

Hello, Friends!

The Holiday Season has arrived at Concord and with it, the distinctive joy and cheer of this time of year.

Eagerly anticipated by our residents, this month is certainly filled with opportunities to engage in the cherished tradition across cultures shown by the latest research on Geriatrics to be a key factor to wellbeing: socializing!

Beginning December with live entertainment, eggnog and a tree trimming party to get into the Holiday spirit, and concluding with a lively New Year's celebration – we look forward to ushering in a happy and healthy 2018 together with our residents and their loved ones.

From our
Concord family
to yours,
Happy Holidays!



ISAAC SONENBLICK,
ADMINISTRATOR

MEET LUCY BOLOGNESE:

100 Years Young!

Born in Brooklyn, New York in 1917, and hailing from a large family of eleven children, this vibrant centenarian and Concord resident shared some of her favorite memories with the sagacity that only comes with a life well-lived:

LUCY: Growing up in Brooklyn in the early part of the century, we lived in a primarily Italian and Spanish neighborhood.

In those days, everyone got along. Neighbors sat together on their stoops and people greeted one another on the streets. I loved sitting on the stoop with all the younger kids gathered together as I read them stories and helped them with their lessons. The little kids would come to my door looking for me to come out and they would be upset if I wasn't home to tell them stories.

At the age of 17 or 18, I worked for the school at the Principal's office. I was paid \$10 a week – quite a lot of money at the time!

When asked about her husband who passed away many years ago, Lucy lights up recalling how they were introduced:

LUCY: He worked with my brother who thought he would be a good match for one of my sisters. And this sister thought he was a good match for her ... but he picked me!

We got engaged but then the

War broke out. He wanted to get married right away but I decided to wait because of the war. It was hard to be apart, and since we weren't married all notifications from abroad were sent to his mother so I had to get all my correspondence through my future mother-in-law... Luckily, he served mainly in safe areas and spent much of his time stateside.

– Continued on back



Saluting Our Veterans & Their Dedication To Our Nation

Concord Healthcare & Rehabilitation Center, the only VA contracted nursing home serving Ocean and Monmouth Counties, is proud to have many veterans call our facility home. Respectful of our vets' distinctive needs and in recognition of their dedicated service, we offer special Veterans Programming year round – with many opportunities for socializing in the company of peers. Our veterans recently enjoyed an outing to the Legion in Toms River for an early Thanksgiving Dinner celebrated with veterans from throughout the area.

At Concord, Veterans Day observance is especially meaningful. Our annual Tribute Program led by Chaplain Diana Speidel on Thursday, Nov. 9 opened the holiday weekend. Following a candle lighting memorial ceremony, each veteran and war widow was honored with a pin and certificate. On Saturday, residents enjoyed lively festivities with patriotic music and dancing.





100 Years Young!

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When the War was over we got married at St. Mary's Star of the Sea Church in Brooklyn, which is still around. I wore a white dress that my mother-in-law had made for me. I was in my late twenties when we got married – older than many of the girls in those days.

Lucy is the proud mother of a son, Peter, one granddaughter, two grandsons, and five great grandchildren. It is very moving to see Lucy's wedding picture lovingly placed in her room to this day. As to what keeps her young:

LUCY: *I really never thought I'd live this long, I was scrawny and never a good eater. But I have always kept busy reading, listening to music, dancing and socializing. I did a lot of walking living in the city and loved jumping rope.*

Known among Concord residents and staff as a music lover, Lucy's eyes twinkle at the mention of music:

LUCY: *My all-time favorite singer is Connie Francis, I especially love the song "All of Me".*

When asked what her favorite hobby is, Lucy is quick with the answer:

LUCY: *Talking! I always liked having friends and had many no matter where I lived. I enjoyed going into Manhattan with my girlfriends for fun outings. I also liked having people over, entertaining and cooking even just for relatives or in-laws. My specialties were chicken cacciatore and steak a pizzaiola. I still love spending time with people!*

As for her secret to longevity, this is Lucy at her best:

LUCY: *Don't ever think you are better than anyone else. Never in 100 years have I ever said I hated someone, I never looked at someone and said 'I don't like you'. Listen, I'm not perfect, it's not like I never did anything wrong, but you just don't hurt other people with hateful words. If you know someone doesn't care for you, is mad at you, or maybe you don't get along with them just keep your mouth shut and stay away. No matter what our differences might be, all nationalities, all colors – we are all human.*

FAMILY & FRIENDS

4 HEALTHY TIPS for the New Year

Dress Smart. Protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing.

Walk Smart. Wear boots with non-skid soles to prevent slipping.

Be Proactively Smart. If you use a cane, replace the rubber tip before it is worn smooth.

Stay Safe. Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.

Take care of yourself by staying focused on what's important:
family, friends, the spirit of the season – and your health!



Some of these tips originally appeared in healthinaging.org

STAFF PROFILE

Up Close with Ann Marie Shienle

Marking her 18th year working at Concord as a Receptionist, we recognize Ann Marie as a consummate people person – and a great fit for our front desk!



A dedicated employee, her long tenure was enriched by the experience of having her mother move into Concord at age 92. A resident for over three years, Ann Marie's mom basked in the company of residents & staff alike, and in Ann Marie's own words: "They took very good care of her!"

"I really enjoy my job because I naturally like people ... At the front desk people come asking for directions, for assistance – and also for encouragement!"

CALENDAR HIGHLIGHTS

DECEMBER 6:

- Live Entertainment & Eggnogs
- Bus Tour of Holiday Lights

DECEMBER 7:

- Tree Trimming Party

DECEMBER 13:

- Lucy Bolognese's 100 Year Birthday Celebration
- Lighting Ceremony

DECEMBER 19:

- Out for Lunch & Holiday Shopping

DECEMBER 20:

- Holiday Party With Santa
- Personalized Wish List Gift Presented To Each Resident

DECEMBER 25:

- Welcoming Guests With Cocoa, Eggnog & Candy Canes
- Special Formal Christmas Luncheon

NEW YEAR'S EVE:

- Live Music, Midnight Countdown & Non-Alcoholic Champagne Toast