

http://www  
Newsletter

# The Senior Moment

January 2011  
Issue 54

The Haven Assisted Living Inc., 8101 Vanguard Drive Suite 150, Mechanicsville, VA 23111  
www.thehavenassistedliving.com info@virginiaassistedliving.org 804-779-HUGS (4847)

## INSIDE THIS ISSUE

- 1 Industry News
- 2 Welcome Home
- 3 Activities & Birthday Announcements
- 4 Special Thanks for our: Family Members
- 6 Pictures of the Month
- 11 Family Member Knowledge Center

*Live Life Well...*

*"The Elderly not only  
deserve our respect  
They've earned it..."*

*The Haven*

the  
**HAVEN**  
*Live life well* ♥  
ASSISTED LIVING

## INDUSTRY NEWS

Source: theMatureMarket.com

### Report Warns that Baby Boomers Could Face a Grim Retirement without Social Security, Medicare...

As baby boomers head toward retirement, many are facing a financial bust. Those retirees could face a grim future without the support of strong social insurance programs, according to a new issue brief from The Century Foundation.

THE  
REST OF  
THE  
STORY...

### Work and Retirement Patterns for the G.I. Generation, Silent Generation, and Early Boomers: Thirty Years of Change

This study comparing retirement patterns over the past 30 years finds that older adults are now working longer and taking more complex routes out of the labor force. More than 40 percent of men born 1943 to 1947 did not retire by age 65, compared with only 20 percent of those born 1933 to 1937. Men and women born 1933 to 1937 were much more likely than those born 20 years earlier to move to part-time work at older ages and return to work after retiring instead of following the traditional route of retiring only once directly from full-time employment.

THE  
REST OF  
THE  
STORY...

Read the full report in PDF format

*Live Life Well...*

## WELCOME HOME

By The Haven Assisted Living Inc.

We hope you enjoy our new interactive format...this is the fourth month with this new format...

Once Again our newsletter once has been redesigned in an effort to provide important and timely information about our aging nation in an effort to help educate all of our subscribers as well as keep our family members and residents informed about current events at The Haven Assisted Living Facilities...

As always, your comments are welcome...if there is an event or topic you would like to be featured in the "Senior Moment" Newsletter, please email us at [newsletter@virginiaassistedliving.org](mailto:newsletter@virginiaassistedliving.org) .

Our interactive format allows you to simply pres Ctrl+Click to get the full story...we hope this reduces the time required to scan our newsletter while providing important articles to review at your convenience...

---

*"Aging seems to be the only available way to live a long life."*

*-Daniel Francois Esprit Auber*

---

---

*"Beautiful young people are accidents of nature, but beautiful old people are works of art."*

*- Eleanor Roosevelt*

---

*"Grow old with me..the best is yet to come."*

*- Robert Browning*

---



I will have her home by 10:00...

## ACTIVITIES

**Monday February 14** - Valentine Sweetheart Luncheon at the West End Church from 11:30 to 2:00

**Friday February 18** - Joe Enroughty, His Royal Virginians, the grand tradition of Americas finest Hotel bands of the past 7 pm

**Wednesday February 23** - Road Trip to the Library

**Friday February 25** - Road Trip to the Dollar store and Good Will from 10 am to 12 pm



*“I don't feel old. I don't feel anything until noon. Then it's time for my nap”*  
-Bob Hope

## BIRTHDAYS

*Pearl Mangrum February 9, 1927*

*Allin Woodward February 12, 1964*

*Lois Benvenuti February 20, 1932*



---

*“I look better, feel better, make love better and I'll tell you something else... I never lied better.*

- George Burns

---

## SPECIAL THANKS - FAMILY MEMBERS

### Eleanor -

- ♥ Beverly Starnes (Hilda Walker's daughter) brought us cookies, candies and craft items for our Christmas activities.
- ♥ Tripp and Deane Walker brought us cookies and Ice cream.
- ♥ Beth (Virginia Krueger's daughter) she brought the dinner rolls.
- ♥ Marjorie Tucker (Ruth Raines) brought cookies and snacks.
- ♥ Laura Reid (Marjorie Weber's daughter) sent us a bouquet and chocolate.

### Sandy Valley - Not reporting this month

### Hebner -

- ♥ Hebner would like to thank Beth Adington for the delicious coconut cake.
- ♥ Thanks to Pat Woods (lily's daughter) for the homemade fudge.
- ♥ Thank you Mary (Ann's daughter) for the plate of treats and good luck black eye peas and stew.
- ♥ Big thanks to the Parsley's (Nancy's son and daughter) for the chocolates, egg nog, and bringing the sweet children to spread Christmas joy.
- ♥ We gratefully appreciate all of what everyone has brought to make us have a happy holiday.
- ♥ Thanks to Nancy Ruffin's son Russ and his wife Jackie Parsley for the delicious home made candies.
- ♥ Thanks to Lillian Eaves daughter Pat Wood for the ripe banana pudding.

### Heatherwood -

- ♥ Kenya and the residents would like to thank our families and friends for continued support enabling us to enjoy extra activities within our home.

### Cold Harbor -

- ♥ Linda and Christine would like to give a big thanks to Lynn McConahy for helping carrying the groceries in.
- ♥ Thanks to Adrienne for the Soup, Sweet potatoes.
- ♥ To Bill Reid... "Go Jets" from the Ladies at Cold Harbor.
- ♥ For Charles Houston good luck at home you are deeply miss from everyone at Cold Harbor.

### Rockhill -

- ♥ Thank you to Dorothy Moody's family that brought a cake, jello tray, and candies.
- ♥ Thank you to Harold's family that brought Kentucky fried chicken, soda, cake and popcorn for all of us at The Haven @ Rockhill.
- ♥ The residents and I had a wonderful time for Christmas and new years 2011.

### Lakeway -

- ♥ The residents and caregiver would like to thank Cedarfield Pharmacy for the big bag of pop corn, we really enjoyed,
- ♥ Special thanks to all the residents and their families for all their gifts and making me feel special with their hugs and kisses.

### Harborough -

- ♥ Lillian's daughter Jamie brought a fruit basket
- ♥ Rebecca's niece Bonnie brought apple pie, brownies and candies.
- ♥ Ruby's daughters Brenda made frosted apple bread.
- ♥ Lucille's daughter Trudy baked chocolate chip cookies and pumpkin bread.
- ♥ Shirley's daughter Anne baked Christmas Cookies.
- ♥ Rebecca's niece Bonnie brought pumpkin pie and corn bread.
- ♥ Lucille's daughter Trudy brought gingerbread men.
- ♥ Ruby's daughter Pat brought a slow cooker for the house, jello cups and candies.
- ♥ Phereso's daughters brought cake and ice cream

Thank you all so much...

### River - Not reporting this month

### Studley -

- ♥ Thanks to Brenda Adkins (Doris Crisp's daughter) for the Christmas box of chocolates, cookies, fruitcake, and plate of cookies and cake.
- ♥ Thank you Melissa Hicks (granddaughter of Pearl Evans) for a ton of bird seed so we can enjoy the beautiful birds.
- ♥ We loved the spiral cut honey ham that Mike Garcia brought to us (son in law to Helen Hughes)
- ♥ We would like to thank Randy Crisp for the homemade chicken.
- ♥ Thank to Randy Crisp (Doris Crisp's Son) for providing ingredients and recipe for the Chicken Crock pot meal for all the residents.
- ♥ Thanks to Donna and Mike Garcia for bringing Pizza, cake and decorations for Helen Hughes birthday on January 16, they surprised me by bringing me paper plates, cups and utensils.

### Dijon - Not reporting this month

### Mayfield Farm - Not reporting this month



## PICTURES OF THE MONTH



Candy canes and candlelight...now that is a good combination...



---

*“Old age takes away from us what we have inherited and gives us what we have earned.”*

- Gerald Brennan

---

I am just going to enjoy this little one right here...



Hurry up and shut the door...its Vegas or Bust!!!



Earlier that day...plotting how to beat the house at Blackjack..."Vegas Baby"

" A test of a people is how it behaves toward the old. It is easy to love children. Even tyrants and dictators make a point of being fond of children. But the affection and care for the old, the incurable, and the helpless are the true gold mines of a culture."

-Abraham Heschel



---

*"A friend hears the song in my heart  
and sings it to me when my memory  
fails."*

- Anonymous

---

I'm not telling...☺



Time for a tune up...

## FAMILY MEMBER KNOWLEDGE CENTER

# How to Handle Elderly Parents & Issues

As parents age, traditional parent-child roles begin to reverse, often leaving parents and children unsettled and without a frame of reference.



*Live Life Well...*

**The Haven Assisted Living Inc.**

8101 Vanguard Drive  
Suite 150  
Mechanicsville, VA 23111

**Phone:**  
804-779-HUGS (4847)

**Fax:**  
804-569-9744

**E-mail:**  
[info@virginiaassistedliving.org](mailto:info@virginiaassistedliving.org)

**Web Site:**  
<http://www.virginiaassistedliving.org>

*"At age 20, we worry about what others think of us.*

*At 40, we don't care what they think of us.*

*At 60, we discover they haven't been thinking about us at all."*

-Jock Falkson