



Daylesford Crossing

 **SAGELIFE** | Living to the Power of You

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Days of December

December brings the arrival of winter, the holiday season, and the eve of the new year. Enjoy this exciting time!



Flickering Festivity

On Dec. 24, 1966, a New York City TV station first aired "The Yule Log," a continuous video of a crackling fireplace scene accompanied by a festive soundtrack. People tuned in each year for the three-hour holiday scene, but the rising costs of the commercial-free program doused the fake flames in the '90s. Thanks to viewer demand, "The Yule Log" was rekindled in 2001, and now the cozy broadcast—as well as numerous copycats—can be seen on stations and streaming services nationwide.

Bringing Good Cheer

"I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer." —George Matthew Adams

December 2024

Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Do everything you can to stop the spread of germs. Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to wash your hands. Use soap and warm water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission. Most importantly, stay home if you are feeling any signs of sickness.



Giving Back



With Daylesford's monthly theme for November being "philanthropy," we felt it was important to "give back" to our housekeeping team. We chose to do this because we wanted to highlight the hard work of this dedicated team. Therefore, residents created gift bags that were filled with journals, spa supplies, coffee, and much more! Daylesford also participated in a local canned food drive where both residents and staff contributed.



Reap the Rewards of Classical Music

From Bach to Beethoven, Mozart to Mendelssohn, classical music is admired by many—and research shows that listening to this genre can result in a symphony of health benefits!

Improves memory and focus. An optimal soundtrack for studying and reading, classical music helps the brain absorb and retain new information.

Reduces stress. Listening to classical music lowers the body's levels of cortisol, the stress hormone, while also boosting dopamine, one of the brain's "feel-good" hormones.

Lowers blood pressure. Multiple studies show that classical music's calming properties significantly lower blood pressure and heart rate, decreasing the risk of heart attack, stroke and other conditions.

Promotes healing. Classical music helps ICU patients recover more quickly from trauma by stabilizing heart rate and breathing, as well as reducing instances of delirium. Rehab programs for stroke and brain injury patients incorporate classical music to improve cognitive functions.

Classics by Candlelight Concert



Daylesford's new evening monthly concerts "Classics by Candlelight" have since featured a cellist playing classical music and a pianist playing spooky Halloween music!

Self-Care Corner: Mood Music

Tune in to your emotions by creating playlists for different self-care needs, such as soothing songs for when you need to relax or upbeat music to cheer you up or motivate you to do a task. Loud, aggressive music can help you blow off steam when you're feeling frustrated, while a list of sad songs will be there for you when you need a good cry.

Music and Pet Therapy!



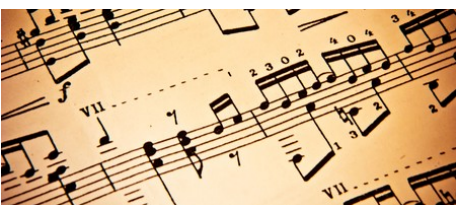
Carol and her cat, Rosie! Rosie's sister, Daisy, also lives here with Carol. Stop by for a visit!



Meg and our therapy dog Cali!



Volunteers Carol and Emma regularly visit Connections to provide music therapy to our residents!



Multiple studies have found that pet and music therapies have positive effects on residents with dementia by improving their mood, perception, and behavior. With music therapy specifically, it has been proven to evoke emotions and memories that the resident may have completely forgotten about. Pet therapy is also an engaging and accessible tool to help residents socialize and provide comfort.



Walk to End Alzheimer's



For the past few months, Daylesford has been participating in numerous fundraising events for the Alzheimer's Foundation, including bake sales, car washes, and merchandise sales.

November 9th was the conclusion of our annual fundraising efforts. Many staff members chose to walk for the Alzheimer's cause under the team name "The Forget-Me-Nots."



Staff at the Alzheimer's Walk in Philadelphia!

Family History

Is there a history of dementia in your family? If so, let your doctor know. The two of you can work together to develop ways to maintain your brain health to help avoid or slow cognitive decline.



“This Month In History”

DECEMBER

1901: With a goal of setting rules and safety standards, representatives from over 60 universities meet to form the Intercollegiate Athletic Association of the United States. In 1910, the organization was renamed the NCAA.

1924: At age 2, Judy Garland makes her stage debut at her father’s movie theater in Grand Rapids, Minn.

1948: The United Nations General Assembly adopts the Universal Declaration of Human Rights. Defining

fundamental freedoms of all human beings, the document has been translated into more than 500 languages.

1973: Astronauts on NASA’s Skylab 4 mission take a 7-hour spacewalk, the longest at the time.

1987: Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to score a goal by intentionally firing the puck into the other team’s net.

2001: “The Lord of the Rings: The Fellowship of the Ring” premieres. It was the first film in the trilogy based on author J.R.R. Tolkien’s fantasy series.

2007: At 81, Queen Elizabeth II becomes the oldest ever monarch of the U.K., surpassing her great-great-grandmother, Queen Victoria.

2016: Global retailer Amazon makes its first delivery by drone. The package arrived at its destination 13 minutes after it was ordered.