LAUREL SQUARE
HEALTHCARE & REHABILITATION CENTER
A Member of **NATIONWIDE HEALTHCARE SERVICES**

THE Laurel Square Ledger

January 2020 • Volume 4 • Issue 1

A Note From Our Administrator

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."
~ Helen Keller

I would like to wish everyone a Happy New Year! Thank you to everyone for helping our residents throughout the year. Let's make 2020 even better!

Laurel Square had our annual State Survey by the Department of Health from November 22 through November 26, 2019. All survey results are located in a marked binder on all floors of the facility.

Just another reminder about our Family Council Meetings – these meetings are held on the second Wednesday of each month at 6pm. Our next meeting is scheduled for January 8, 2020.

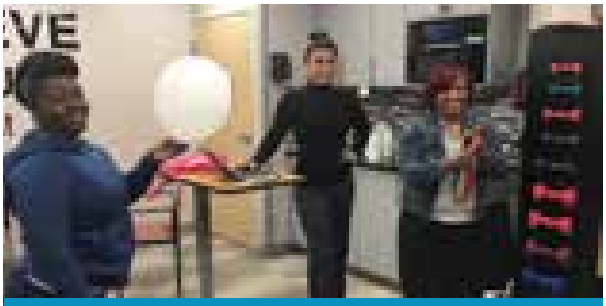
Sincerely,

Stephen Quindlen, NHA
Administrator, Laurel Square Healthcare & Rehabilitation Center

Our Department Leaders

- **Stephen Quindlen, NHA** Administrator
- **Jennifer Thompson-Moyer** Director of Nursing
- **Kellie Longs** Assistant Director of Nursing
- **Cheron Harrison** Human Resources/ Payroll Manager
- **Monica Ericksen** Director of Social Service
- **John Jones** Activities Director
- **Gloria Lighty** Business Office Manager
- **Ruth Frebowitz** RNAC
- **Robert Newkirk** Dietary Director
- **Marcella Evans** Director of Housekeeping
- **Lamar Stewart** Maintenance Director
- **Esther Amadi** Medical Records
- **Autumn Cotter** Director of Rehabilitation

Jennifer Thompson-Moyer (DON) bids her farewell after 16 years



Sheryl, Rebecca and Evelyn are hard at work in the Therapy Department

Howard Springs, Activities Assistant, giving his farewell at his going away party

Mary Covington preparing for the Holidays

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Resident Birthdays

Alvin Hayes • 1/1
Janet Mathis • 1/5
Mary McGill • 1/8
Mattie Hill • 1/13
Brenda Frye • 1/14
Mary Frye • 1/20
Henry Jackson • 1/21
Iris Sheppard • 1/22
Allen Burrus • 1/29

Staff Birthdays

Sharon Goolsby • 1/1
Sheeba Cheriyan • 1/6
Shenella Beckford • 1/7
Veronica Johnson • 1/16
Ebonnie Sykes • 1/16
Ashley Thomas • 1/18
Ryshod Wilkins • 1/21
Charite Decimus • 1/30

January 2

Sunday	Monday	Tues
January 2 **"Be fearless in the pursuit of what sets your fire."- Jennifer Lee**		
10:00 Juice Bar-1 11:00 Juice Bar-2 **2:00 Oak Lane Presbyterian Church-1** **2:30 Philadelphia House of Refuge-2** 3:30 Ropin' & Wranglin' Games -1 **"Celebrate the Past" Week Begins** **Coffee Around the World Day** **Golden Globe Awards Night**	**5**	10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 All About Epiphany -1,2 2:15 Manicure Monday-1 2:15 POKENO-2 **Epiphany** **Little Christmas**	**6**	10:00 Juice B 10:30 Body R 11:00 Funny Day-1 11:00 Author Day-2 2:15 Craft Co 2:15 Bingo-2 **Butterfly M** **Funny Bas**
10:00 Juice Bar-1 **11:00 Word of Hope Deliverance Church-1** **2:00 Faith Fellowship-2** **2:30 Evangelist Betty Williams-1** 3:30 Cattle Rustlin' Card Game-2 **Dozen Day** **National Hot Tea Day**	**12**	10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Jeopardy Trivia-1,2 2:15 Movie Matinee-1 2:15 Bingo-2 **Resident Trip** **Ring, Ring Day** **College National Championship Game**	**13**	10:00 Juice B 10:30 Body R 11:00 Deep i Texas-1 2:15 Starting With "Texas-B 2:15 Music & **2:15 JT Trina** **Dress Up Y** **The Ballpl** **Blonde Bo**
10:00 Juice Bar-1 **11:00 Word of Hope Deliverance Church-1** **2:00 Bethany House of Worship-1** **2:00 Enon Church-2** **3:00 Senior Outreach Ministry - Kingdom Restoration Ministry Church-1** Activity Professionals Week	**19**	10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 MLK Trivia-1,2 2:15 Manicure Monday-1 2:15 Bingo-2 ***To Have and Have Not* Day** Martin Luther King Day	**20**	10:00 Juice B 10:30 Body R 11:00 Big My Town Texas- 2:15 Rememl **2:15 MLK Ce** **Give Me** **Energize Y** **D** **Tone It U**
10:00 Juice Bar-1 11:00 Juice Bar-1 2:00 Men's Club-1 3:00 Kareoke-2 **Pro Bowl** **Grammy Awards** **India Republic Day**	**26**	10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 A World Of Knowledge-1,2 2:15 Manicure Monday-1 2:15 Bingo-2 **Wintertime Memories Day** Australia Day (observed)	**27**	10:00 Juice B 10:30 Body R 11:00 Trivia C **2:15 Young** 2:15 Chit-Cha **Chinese New** **Tea and Tr**

Laurel Square Healthcare & Reha

020 Activity Calendar

sday	Wednesday	Thursday	Friday	Saturday
020 r soul on	1 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 New Years Trivia-1,2 2:15 Welcome to January Day-1 **2:15 New Years Day Bash -2** **Welcome to January Day** New Year's Day	2 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Joking Around-1,2 **11:00 Bible Study with Friends-2** **2:15 Popular Music Show with Veronica-1** 3:00 Bingo-2 **6:00 Pastor Beard-2** **"Someday We'll Laugh About This" Week Begins**	3 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Trivia Connection-1,2 2:15 Friday Afternoon Cinema-1 **2:15 Crocheting Club with Janet Mathis-2** 2:15 Ombre Paper Bluebonnet-2 **Deep in the Heart of Texas Day**	4 10:00 Juice Bar-1 11:00 Juice Bar-2 2:00 Homemade Cream Puffs-1 **3:00 Legacy Church-1** **Mars Exploration Day**
7 Bar-1,2 Rhythms-1,2 Basketball Rediscovery nnection-1 **lcQueen Day** **sketball Day**	8 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Who, What Where?-1 **11:00 Food Committee-2** 2:15 Cooking Made Simple **2:15 Woodmere Art Museum-2** **6:00 Family Council Meeting (Conference Room)** **Wacky Winter Wardrobe Wednesday**	9 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 What's in the Bag?-1 **11:00 Bible Study with Friends-2** 2:15 Sports Arena-1 2:15 Bingo-2 **6:00 Ray of Hope-2** **Duchess of Cambridge's Birthday** **Soup's On Day**	10 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Humor Day-1,2 2:15 Spa Day-2 **2:15 Crocheting Club with Janet Mathis-2** 2:15 Friday Afternoon Cinema-2 **Wolf Moon** **Common Sense Day** **Houseplant Appreciation Day**	11 10:00 Juice Bar-1 **11:00 Fellowship w/Agape Church-2** 2:00 Fun with Trisha-1 3:00 Oatmeal Cookies-2 **Eat Your Oats Day** **Milk Bottle Day**
14 Bar-1,2 Rhythms-1,2 n the Heart of the Year Off ig" Trivia-2 Motion-1 **acia-2** **Your Pet Day** **ayer and the mbshell Day**	15 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Not Your First Rodeo-1 **11:00Resident's Council-2** 2:15 Reach For the Stars-1 2:15 Soul Food Wednesday **Humanitarian Day**	16 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Morning Prayer – Psalm 119-1 **11:00 Bible Study with Friends-2** 2:15 Game Day-1 2:15 Bingo-2 **Get to Know Your Customer Day**	17 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 **11:00 Mass-1** 11:00 All About Ali-2 2:15 2020 "Sounds Good" Calendar-1 **2:15 Crocheting Club with Janet Mathis-2** 2:15 Friday Afternoon Cinema-1 **Muhammad Ali's Birthday**	18 10:00 Juice Bar-1 **11:00 St. James Holy Church-2** **2:00 Oak Lane Presbyterian Church-1** **2:00 Oak Lane Presbyterian Church-2** **Surprise Saturday** **National Tulip Day in Holland**
21 Bar-1,2 Rhythms-1,2 ystery in Small 1,2 ber When-1 **elebration-2** **a Hug Day** **Your Morning Day** **p Tuesday**	22 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 EZ Does It-1 11:00 Drama Club-2 2:15 Wednesday Wonders -1 **2:15 Birthday Bash-2** **The Eyes Have It Day** **Pick up a Hobby Day**	23 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Philadelphia Trivia-1 **11:00 Bible Study with Friends-2** 2:15 It's A Science-1 2:15 Bingo-2 **Clashing Clothes Day**	24 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 Rhythm of the Beat-1 11:00 Ultra Gooey Peanut Butter Cookies-2 **2:15 Chinese New Year-1** **2:15 Crocheting Club with Janet Mathis-2** 2:15 Friday Afternoon Cinema-2 **Hooray! It's Peanut Butter Day!** **Compliment Day**	25 10:00 Juice Bar-1 11:00 Juice Bar-1 2:00 Chinese New Year Bingo-2 **2:15 New Jerusalem Church-2** **3:00 Legacy Church-1** **"At Last" Day** Chinese New Year
28 Bar-1,2 Rhythms-1,2 Connection-1,2 **At Heart-1** at Zone-2 **w Year Begins** **ivia Tuesday**	29 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 All About Oprah-1,2 2:15 Bowling-1 2:15 January Design-2 **Pet Therapy with Teddy** **National Puzzle Day** **Happy Birthday, Oprah**	30 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 All About FDR-1 **11:00 Bible Study with Friends-2** 2:15 Bowling-1 2:15 Bingo-2 **FDR Day**	31 10:00 Juice Bar-1,2 10:30 Body Rhythms-1,2 11:00 All About Jackie Robinson-1,2 2:15 Spa Day-2 **2:15 Crocheting Club with Janet Mathis-2** 2:15 Friday Afternoon Cinema-1 **Jackie Robinson Day** **Inspire Your Heart with Art Day**	*Room to Room Visits Provided*

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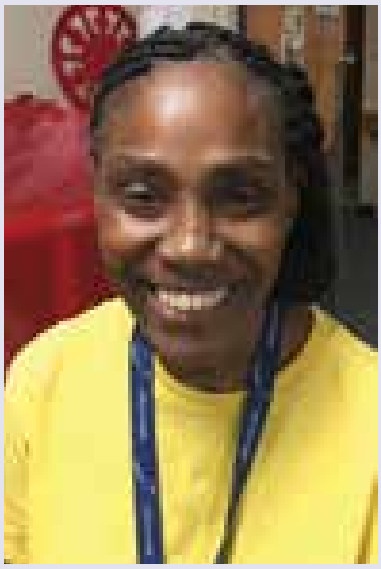


Resident of the Month: Monique Johnson

Laurel Square Healthcare is happy to introduce our latest Resident of the Month, Monique Johnson.

Monique was born and raised in the West Oak Lane section of Philadelphia. She later graduated from Martin Luther King High School where she excelled in academics, as well as an extensive social circle. Monique has always had a love for the world of retail sales. This led her to numerous retail-based positions. Monique also worked for the Flair Bubble Gum Factory and Region Box Factory, where they created jewelry boxes. Monique's compassionate spirit later brought her to the Metropolitan Van Service Company. There she drove individuals to their doctor's appointments and mentored troubled youths. Now she brightens everyone's day here at Laurel Square with her effervescent spirit.

"J" is for January

Use the clues to fill in the crossword.

"J" is for January

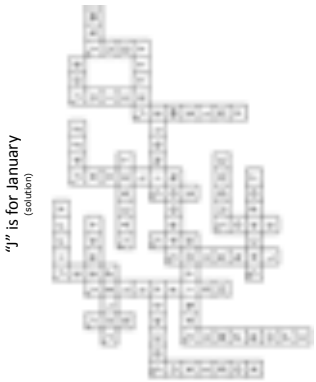
(clues)

ACROSS

1. Really quick
2. New Orleans music
3. Occupation
5. Sun-dried beef
6. Crowded traffic
7. Derby drink
8. Short coat
9. Harbor wall
10. Professional horse rider
12. Advertising tune
13. Shop talk, lingo
14. Custodian
15. Court case decider
16. Top prize

DOWN

1. All-terrain vehicle
2. Track and field spear
3. Breakfast drink
4. Milk container
5. Spineless creature
6. TV judge
9. Rings and things
10. Diner music player
11. Cookie container
12. "Average" guy
13. Daily record
14. Playground cord
15. Rib-tickler



"J" is for January (solution)

January Fun Facts

In the Good Old Days

- In January 1920 (100 years ago): The average income was $1,130, the average new house cost $6,296, a loaf of bread was 11¢, and a gallon of milk cost 58¢.
  ($1 in 1920 = $13.21 today)
- In January 1970 (50 years ago): The average income was $11,106, the average new house cost $26,600, a loaf of bread was 24¢, and a gallon of milk cost $1.32.
  ($1 in 1970 = $6.81 today)

January Birthdays

January's name is actually derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the "god of gateways" or "god of doorways." Janus is the original "two-face," as his image is often symbolized by a face that looks both backward and forward at the same time – a reminder that this is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that awaits immediately ahead.

January Zodiacs

- Capricorn: (The Sea Goat) – January 1–19
- Aquarius: (The Water Bearer) – January 20–31

January Quote

"Blasts of January would blow you through and through."
~ William Shakespeare

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1020 Oak Lane Avenue, Philadelphia, PA 19126
(215) 224-9898
LaurelSquareHealthcare.com

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