

JANUARY/FEBRUARY 2016

# THE MEWS NEWS

Exceptional Senior Living in the Heart of Greenwich

## DAVE'S CORNER



As we usher in the new year, it is a wonderful time to reflect on things that have transpired over the last twelve months. The community that we all share has changed a bit. There are many new faces in various stages of adjustment to this new life at The Mews. Time after time, I am so gratified to see current residents embrace the new residents and show them the ropes. It is always done with such grace. There is nothing quite like finding a new friend at this stage in one's life. During our monthly resident meetings over the past year, where almost all residents participate, the discussion covers all kinds of subjects from not wasting food or energy to dress codes and common courtesies. The take away for me has always been the true community spirit that emerges from these discussions of shared interest. During the past year, we celebrated many themed days, some fun trips, frequent ferry rides to island beach, and an occasional stroll out at Todd's point. It has been a year of construction and renovation here on campus including a new roof on the main building, sealing all the walls and a total rehabilitation of the first floor of the Red House. Early in the new year, we will be hosting a grand opening for the new common areas in the Red House. I want to thank all of our residents and their family members who contribute in so many ways, volunteers, and our staff who keep on giving everyday all year long. It takes a real community to make all this happen and we have it here at The Mews. I look forward to another year of working closely with so many of you to maintain the vitality of our community.



## RECENT EVENT



I am sure some of us have decorated Gingerbread Houses as a kid. So, Ossie, who is the daughter of Chef Debbie Pennella, thought it would be a great idea to decorate Gingerbread Houses.

Many of the residents joined in with the project on Wednesday, December 9th in the Dining Room.

What a great time everyone had icing and decorating their houses - with several kinds of candies including, spice drops, M & M's, necco wafers, mini wheat cereal, Skittles, Twizzlers, and lastly were peppermint candies.

It was a great success and we look forward to doing it again next year!!

Observed on January 1st, New Year's Day is a national holiday and probably the most celebrated public holiday. It is marked by fireworks, parades, champagne and a variety of different foods.

For many celebrating the New Year, it is an opportunity to learn from the prior year and make positive changes in their lives.

Making resolutions or goals, such as weight loss, exercise, or giving up a bad habit is a huge change in someone's life.

Also, it is a perfect time for loved ones to gather around, toasting gratefulness for the past year's blessings.

May this New Year bring many sweet memories and peaceful times. Wishing everyone a prosperous New Year!



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## **UNTRIM THE TREE PARTY**

What a great way to have another get together! Having an Un-Trim The Tree Party can be bittersweet and it can be fun.

As we put the Christmas Season to bed, let's celebrate all the warm feelings the season offered.

As all of our little elves helpers gather in the Rock Room to remove all of the ornaments from the beautiful Christmas Tree, there will be background music with Bonnie at the piano. Also, the dining staff will provide us with delicious cupcakes.

We look forward to all of you joining in with the fun on Thursday, January 7th at 2pm in the Rock Room!

Come one come all!!!



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## **NEW RESIDENT LORETTA MOSSMAN**

As a lifelong artist, I have lived in many places over the world, working and studying. My painting and printmaking reflects this life, but also, my travels through my personal history and imagination.

Born and raised in Philadelphia, I was first, a student of the Philadelphia College of Arts - now the University of the Arts - and years later the Pennsylvania Academy of Fine Art (where I was awarded their coveted world/travel scholarship). I have forged my path though the ability of images to express human experience.

For twenty years I worked in Mexico, making wool

tapestries and rugs with a team of expert weavers. I have shown my work all over the country. Presently, I am a member of Silvermine Gallery and the Center for Contemporary Printmaking in Norwalk. I have three children, a joy to me - Leslie Giuliani (artist), Michael Philip Mossman (jazz musician) and Jan Locke (therapist). Five wonderful granddaughters complete my list.

Living the good life.

Loretta Mossman

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A Leap Year has 366 days, as opposed to a common year which has 365 days.

Every four years is a Leap Year and a Leap day is on February 29th.

The reason for the Leap days are to keep our calendar in alignment with the Earth's revolutions around the sun.

People who are born on February 29th have to wait every four years to observe their birthday. However, Leap Year babies choose either February 28th or March 1st to celebrate in years that are not Leap Years.

For 2016, Let's Leap into a New Year.



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## SUPER BOWL SUNDAY

The NFL is going "Gold" to celebrate the 50th edition of the Super Bowl in American football, making it the biggest Super Bowl ever celebrated. It will be hosted on Sunday, February 7th at Levi's Stadium, located in Santa Clara, California.

Super Bowl 50 will be the first Super Bowl in over 40 years to not use Roman Numerals.

Annually at the Mews, Jean hosts a Super Bowl Party beginning at 6pm in the Rock Room!

Chips and dip and pizza at half time will be served. Please put the date on your calendar!!



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## GREENWICH HIGH SCHOOL

In 2012, Julia Marache and Becca Latto first began coming to The Mews with the goal of bridging the gap between the youth and elderly in the town of Greenwich. Their hope was to foster a better sense of community between these generations, co-founding Generation to Generation an outreach at Greenwich High School.

Now, almost four years later, the high school student members of Generation to Generation still visit The Mews on Sundays to share stories, play games, sing songs and enjoy the company of the residents.

The co-founders Becca and Julia would like to thank

Robin and Jean for allowing them into our space and giving them the opportunity to form such wonderful bonds with the residents.

They hope that the club continues to thrive and grow under its new leaders, Martin Eizayaga, Sophia Salzar and Sabrina Thurber.

Residents, please come on down and enjoy some fun time with the students on Sundays from 3-4pm in the Rock Room!!

## THE MEWS

**1/2 BOLLING PLACE  
GREENWICH, CT 06830**

**NUMBER: (203) 869-9448**

**FAX: (203) 869-4793**

### THE WEBSITE

**WWW.THEMEWSINGREENWICH.ORG**

### SHOPPING PORTAL:

**WWW.shop.com/  
themewsingreenwich**

### NEW RESIDENTS:

**ED DALY**

**MARGARET LOGLISCI**

**HELEN KANE**

**SANDRA GERSTUNG**



## ROBIN'S MUSINGS

Happy, Happy, Happy,  
Healthy, Healthy, Healthy,  
Everything To All of You - Our Merry Residents!

And so we begin again. Maybe we will be thinking about some changes we want to make for ourselves in our lives. Maybe we will continue being grateful for all we have and if not maybe we will just be more mindful of who and what we do have. Isn't life just an adventure?? Surely it is an attitude. I hope we have an attitude of gratitude.

Somehow a New Year makes me think of what more I can do for myself to feel happy, healthy and productive. But, that is just me. I try to keep learning and therefore, hopefully I keep growing and as I have said before and I know I will continue to say again, I learn so much from all of you.

You inspire me with your friendships, kindness and generosity of spirit. For all of this and so much more, I am extremely grateful. I do look forward to seeing what this New Year 2016 will bring. I hope you are looking forward to it also!!

## JUST A REMINDER!

I know many of the residents at The Mews enjoy the religious services offered. Not only do we have R.C. Mass every third Monday of the month, we have Eucharistic Service and Christ Church on Sunday mornings.

A priest from St. Mary's Church will continue to come to The Mews every Wednesday at 3:30pm to perform communion services in the Library.

So residents please take advantage of the Christian Worship Service!!

## RESIDENT'S BIRTHDAYS

### JANUARY BIRTHDAYS

**WALTER MCCOY - 1/5**

**RICHARD HENRICKS - 1/5**

**CARL BRAININ - 1/27**

**GUSTAVE MAIER - 1/25**



### FEBRUARY BIRTHDAYS

**VIOLET IVERSON - 2/1**

**RITA MILLER - 2/5**

**RICHARD SALVATORE - 2/8**

**LIVIA HERMAN - 2/8**

**JEAN LAMBERT - 2/25**

**HELEN POST - 2/26**