

Directions

A Biannual Newsletter of The Hickman

Holiday Celebrations

The holidays are the time to reconnect with family and friends, exchange gifts, enjoy favorite dishes and celebrate traditions. We asked residents, staff and volunteers to share some of their favorite holiday traditions.



Samantha – “The gift of giving! Rather than exchanging presents on the 8th night of Hanukkah, my family and I donate holiday toys to the local Toys for Tots.”

Ruth – “I enjoyed sitting on the top step with my older sister and watching our mom decorate.”



Laurel – “Spending time with my children and grandchildren. When my kids were little, they had long stockings with stripes...the longer the better...they were stuffed with cookies and food.”



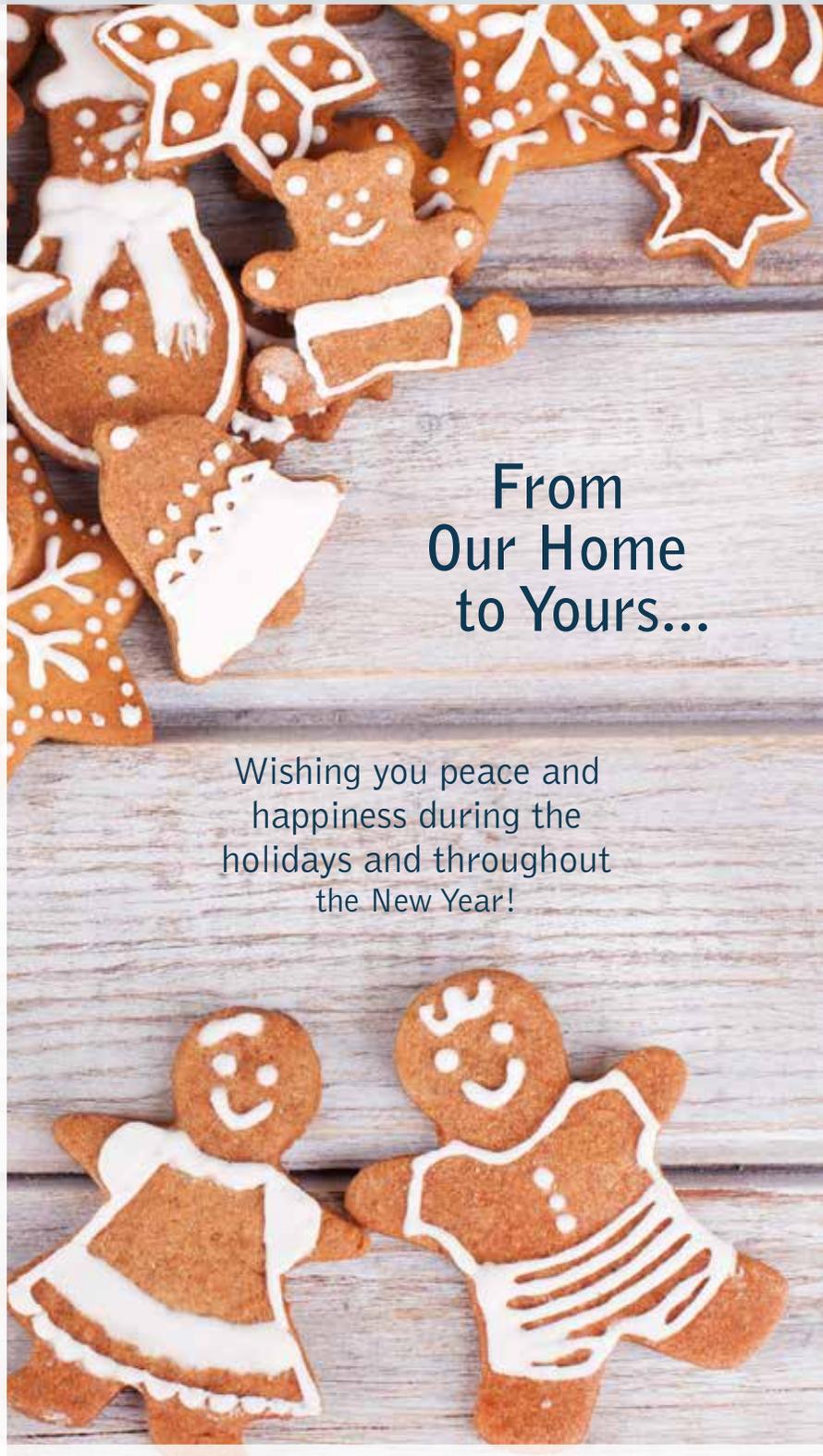
Myrtle – “I enjoyed crafting home made decorations such as crepe paper chains.”



Frank – “I try to take care of myself and not over indulge during the holidays.”



Tara & Fenway – “Christmas breakfast is our favorite time to gather together around the table. I make cinnamon rolls and sticky buns using a recipe that my grandmother and mother use. My father is responsible for the huge bowl of fresh fruit, which everyone enjoys!” “Woof! A long walk in the park.”



From Our Home to Yours...

Wishing you peace and happiness during the holidays and throughout the New Year!

When you're here, you're home.

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Doing the 'ROT' Thing

Did you know...

The Hickman is proud to announce that we are participating in a year-long food waste composting pilot program. Thanks to a grant awarded to West Chester University by the Environmental Protection Agency (EPA) and, in partnership with West Chester Borough, we will divert food waste and other compostable materials. Instead of going to the landfill, these materials will go to a nearby permitted compost facility.

- Organic material is the #1 type of material sent to landfills.
- Composting saves landfill space and decreases methane production & other greenhouse gases.
- The average restaurant in the Borough produces 1-ton food waste per week? That's over 50 tons per restaurant per year!

Being Well In This Season

By Executive Director Pamela Leland, PhD



The theme of this issue is "healthy holidays."

As we've tossed around this topic with staff, there have been numerous jokes about the degree to which excessive eating, drinking and shopping is healthy.

Our banter has also reminded us that, for many people, the holidays can be a time of stress, sadness and even depression. In light of this, maybe we should

broaden our understanding and our approach to one of seeking wellness during this holiday season?

Wellness is a concept growing in use and acceptance. It extends the definition of health beyond the physical to capture 6 additional elements and includes social, emotional, spiritual, environmental, occupational, intellectual and physical dimensions. Each of these seven components interact in a way that contributes to our own quality of life.

If wellness is our goal, moderation in food and drink may be called for. So, too, may be moderation in credit card debt! Let us also hold the following questions:

Am I creating space in my schedule to relax ... to breathe ... to renew?

Am I taking time to enjoy... to laugh... to just "be"... with friends and/or family?

Am I finding gratitude in the gifts and blessings that I have been given?

Am I finding solace, even refuge, from the chaos--of shopping and errands and politics and other demands--in and among a spiritual community?

Am I opening my heart--and expanding my community--to include those who are alone and lonely?

Am I sharing my wealth -- in all its forms -- with those who aren't as fortunate as I am?



Be well during this holiday season!



Being Well at The Hickman

Holidays are a wonderful time of year filled with excitement, joy, wonder and yes, stress. It can permeate everything we do from Thanksgiving through New Year's Day. Make sure you do what you can to ensure it is positive and that you don't throw your healthy living off course.

What does this all mean for our elders and how does The Hickman as a community support balancing the body, mind and spirit not only over the holidays but throughout the year?

Daily Dog Therapy Visits help our residents physically by lowering blood pressure and overall stress. Interaction with the dogs has emotional benefits by reducing anxiety and loneliness and providing a social outlet not only with the dog but with their handlers. Dog visits help with cognition by enabling residents to talk to the dog and ask questions to the handler... keeping them engaged and social.



Adrienne and Random

Intergenerational Programming at The Hickman pairs our residents with children in the community. Students from West Chester Friends School visit for weekly yoga classes. Yoga improves balance, keeps your brain active by keeping you engaged and elevates your mood and reduces stress. Residents are also spending time in the Play School classroom reading to the students to keep the brain sharp, foster new relationships and provide opportunities to socialize.

Spiritual needs are supported through Quaker Worship, Catholic Mass, Bible Study and meditation classes. By taking the time to worship, pray or meditate our residents have a time to reflect inward and find meaning in the world around them.

Daily exercise keeps the body and mind fit through strength and balance classes held daily as well as through walking trips in West Chester and local parks. Cold or inclement weather doesn't stop our walkers as we head over to the local mall and museums. There are a multitude of benefits of daily walking, some of which include: strengthening muscles, improves mood, helps circulation, lowers Alzheimer's risk, and improves sleep.

For more information about our programs contact Jen Harris, Community Life Manager.

Fun Around the House



Halloween 2016



Antique Ice Tool Museum

HOLIDAYS BY THE NUMBERS

440

12

67

- 67% of people with gym memberships never use them.
- 12 hours of continuous skipping to burn off calories consumed on Christmas Day
- 440 cranberries in one pound. Cranberries are a very good source of vitamin C, dietary fiber, and manganese, as well as a good source of vitamin E, vitamin K, copper and pantothenic acid.

Scalloped Carrots

Winifred Norris Recipe

INGREDIENTS

- 12 (approximately) pared and sliced carrots, cooked in 1 inch boiling water until barely tender; then drain
- 1 tbsp. minced dried onion
- ¼ c. margarine or butter
- ¼ c. flour
- 1 tsp. salt
- 1/8 t. pepper
- ½ tsp. dry mustard
- 2 c. milk
- ¼ tsp. celery salt
- ½ lb. cheddar cheese, shredded
- 2 c. soft bread crumbs (2-3 slices of bread, buttered before cubing)

Melt butter, add onion, stir in flour, salt, mustard, then milk. Cook, stirring, until smooth. Add pepper and celery salt. Stir cheese into sauce until smooth. Combine carrots and sauce in 2-quart casserole dish. Top with bread crumbs. Bake at 350 degrees for 35 to 45 minutes, or until bubbly.

Return Service Requested



Comments or Questions:

Mail to: *The Hickman*,
400 North Walnut Street,
West Chester, PA 19380.
Phone: 484-760-6300.
Email: info@thehickman.org.
If you would prefer not to receive future
correspondence from us, please email
us and we will remove you from our
mailing list. Thank you.

Welcome Julie Frankum!



Julie Frankum
Evening Resident
Services Coordinator

Julie Frankum joined The Hickman team in late October in a newly created position as the Evening Resident Services Coordinator. This role was created to support residents and staff across all departments in the evenings. Julie comes to us as a Licensed Social Worker with a vast background in Child Welfare. With over 25 years of experience, primarily in the Philadelphia region, she has worked diligently to help birth parents make healthy choices and keep children safe in loving and caring foster homes. Julie was

born in Nashville, TN and has moved over 30 times! Her moves have taken her from the Main Line, to D.C., Charleston, WV and Cullman, AL. Julie currently resides in West Chester, PA, one of her favorite places to date. She enjoys spending her downtime with her 3 nieces and 13 cousins. She likes to call them her 'rent-a-kids'. Julie is looking forward to getting to know the residents and staff and sharing her joy with the community!

Current Events

December 2016-May 2017

Hickman Annual Bazaar

December 2 from 9 am to 4 pm

Groundbreaking

December 6 at 11 am

Resident Theatre Company

Rising Stars Performance

December 9 at 6:30 pm

The Hickman Christmas Dinner

December 25 at 12:30 pm

Valentine's Day Dinner & Dance at The Hickman

February 10 at 5:30 pm

The Hickman St. Patrick's Day Party

March 17 at 12:30 pm

Mardi Gras Dinner

March 28 at 12:30 pm

Main Line Opera Guild Performance

March 19 at 3 pm

The Hickman Volunteer Appreciation Dinner

April 22 at 12:30 pm

Gallery Walk

May 5 from 5 to 9 pm

For more information about events being held at
The Hickman, please call (484) 760-6300. Dates/times are
subject to change, and some may require pre-registration.