We were entertained with live music, theater, and dancing. We made art, exercised, and learned interesting and sometimes silly facts through trivia.

We also look onto the new year and think of goals and consider resolutions. Some might balk at the idea of resolutions, but CS Lewis said it best:



What are your goals and dreams for 2020?

Our activities this month have us shopping, baking, welcoming entertainers, and casting our votes. Our snowfall contest continues through January and February, who will be the winner? Stay tuned...

Cheers to 2020 and all the glory she has in store for us!

Jasmine Gosselin
Administrator

CHRISTMAS PARTY FUN

So many surprises and smiles at our Resident Christmas Party! There was music, beautiful gifts, and great food. Everyone enjoyed!



MICHAEL'S SCHOOL MANICURES

Our residents were treated to manicures by the students from Michael's School of Cosmetology and Esthetics. What a great time!



"YOU'RE FIRED" CHRISTMAS CLASS



Our residents enjoyed a special ceramics class from "You're Fired." Sidney was our instructor and she led students through the steps to create a beautiful Christmas plate. The residents are holding their masterpieces before they were fired in the kiln. Below are the finished products!



The Residents and Staff of Evergreen Place wish all our families and friends a happy and healthy 2020!



RESIDENT SPOTLIGHT



MEET DAVID WATKINS

David Gilbert Watkins was born on April 14, 1959 in Boston, Massachusetts. He went to Burlington High School, graduating in 1978.

Throughout his boyhood he enjoyed railroads, always dreaming of one day working on trains. After high school, he moved to Manchester, NH, and right away, he started taking pictures and writing articles for two railroads newsletters. Some of the employees in the railyard off Elm Street became friends with Dave and he was finally able to get a laborer job on a railroad in Vermont. As a little perk, he was allowed to ride the freight train alongside the crew, loving every minute of it. A few years later, he became a baggage handler and part of the train crew on Amtrack's Downeaster from Portland, Maine to North Station in Boston. He has always been proud that he had the opportunity to tryout his boyhood dream.

After the railroad Dave went on to be an over the road truck driver. He enjoyed hauling freight all over New England and liked meeting all the people at his delivery sites.

At Evergreen Place Dave enjoys coffee talk, shopping trips and special outings. He often holds court at the "men's table" in the dining room during lunch and dinner. You can hear the laughing down the halls and can't help but smile. With always a kind word to say, Dave is happy to call Evergreen Place home.

MALL WALKING SEASON

Many people like to get their steps in each day, after all, walking is a fantastic way to stay fit. With the inclement weather walking outside isn't a safe option, so we take trips to The Mall of NH. Scheduled January trips include the 7th, 14th, 17th, 21st, 24th, 28th, and 31st.

According to American Senior Communities, experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health. Some of the benefits of walking for seniors include:

- **Improves heart health.** For seniors, walking offers numerous heart health benefits. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart disease.
- **Lowers blood sugar.** After eating, taking a 15-minute walk has been shown to reduce the after-eating spike in blood sugar some seniors can experience. Your body is using blood sugar more effectively to strengthen muscles, and insulin works better, too.
- **Reduces pain.** Studies have shown that walking helps reduce some pain due to chronic conditions like arthritis. Some seniors experience lower back pain, and walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.
- **Promotes social engagement.** Walking offers an easy way for seniors to meet up with others, whether you join a walking group with friends or simply engage with neighbors while out on your daily walk.
- **Boosts mental health.** A daily walk can help you feel more positive about life. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.





COOK'S CORNER

CRAB CAKE POPPERS

Start 2020 with this delicious dish!

INGREDIENTS:

FOR THE POPPERS

2 oz. cream cheese, softened
2 tbsp. mayonnaise
1 egg, lightly beaten
1 tsp. lemon juice
1 tsp. Old Bay seasoning
Dash Worcestershire sauce
1 lb. lump crab meat
1/3 c. shredded mozzarella
1 clove garlic, minced
2 tbsp. finely chopped chives, divided
1 1/2 c. panko bread crumbs, divided
Kosher salt
Freshly ground black pepper
Vegetable oil, for frying
Grated Parmesan, for garnish
Chopped parsley, for garnish

FOR THE AIOLI

1/2 c. mayonnaise
1 tbsp. lemon juice
1 tsp. Old Bay seasoning

DIRECTIONS:

Make poppers: In a large bowl, combine cream cheese, mayonnaise, egg, lemon juice, Old Bay, and Worcestershire. Mix until smooth, then fold in crab meat, mozzarella, garlic, 1 tbsp. chives, and 3/4 cup bread crumbs. Season with salt and pepper. Roll mixture into small balls (about 1"), then coat in remaining panko. Freeze until firm, about 30 minutes.

Meanwhile, make aioli: In a small bowl, whisk together mayonnaise, lemon juice, Old Bay, and remaining chives until smooth. Season with pepper.

In a large, deep skillet over medium heat, heat about 1/2" vegetable oil. Working in batches, add crab cake poppers. Fry until all sides are golden, using tongs to gently turn balls, about 3 minutes per side. Drain on a paper towel-lined plate. Garnish poppers with Parmesan and parsley, and serve warm with aioli.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people."



WELCOME TO EVERGREEN PLACE

Amy Parker, Dietary Aide

IN MEMORIUM

Lorraine Miller

November 11, 1946 – December 6, 2019

Kathleen "Kay" Babcock

February 22, 1932 – December 9, 2019
Past Worthy Matron of Crescent Chapter OES
Northwood, New Hampshire

A memorial service will be held at Evergreen Place on January 9, 2020 at 10:00 am. All are welcome.

