

JANUARY 2018

Reflections in the Park

Menorah Park of CNY Hodes Way 4101 E. Genesee St. Syracuse, N.Y. 13214 (315) 446-9111



Celebrating January

Polka Music Month

New Year's Resolution Month

New Year's Day

January 1st

Full Moon/Blue Moon

January 1st and 31st

World Braille Day

January 4th

Martin Luther King, Jr. Day

(Federal Holiday)

January 15th

Activity Professionals Week

January 21st–27th

Tu B'shevat

January 31st

At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

Notice from Admission and Finance

Family members and Health Care Proxys:

Please note that **new Medicare numbers** will be issued in April of 2018, please bring in the Resident's new Medicare numbers and issued cards, so Admissions and Finance can input the information for your loved one.

Any questions, please contact:

Toni at extension 112,

Or Beth at extension 136.

Thank you for your assistance

Our New Bistro is now OPEN at Menorah Park!

The Jim & Arlene Gerber Bistro in the Abraham Shankman Wellness Pavillion at Menorah Park is now open for Kosher breakfast, lunch, and dinner for Residents, families, visitors, and the public.

Come and enjoy our meal and a la carte selections, as well as our refreshing drinks at the new Fox's Den Sports Bar!

To order ahead, call (315) 446-9111 ext 255

Happy January Birthday!

Please wish the following Residents a very happy January Birthday!

Elizabeth K. January 2nd
Bette M. January 5th
Loretta F. January 5th
Mordechai K. January 15th
Marta S. January 20th

HAPPY NEW YEAR

to all our Residents, Families, Staff,
and Friends
at Menorah Park!

We wish you health, happiness, and a
prosperous New Year
in 2018!

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Dear Family Members and Caregivers.

The Menorah Park Family Council will meet on Thursday, January 25, 2018 at 4:00 P.M. in the Board Room.

Our featured guest speaker will be Mike Svendsen, Medical Administrator. Mr. Svendsen will discuss concerns regarding you and your loved one.

Please come and join us for an informative and interesting session.

Looking forward to your attendance.

Francine M. Goldstein, Chairman Family Council

Little Man with Big Success



Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered

the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.

Menorah Park of CNY
Hodes Way
4101 E. Genesee St.
Syracuse, N.Y. 13214

Postage
Information

Gone for Good



Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from the American political sphere, namely: *bigly*, meaning “a swelling or blustering manner,” and *post-truth*, meaning “a society where facts matter less than impressions.” There are also plenty of words related to social media and the Internet: *ghost*, which is “to abruptly end communication on social media,” and *listicle*, which is “a numbered or bulleted list created to attract views over the Internet.” Judges are ready to choose the worst of the lot come New Year’s Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.

January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
J.R.R. Tolkien (author) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Richard Nixon (president) – January 9, 1913
Vidal Sassoon (stylist) – January 17, 1928
Dolly Parton (musician) – January 19, 1946
Neil Diamond (singer) – January 24, 1941
Wolfgang Mozart (composer) – January 27, 1756
Jackie Robinson (ballplayer) – January 31, 1919