

THE 501

AT MATTISON ESTATE

501 Mattison Avenue • Ambler, PA 19002 • (215) 461-4880

Meet Our Friendly Neighbor



Hey friends at the 501, meet our shining friendly neighbor, Jean Jennings from assisted living. Jean is an only child and from Scranton, PA. Growing up, she loved to read her

uncle's (who was a doctor) medical books, and when she was done reading, she would ask him questions on what she read. Jean gives credit to her uncle for inspiring her and giving her the idea of becoming a nurse. She then proceeded to go to nursing school in Scranton, where she received her education.

For a short period of time, Jean worked in the operating room, as well as the ER. She felt as though she needed to be there. One of her favorite memories about working in this field was that she said, "I looked forward to every day because every day was different when working in the ER."

Jean also has three girls and also loved to travel with her husband. They've been to every state and multiple countries.

Jean is also very active here at the 501 community and always exudes positive energy.

Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

December 2024



Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

Hazelnuts for Health

Whether you know them as hazelnuts, filberts or cobnuts, these sweet-tasting little nuts are packed with fiber, antioxidants and healthy fats. Like other tree nuts, raw or roasted hazelnuts can be a heart-healthy snack option.

Frosty and Festive

"Winter is not a season, it's a celebration."
—Anamika Mishra

Celebrating Two Years at the 501!



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.

Sit in With the Social Worker, Ketty

Hello, 501 Residents! I'm KETTY, your friendly Social Worker here at the 501 at Mattison Estate! Each month, I'll pop in to share some fun tips, news, or a sprinkle of inspiration. I'm thrilled to be part of this vibrant community, and I can't wait to meet you! Swing by my office for a chat, and I'll have a small gift waiting for you. This month, let's talk about Social Activities! Are you involved in a group here at 501? If not, here are a few reasons to join in on the fun: **Belonging:** Social activities help you feel connected and combat feelings of loneliness. **Wellness Boost:** They enhance your emotional, intellectual, and physical well-being. **Friendship Building:** Engage in positive interactions and forge new friendships! Let's make the most of our time together. Let me know if I can assist you with anything. **New Social Work Groups at the 501 starting November 2024:** **Bereavement Support Group:** Compassionate: Embracing Memories every 1st Friday at 11am, located in the IL theatre. Everyone is invited, which includes staff/residents. **Sit with Social Worker:** Wisdom Wednesdays every 2nd Wednesday at 1:30pm in the IL theatre. Light Refreshments will be served. Looking forward to meeting you and even your loved ones.



History of the Halcyon Days

Ahh, the halcyon days. You've likely heard this phrase used as a reference to the past, particularly a time marked by peace and happiness. But the halcyon days also refer to a period in mid-December and has origins in Greek mythology.

The story begins with Alcyone and Ceyx, a mythological queen

and king in ancient Greece. After Ceyx was killed in a shipwreck, a distraught Alcyone threw herself into the sea. The gods, filled with compassion, transformed the couple into "halcyon birds," or kingfishers, so they could be together. Aeolus, Alcyone's father and king of the winds, calmed the weather for several days, allowing the birds to build nests and lay their eggs in peace.

The halcyon days came to be known as the two-week period surrounding the winter solstice, when the weather—at least in Greece!—tends to be calm and mild. However, the figurative meaning of halcyon days, marked by nostalgia for better times, is more widespread.

'Sing' In the New Year

Pull out your party hat and warm up your vocal cords—it's almost time to ring in the new year with some celebratory singing! Add these treasured favorites to your NYE playlist:

"Let's Start the New Year Right." Crooned by Bing Crosby in the 1942 classic film "Holiday Inn," this sweet jazzy tune promises high hopes in the year to come.

"Bringing In a Brand New Year." Pianist and blues singer Charles Brown penned this catchy bop, perfect for tapping your toes while you wait for midnight.

"It's Just Another New Year's Eve." Barry Manilow often

performed this 1977 ballad on "Dick Clark's New Year's Rockin' Eve" TV special, reminding audiences that the upcoming year is full of second chances.

"Auld Lang Syne." The ultimate New Year's Eve anthem, "Auld Lang Syne" is mostly attributed to a 1788 poem by Robert Burns and set to traditional Scottish music. With an emphasis on friendship and fond memories, singing the song in a circle is a wonderful way to cap off the night's festivities.



Courtyard Concerts at The 501!

The Baking Bunch Is Back at It!





America's Official Poets

Each year, the Library of Congress names a poet laureate of the United States to promote the reading and writing of poetry. Find inspiration in the works of these poets of the nation.

<u>Year Appointed</u>	<u>Poet Laureate</u>
1937	Joseph Auslander
1945	Louise Bogan
1958	Robert Frost
1968	William Jay Smith
1976	Robert Hayden
1985	Gwendolyn Brooks
1993	Rita Dove
2000	Stanley Kunitz
2015	Juan Felipe Herrera
2022	Ada Limón

"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.