

LONGWORTH LIVING

It's Long Worth Living

WINTER 2012

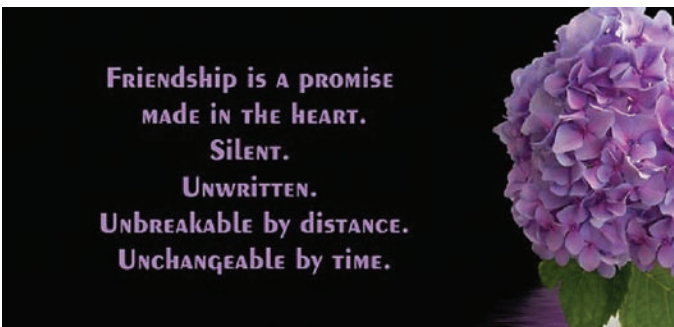


Reflections ...2011

In moving forward it is sometimes helpful to look back and reflect on the GIFTS we have all been given. At times they seem in short supply but one thing we can always count on is FRIENDSHIP!

What struck me as I reflected on the GIFTS I see at Longworth is the many friendships that are developed and fostered here.

Some are new, many are long time friendships and some are rekindled friendships after many years of separation. Wonderful stories have been shared of people finding one another after years of not being in touch, but the wonderful thing about friendship is that you can often just pick up where you have left off.



continued on page 2

What's Inside ...

The Little Sewing Basket.	3
A Message from Food Services	3
What a Year!	4
Resident Profile: Bill Jarrell	5
Don't Be Fooled!!	5
Faces of Longworth	6-7
Employee Profile: Sarah Kennedy	8
What Does a New Year Mean to You?	9
Mmm Good	10
Lessons from our furry friends	10
Games Shows Word Search	11
Faces of Longworth.	12



Experience. The Difference.™





Reflections on what Friendship is and how you will know it when it comes your way...

- A friend is someone who knows the song in your head and can sing it back to you when you have forgotten the words.
- A real friend is one who walks in when the rest of the world walks out.
- Hold a true friend with both your hands.
- Friends listen to what you say. Best friends listen to what you don't say.
- Good friends say I will lean on you and you lean on me and we'll be ok.
- Friendship is like a butterfly... it starts out in a cocoon, slowly growing day by day, then blossoming into something beautiful!
- Treasure your friendships, not your possessions.
- A friend is someone who knows all about you and still likes you.
- The greatest gift is not found in a store nor under a tree, but in the hearts of true friends.
- True friendship is seen through the heart, not through the eyes.

Thanks for sharing your GIFT of FRIENDSHIP with us at Longworth and for teaching us to "hold on tight to our FRIENDS".

Mary Jane McArthur
GENERAL MANAGER



Longworth friends...





The Little Sewing Basket

WOW – this is a great new service that is available to all of you here at Longworth-residents and staff alike.

Brenda realized the need for this service when she visited her Mom in a home in Exeter. When she was replacing buttons and fixing seams on her mother’s clothes she got to thinking “There must be others that need these tasks done for them.” An idea was born! Since Brenda is a seamstress by trade and has had a drapery business for over 20 years, she is more then qualified to do those little jobs that have become difficult for you to do. She will hem those pants, fix zippers, sew on buttons and even take clothes in (or let them out) if that is what you need. For articles that require her to use her sewing machine she will take them home and return them the next week. If it is a little job, she will do it while you wait. The prices are very reasonable.

You can find Brenda in the bar area on Mondays at 2 p.m. She will be there for 15-20 minutes – if she is busy she will stay longer. I hope you will “use” Brenda and the service she provides.

Brenda Feenstra



A Message from Food Services...

I thought I would write about some interesting facts on a food item that we know quite well and use a lot of at Longworth – “the Potato”.

Here at Longworth the chefs prepare and serve 300 pounds of potatoes per week.

The potato was first discovered in southern Peru 10000 years ago, and then was domesticated shortly after that. Nowadays, there are over 1000 different varieties of potatoes. They are also the fourth largest food crop worldwide.

The worldwide average is 75 pounds of potatoes per person per year. Here at Longworth the average is 115 pounds per resident per year.



We Canadians love our potatoes.

Chef Shawn Krug

FOOD SERVICES DEPARTMENT





WHAT A YEAR!

What a year 2011 was! Watching my daughter grow over the past year and returning to so many welcoming friends has made it an even more amazing year than I could have imagined. I want to sincerely thank everyone for making my return so wonderful. I missed all of you and am so pleased to be back.

With our first child and her second Christmas (last Christmas she was less than 2 weeks old) we've begun to initiate new family traditions. Some traditions, we started last year, unbeknownst to us when it was happening! For example, last December 14th, after all of the hustle and bustle of the day, and about 4 hours after we welcomed our daughter Maiev (pronounced MY-ev) into the world, we sat in our hospital room, turned on the television and watched 'Mickey's Christmas Carol'. At the time, I had thought little of it. Well, what do you think we did exactly 1 year later? We watched the same show. I was really excited about it as well and I am so looking forward to making this a yearly tradition. Maiev is a little young now but I love the tradition of having a little one hoisted up to put the tree topper on. I also realized that I needed to add some special Christmas pajamas to my shopping list as Maiev has to have her present to open on Christmas Eve, just like I did while I grew up (and it was always pajamas). There is the tradition of midnight mass, leaving out cookies for Santa and of course, we have many more traditions and I'm sure will be adding to the list every year! These customs give us something to look forward to and warm memories to cherish.

What traditions do you have? Did you start any traditions that are carried on now by your family or friends? Take a look at these interesting traditions:

- Did you know that on Christmas Eve in the Czech Republic, unmarried women stand with their back to the door and toss a shoe over their shoulder. If it lands with the toe facing the door it means that she will get married within the year. If it lands with the heel facing the door, she's in for another year of unmarried status.
- Norwegian legend says that on Christmas Eve witches and evil spirits come out looking for brooms

to ride on (a bad omen). To thwart the witches, all brooms in the house are hidden and men go outside and fire a shotgun to scare the bad spirits away.

- In Ukraine, Christmas trees are decorated with all the typical kinds of ornaments and one not so typical. An artificial spider and web are hidden in the tree and good luck is given to the one who finds it. A Ukrainian folk tale says that a poor widowed mother could not afford decorations for her family's Christmas tree. One Christmas morning she awoke to find a spider had beautifully decorated the tree with its web, making for a very happy Christmas.
- Another tradition is baking bread on Christmas Eve and according to an old wives' tale, if you bake bread on Christmas Eve, then it will be fresh forever – that way it will be ready for all of next year's traditions!



Danielle Davis' (server on parental leave) daughter Emily with dad Stephen putting the tree topper on.

Jennifer Miller

BUSINESS SERVICES MANAGER



Resident Profile: **Bill Jarrell**

- 1) *How long have you lived at Longworth?*
Since September 2010 – a good move.
- 2) *What did you do for a living before retirement?*
I was a draftsman, specification writer and “jack of all trades” with a London architectural firm for 25 years. Then worked for the province of Ontario for 16 years supervising the preparation of drawings and specifications for repairs and maintenance of government buildings in the London region. I worked on current London City Hall building and square that is downtown.
- 3) *Where did you move here from?*
I lived in the Cherryhill apartments complex for 8-1/2 years.
- 4) *Where is the furthest in the world you have travelled?*
My wife and I went to Southern and Northern Ireland in 1994 to visit my wife’s birthplace near Belfast. We toured both the north and the south and had a wonderful time. Very friendly people there.
- 5) *In what part of the world would you most like to live and why?*
Would have to say Canada, which is a very peaceful country compared to many countries. Canada has oceans, mountains, prairies, many lakes, change of seasons and generally a good standard of living.
- 6) *What one person has been an inspiration in your life?*
My wife Jean, who taught me perseverance – to

keep on “pushing” when things go against a person.

- 7) *Do you have any hobbies?*
I like to build models of sailing ships. My father and my grandfather were both great sailors so my liking for ships comes from that. I am now working on a model that I have built from scratch using a modeling knife, sandpaper, cord, glue and paint. Drop by sometime and I will show you!

Glenda Cumming
MARKETING AND COMMUNITY RELATIONS MANAGER


Don't Be Fooled!!

Yes, the weather is changing.
It looks like winter is here.

Watch out!!

Watch your step!!

OOPS!!



Flash freezing happens very quickly.

What looks like wet ground may be or could be ice.

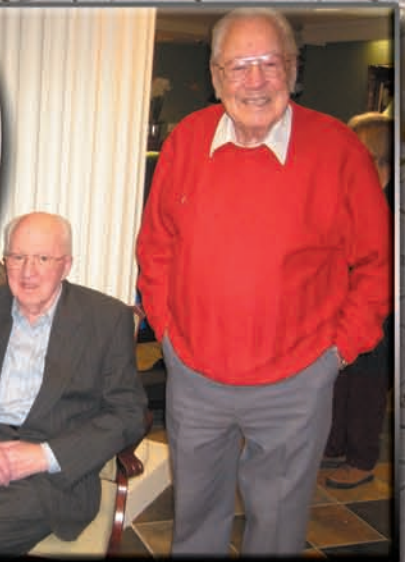
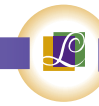
Use CAUTION when walking outdoors.

GROUND may be slippery.

Avoid SLIPS and FALLS!!

Use COMMON SENSE and Use CAUTION!!

Victor Maciuk
ENVIRONMENTAL SERVICES MANAGER





“Featured Fish” Employee Profile: Sarah Kennedy

1) *How long have you worked at Longworth?*

I started working at Longworth back in February of 2011.

2) *What is a favourite memory or event of yours here at Longworth?*

Our Remembrance Day service and our Christmas Gala are favourite memories so far. Everyday is a great day to make memories though!

3) *What is your position here, and where have you worked in the past?*

I am a server in the dining room. I have worked as a nursing assistant in a long-term care facility in Independence, Missouri and I have worked at the Boy’s and Girl’s Club here in London.

4) *What is your favourite meal or food to prepare, and why?*

I like meals made with pasta, stir fried vegetables and chocolate.

5) *Do you have any hobbies or interests?*

I know this will come as a surprise to everyone, but I love to sing! I sing with the Karen Schuessler Singers, but I also sing anytime and anywhere. My biggest interest is with my family. I am married and have a 14 year old daughter named Briana and an 8 year old son named Josiah and a dog named Rhoben.

6) *What parts of the world have you been to? What part of the world would you like to visit the most?*

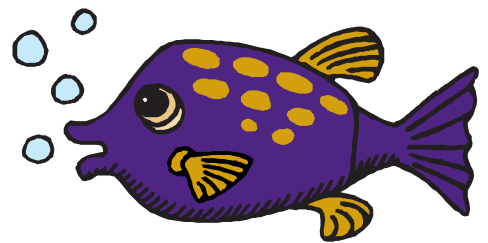
I have travelled to many places in the United States, and went to Germany and Italy with my children’s choir. I would love to go with my family to Africa, Australia and England.

7) *What one person has been an inspiration in your life?*

One person would not be realistic for me, so I will just ramble some off. God, my mom, dad, brother, husband, daughter, son and so many friends. Every one of you that I work with and work for, and serve in the dining room inspire me to do the best that I can. Thank you all!

Glenda Cumming

MARKETING AND COMMUNITY RELATIONS MANAGER



A GIFT FOR YOU

§ VALID FOR _____ DINNER (S)

§ FROM: _____



AUTHORIZED BY: _____

*PLEASE NOTE THAT THIS GIFT CERTIFICATE HOLDS NO CASH VALUE

Don't forget that you can purchase gift certificates at reception for your friends & family so they can enjoy a taste of Longworth for breakfast, lunch or dinner too!

See your friends at reception for more information.



What Does a New Year Mean To You?

It is traditional at this time of year to reflect upon the year that has past and everything that has transpired, and to look ahead to the New Year as an opportunity to start fresh and with a personal promise to see things through new eyes. It's a time to sit quietly and think about where we have been in our life and where we are now. When I reflect on 2011 and all the new friends who have joined us this year, I realize how lucky I am, how lucky we all are to be part of something so special and unique here at Longworth. Each day we greet each other with smiles and words of praise and support, and each day I am grateful to be part of the lives of so many wonderful people who live and work here at Longworth.

So, as I look forward to another year of welcoming new residents into our Longworth family, and to seeing your smiling faces everyday, I also wish you all good health, happiness and contentment for 2012.

*“For last years words belong to last year’s language,
and next year’s words await another voice.”*

T.S. Eliot

Glenda Cumming

MARKETING AND COMMUNITY RELATIONS MANAGER



Mmmm Mmmm Good

A group of seasoned bakers got together over two Saturdays in November and December to make Christmas treats for the residents of Longworth to enjoy over the holiday season.

A big thank you to Joan Gosney, Ettie Noseworthy, Betty Liley, Jean Cappa, Anne Woods and Evelyn Rows for all their hard work and expertise.

The group, along with Tammy, made a variety of goodies including shortbread cookies (Jeff's favourite) chocolate macaroons, Christmas cookies and butterscotch and chocolate confetti.

The smells that came from the Multipurpose Room

kitchen were fantastic and made everyone's mouths water. The laughter and story sharing by the ladies was priceless.

We hope to continue baking throughout the year, gathering more recipes from the residents and adding members to our baking group. These special treats are a reminder of the times we shared with family and friends and make us here at Longworth feel Close To Home.



LtoR Evelyn Rows, Joan Gosney, Anne Wood, Betty Liley, Ettie Noseworthy, Tammy Keough



**From Mary Jane –
Lessons from our
furry friends**



GAME SHOWS



P	T	N	A	T	S	E	T	N	O	C	Y	T	F	C	E	I	F	Z	G
X	N	U	F	Z	L	N	C	P	E	E	T	T	O	O	Z	D	B	L	E
Y	P	X	R	S	E	H	R	U	N	I	R	N	O	E	R	L	R	Q	I
E	O	W	D	N	A	I	J	O	K	G	C	C	G	P	M	T	J	S	G
M	C	Y	O	M	Z	H	M	E	A	E	H	D	F	E	K	C	U	U	G
W	I	P	P	E	O	H	G	T	N	A	Q	M	P	R	I	C	E	N	H
F	P	I	S	S	E	D	E	T	N	E	D	U	N	W	O	S	A	E	E
O	O	O	T	R	E	M	R	G	B	C	R	P	D	I	S	E	W	J	S
N	N	G	O	L	A	A	E	Y	D	N	O	R	X	A	E	W	M	S	E
T	L	C	W	N	T	P	R	Z	C	E	W	O	H	P	O	R	O	A	M
I	S	O	P	I	J	O	O	C	R	I	S	G	J	P	C	D	S	O	G
K	N	Z	O	W	G	O	Z	U	C	D	S	R	O	L	S	U	N	P	B
K	D	N	T	E	G	V	G	H	H	U	A	A	K	A	C	E	O	L	D
D	N	J	T	O	V	Z	M	B	F	A	P	M	E	U	R	F	I	A	I
T	T	A	Q	C	O	M	P	E	T	E	O	Q	R	S	A	Y	T	Y	M
L	C	U	D	R	A	O	B	E	R	O	C	S	S	E	B	L	S	E	A
M	J	E	O	P	A	R	D	Y	L	U	C	K	W	T	B	I	E	R	R
R	O	B	S	R	I	O	L	P	I	R	T	Q	I	I	L	M	U	K	Y
U	A	Y	L	O	H	A	N	S	W	E	R	E	L	S	E	A	Q	L	P
R	I	G	H	T	L	K	M	F	B	O	L	I	D	W	X	F	K	T	F

ANSWER
 APPLAUSE
 AUDIENCE
 CATEGORY
 CHAMPION
 CHANGE
 COMPETE
 CONCENTRATION
 CONTESTANT

EMCEE
 FAMILY FEUD
 FORTUNE
 FUN
 GAME
 GUESS
 HOST
 JACKPOT
 JEOPARDY

JOKERS WILD
 KNOWLEDGE
 LOSE
 LUCK
 MONEY
 NAME TAG
 OPPONENT
 PASSWORD
 PLAYER

PRICE
 PRIZES
 PROGRAM
 PYRAMID
 QUESTIONS
 RIGHT
 SCORE
 SCOREBOARD
 SCRABBLE

TRIP

