

THE LANGLEY LODGE REVIEW

Langley Lodge, 5451 204 Street, Langley, BC V3A 5M9

Phone number: 604 530 2305

www.langleylodge.org



Happy New Year



Another fresh new year is here..
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!

~ William Arthur Ward ~

Where Did the Winter Go?

Last September we were asking the question – Where Did Summer Go? It finally did appear near the end of August and we had a nice warm sunny “Indian” summer. A really cold, snowy winter was promised to us by way of the weather gossip line – but so far it hasn’t shown up. After doing some research I can’t really tell you where winter is, but I did find out where some things go in the winter.



HUMMINGBIRDS

Depending on the specific species, they generally winter in Mexico, Costa Rica and British Columbia, but can sometimes be found in Southern California, Arizona, Texas and Florida.



HONEY BEES

Honeybees have a very interesting method of winter survival. They stop flying when the weather drops below 50 degrees. The bees all crowd into the lower central area of the hive and form a "winter cluster." around the queen bee at the center of the cluster, shivering in order to keep the center around 80 degrees. They rotate through the cluster from the outside to the inside so that no bee gets too cold. The outside edges of the cluster stay at about 46-48 degrees. The colder the weather is outside, the more compact the cluster becomes.



FROGS

Water makes a good shelter for many animals. When the weather gets cold, they move to the bottom of lakes and ponds. There, they hide under rocks, logs or fallen leaves. They may even bury themselves in the mud. They become dormant. Cold water holds more oxygen than warm water, and the frogs and turtles can breath by absorbing it through their skin.

Alzheimer Society

BRITISH COLUMBIA

PRESENTS

Getting to Know Dementia Series

Family Caregivers Series

A three-session series for family members who are caring for a person with dementia. This series covers:

- Understanding Dementia
- Understanding Behaviour
- Understanding Communication

WHEN: Thursdays - January 19, 26 and February 2
6:30 – 8:30 pm

WHERE: Langley Lodge
5451 – 204 Street, Langley

COST: FREE - Handouts included.

REGISTRATION REQUIRED

Call: 604-532-4241 - or

Email: ddriscoll@langleylodge.org
to register. Maximum 12 people/session.

*Next Family Caregiver Series
in April /May 2012.*

JANUARY IS ALZHEIMER'S AWARENESS MONTH

The Alzheimer Society of B.C. is your connection to a variety of resources and information about Alzheimer's disease and related dementias, and to helpful information for family members and caregivers.

www.alzheimerbc.org

LANGLEY LODGE WINTER EDUCATION SERIES

Theme: Protecting Your Finances

Our winter education series will run from January through April. We will be providing valuable information on the following topics:

JANUARY 17, 2012

7:00 pm – Langley Lodge

Estate, Tax and Planned Giving Ideas

Tax matters pertaining to estates and planned giving.

*Speaker: Wayne Leach, Principal
Wayne Leach and Associates Financial*

FEBRUARY 21, 2012

7:00 pm – Langley Lodge

Power of Attorney and Representation Agreements

How to Protect Yourself

*Speaker: Office of the Public Guardian
and Trustee*

MARCH 20, 2012

7:00 pm – Langley Lodge

Tax Credits for Seniors

April is Tax Time!

Learn about Tax Credits, Medical Credits, Pension Splitting and more...

*Speaker: Doug Leskun
Leskun and Son Accounting*

APRIL 17, 2012

3:00 pm – Langley Lodge

Protect Yourself!

Frauds, Scams, Identity Theft,
Telemarketing

*Speaker: Shelley McClenahan, Project Mgr.
BC Centre for Elder Advocacy Support*

PLEASE PRE-REGISTER FOR ALL SESSIONS: Ph: 604-532-4241 or Email
ddriscoll@langleylodge.org

Visit our website: www.langleylodge.org

JANUARY BIRTHDAYS

Edith Elliot * Helen Baranyai
Lucille McKinnon * Jo Gilhespy
Jacqueline Arsenault



WELCOME TO OUR NEW RESIDENTS

Jack Cheney * William Stewart
Joan "Jo" Gilhespy
Maxine "Joan" McEwen



BARNYARD WISDOM

Here's a poem that was shared by one of our residents, Lillian Strutinski. The poem was written by her mother:

*There was once a pretty chicken
But her friends were very few
For she thought that there was nothing
In the world, but what she knew.*

*She was always in the barnyard
Had a very forward way
Of telling all the geese, hens and turkeys
What they ought to do and say.*

*"Mrs. Goose", she said one day
"Why don't you come out to the meadow
Where the grass with seeds are filled?"
"If I did" said dear Aunt Docking
"Then my eggs would all get chilled."*

*"No, they won't" replied the chicken
"And what matter if they do?
Eggs are really good for nothing...
What's an egg to me or you?"*

*"What's an egg?" says Mrs. Docking
"Can it be you do not know,
That you yourself was in an eggshell
Just a few short months ago?"*

*"And if kind wings had not warmed you,
You would not be here today!
Telling all geese, hens and turkeys
What they ought to do and say.*

*To be very wise and know it
Is a pleasant thing, no doubt
But when young folk talk to old folks
They should mind what they're about!"*



**BE WARNED ALL
YOU YOUNG
CHICKENS OUT
THERE**

*People are so worried about what
they eat between Christmas
and the New Year, but they really
should be worried about what they eat
between the New Year and Christmas.*

Author Unknown

*"We will open the book. Its pages are
blank. We are going to put words on
them ourselves. The book is called
Opportunity and its first chapter
Is New Year's Day."*

Edith Lovejoy Pierce

RECREATION DEPARTMENT UPDATE

The excitement of the Christmas Season is over for another year. Soon the decorations will come down and be put away and we can begin to look forward to longer days and spring just around the corner. We want to take this opportunity to thank all the volunteers and the Auxiliary who logged over 600 volunteer hours to decorate the Lodge.

We are back to all our regular programs so be sure to check the calendars in the elevators to see what is going on.

FRIDAY, JANUARY 6th - 2:00 pm

There will be a Celebration of Life Service in the Main Floor Lounge to remember those residents who have passed away over the past month.

TUESDAY, JANUARY 10th - 10:00 am

Nu-2-You Boutique will be holding the first sale of the new year – Main Floor Lounge.

THURSDAY, JANUARY 19th - 5:00 pm

Open Diner's Club will meet in the Main Floor Bistro.

FRIDAY, JANUARY 20th – 11:00 am

The 5th Floor Brunch Bunch will get together in the 5th floor Country Kitchen.

Our monthly Birthday Party will be held on **January 26th at 2:00 pm** in the Main Floor Lounge and Bistro area. Many other activities are planned for the month of January. Check the calendar for details.

COMING IN FEBRUARY

BOARD SPONSORED
Valentine's DinnerFebruary 4th, 2012

For the past number of years the Langley Care Society Board of Directors has sponsored and participated in serving a special Valentine's Day Dinner to the residents and their guests. Due to renovations and construction last year the dinner had to be cancelled, but it is back again this year and you will not want to miss it.

Get out your best "bib and tucker" and be ready to enjoy a very special evening with a four course meal, dinner music, and five-star service. Meal service will be provided on all floors in the dining room.

For further information call Reception.

**NATIONAL NON-SMOKING WEEK**

January 17 – 23, 2012

This could be your time - stop for a week and don't go back. Cost of smoking cessation aides are now covered by Pharmacare.

CORRECTION – In the December issue the dates given for Hanukkah were incorrect. Dates should have been December 20th to 28th. 2011.

**Hope is the thing with feathers that perches in the soul
and sings the tune without the words and never stops at all.**

Emily Dickens