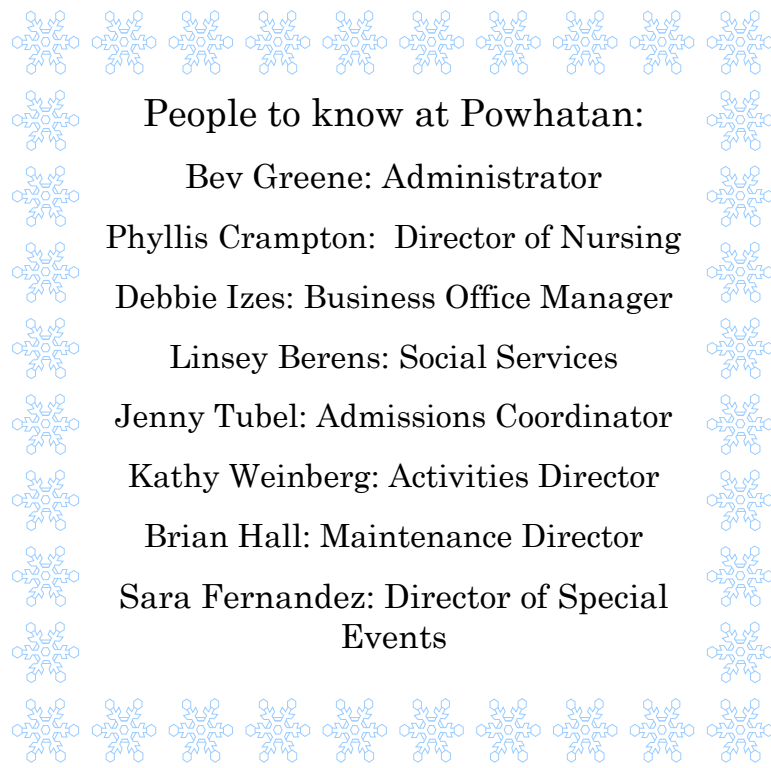


January Quotes

- “JANUARY,
The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old moods,
New beginnings, new attitudes.”
- Charmaine J Forde
- “To read a poem in January is as lovely as to go
for a walk in June.”
- Jean-Paul Sartre
- “The shortest day has passed, and whatever
nastiness of weather we may look forward to in
January and February, at least we notice that
the days are getting longer. Minute by minute
they lengthen out. It takes some weeks before
we become aware of the change. It is
imperceptible even as the growth of a child, as
you watch it day by day, until the moment
comes when with a start of delighted surprise
we realize that we can stay out of doors in a
twilight lasting for another quarter of a precious
hour.”
- Vita Sackville-West
- “And now let us believe in a long year that is
given to us, new, untouched, full of things that
have never been.”
- Rainer Maria Rilke



People to know at Powhatan:

- Bev Greene: Administrator
Phyllis Crampton: Director of Nursing
Debbie Izes: Business Office Manager
Linsey Berens: Social Services
Jenny Tubel: Admissions Coordinator
Kathy Weinberg: Activities Director
Brian Hall: Maintenance Director
Sara Fernandez: Director of Special
Events

Happy New Year from All of Us at Powhatan!



Upcoming Events: January

Religious Services

Mass with St. Johns the Beloved
Wednesday, January 2nd at 11:00 am



St. Michael's Episcopal Church
Friday, January 11th at 11:00 am



Communion in Rooms
Thursdays at 10:00 am



Monthly Birthday Party with Chris Edwards

Thursday, January 3rd at 2:30 pm

Pure Joy

Saturday, January 12th at 10:00 am

Bake Sale

Wednesday, January 23rd at 11:00 am



Pow Wow

Volume 37 Issue 1

January 1, 2019

Where Caring Makes A Difference

Raymond Laakso

Raymond W. Laakso was born on August 4, 1928, in Virginia, Minnesota. His parents were Sylvia and Viljo Laakso, and he was their only child. His father was a truck driver and his mother was a home-maker. He was primarily raised by his Finnish-born grandparents Hank (a railroad laborer) and Saima Ruha, of whom he was very fond.



He speaks fluent Finnish and grew up around the language. For example, he remembers many cold nights in a one-room farmhouse trying to fall asleep while his family was chatting in Finnish and playing cards until late into the night just a few feet away from his bed. He also remembers how difficult it was going to grade school and having to learn English at seven years old.

He had a challenging yet wonderful upbringing, and is very proud of his Finnish heritage. He became a bit of an informal translator as his grand parents never really learned to read or write in English. He not only took care of a lot of their paperwork but also explained what was happening during all of the

Western movies he and his grandpa would watch on weekend afternoons.

Ray was popular with his schoolmates and always had good advice to share, earning the nickname “Rabbi.” He was captain of his basketball team and truly loved playing the game for the Proctor Rails in Minnesota and the Bellevue Chieftains in Nebraska.

Ray was also in the Air Force and Navy as enlisted man taking him to Keesler Air Force Base in Biloxi, Mississippi (where he eventually married) and Great Lakes Naval Training Center in Illinois where he never forgot how cold he was at the Army Navy Game he attended at Soldier Field in Chicago. (Continued on pg. 4.....)

Inside :

Cooking Corner	2
Medical Minute	3
Word Scramble	5
Word Search	5
Resident Rights	6
Puzzle Answers	7
Upcoming Events	8

2100 Powhatan Street
Falls Church
Virginia 22043
(703) 538 2400

Cooking Corner

Slow Cooker Beef Stew

Ingredients:

- 2 pounds beef stew meat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

Directions:

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.



(source: allrecipes.com)

Crockpot Caramel Apple Crumble

Ingredients:

- 1 cup brown sugar
- 1/2 cup granulated sugar
- 5 large apples, cut in chunks
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

Topping:

- 2/3 cup oats
- 2/3 cup loosely packed brown sugar
- 1/4 cup flour
- 1/2 teaspoon cinnamon
- 3-4 tablespoons softened butter
- 1 teaspoon vanilla extract

Directions:

1. Toss apple chunks with salt and cinnamon.
2. In the bottom of your slow-cooker, mix brown and granulated sugars, then spread evenly to cover. Layer apples on top, keeping them in a single layer as much as possible, then adding the rest of top.
3. Mix the crumble topping together in a bowl, using your fingers to distribute the butter evenly and thoroughly and clump it together. Sprinkle it over top of the apples, Cook apples on low for 4 hours, or high for 2 hours, Turn off heat, unplug, and let sit, covered, for one hour. During this time the caramel will thicken a bit more. Serve with vanilla ice cream.



(source: howsweeteats.com)

January Word Search Answers

G	T	A	H	E	A	W	O	N	S	O	F
S	C	A	R	F	U	H	O	S	W	O	R
I	O	V	O	I	E	R	A	C	E	W	O
S	L	A	I	R	T	Z	N	T	A	R	S
Y	D	N	A	E	I	S	E	O	T	E	T
A	A	I	T	P	H	T	L	E	E	A	A
J	R	U	N	L	W	M	I	S	R	T	Y
A	A	G	U	A	B	A	M	E	I	F	L
C	T	N	A	C	E	S	A	V	G	E	L
K	S	E	T	E	A	E	O	O	L	G	I
E	A	P	U	K	K	C	H	L	P	O	H
T	C	R	E	T	N	I	W	G	G	L	C

Martin Luther King Jr.

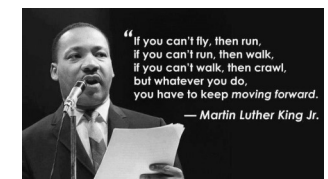
Martin Luther King Jr. was an incredibly influential man during the civil rights movement. Here are a few more interesting facts about him that you may not have known:

Martin's name was Michael at birth. His name was changed at the age of five by his father, who was very much inspired by the Protestant Reformation leader Martin Luther. After his father spent some time in Germany learning about the leader, he changed not only his name, but his sons as well.

When he was 15, he started college. He was incredibly gifted and skipped grades nine through twelve. He attended Morehouse College, graduating with a degree in Sociology.

He was imprisoned close to 30 times. Once in Alabama for driving five miles over the speed limit in 1956. Along with a bunch of over civil disobedience and trumped-up charges.

Some of King's family members did not believe that James Earl Ray did not act alone in the assassination. Coretta, King's widow, believed that state, local and federal government agencies were heavily involved, as well as the mafia. During a civil trial in 1999, a Memphis jury decided Ray took the plan as a result of a conspiracy.



(history.com)

WORD SCRAMBLE ANSWERS

1. B
2. L
3. G
4. E
5. D
6. A
7. K
8. H
9. J
10. C
11. F
12. I

Resident Rights

“Is not required to perform services for the facility that are not included for therapeutic in his or her plan of care;”

This means that:

1. Powhatan Nursing Home will not require you to perform work for the facility.
2. Should you choose to perform voluntary work for the facility, your desire or need for work, must be approved by your physician and recorded on your plan of care.



New Year's Traditions

All across the world there are ways that the New Year is celebrated. Here is a list of interesting traditions.

- * **Puerto Rico** - they throw pails of water of their window to ward off evil spirits.
- * **Switzerland**—they drop ice cream on the floor.
- * **Peru** (Takanakuy Festival) - have a fist fight to settle differences so they can start of a clean slate in the new year.
- * **Japan**—all their bells are rung 108 times in following the Buddhist belief that is brings cleanliness.
- * **South America**—they believe wearing different color underwear will determine their fate over the next year, red for love, gold for wealth, and white for peace.
- * **Bolivia**—coins are baked into sweets, whoever ends up with the coin will have good luck the following year.
- * **Columbia**—suitcases are carried around all day in hopes that it will bring a travel-filled year.
- * **Denmark**—people stand on chairs and jump into the New Year for good luck.
- * **Chile**—families spend the night in the cemetery with their deceased loved ones.
- * **Ireland**—they throw bread at the walls to rid off evil spirits.
- * **Finland**—molten tin is casted into a bucket of water and the results are interpreted.
- * **Scotland**—the first person to cross the homes threshold should carry a gift for good luck.
- * **Denmark**—dishes are shattered at the door of your friends and family.
- * **Spain**—they stuff 12 grapes in their mouth at midnight for good luck.
- * **Ecuador**—they burn scarecrows and photos from the last year for good fortune.

Powhatan Services

Psychiatrist - Dr. Storer

Podiatrist- Dr. Raugh

Dentist - Dr. Morabito

Dermatologist— OnSite Dermatology

Hearing Services—Ascent Audiology

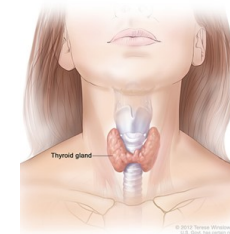
Optometrist—Senior Vision Services

Beauty/Barber Shop - Beth Hutt

Guest Meals- Family and friends of residents may join them for \$5.00. Please make reservations with the receptionist by 10:00 am for lunch and 3:30 pm for dinner

Medical Minute: Thyroid Health

The thyroid gland is very important in the control of almost every cell in the body, and plays a role in many bodily functions and organs, like the kidneys, brain, heart, and skin . A healthy thyroid gland is vital to the your body's overall well-being.



The thyroid works to omit the right amount of hormones to make things work effectively but other outside influences may interrupt this process. Certain things, like disease, can slow down production of hormones due to damage.

Hypothyroidism

Sometimes the thyroid-stimulating hormone (TSH) levels are not adequate enough to meet your body's demands. You may feel tired, depressed, cold, or you may even have weight gain for no reason. It may be because you're not getting enough iodine, so it is unable to make enough of the thyroid hormone, though it will continue to work harder anyway. If your thyroid is overworked it can become enlarged or cause swelling in your neck.

In some cases, in a condition called Hashimoto's thyroiditis, your body's antibodies attack the thyroid believing it is an invader or dangerous to the body. Two antibodies, antithyroid peroxidase and antithyroglobulin, contribute to the eventual destruction of the thyroid, eventually causing it to fail. Hashimoto's thyroiditis is an autoimmune disease, and is just one form of thyroid inflammation the causes hypothyroidism.

Hyperthyroidism

The thyroid gland may also put out more hormones than is needed. Even with signals from the pituitary gland, the thyroid continues to output, which puts your metabolism into high gear and speeds up your body's processes. Symptoms of hyperthyroidism may include having trouble sleeping, weight loss (despite diet), racing pulse, feeling irritable or being overheated. You can also develop a goiter because of the overproduction of the thyroid hormone.

If you're over 60 years old, it is likely that a toxic multinodular goiter is to blame for hyperthyroidism. Nodules of the thyroid can form from hormone imbalances, some may be harmless but others can be cancerous (a very small percentage) though these types of nodules do not usually affect the thyroid function.

Graves' disease is another type of autoimmune disease of the thyroid, but causes hyperthyroidism. The antibodies that attack the thyroid in this condition stimulate overproduction of the thyroid hormone.

Symptoms and Risk Factors

Many of the common symptoms of thyroid disease are similar to other conditions and diseases of the body. It is important to talk to your doctor about a TSH (thyroid-stimulating hormone) test to determine the condition of your thyroid gland. You can also perform a self neck check. For detailed directions go to www.thyroidawareness.com/neck-check.

If you have a family history, certain prescription medications, have had radiation therapy, or lived near a nuclear accident, you should consider getting a thyroid evaluation.

Raymond Laakso (Continued)

Raymond met his wife Lois when they went on a blind date in Cloquet, Minnesota. They were married in 1950, and they had two daughters together, Beth (a forensic photographer for the Secret Service, 62) and Kristen (an art museum educator for Paris Muse and home maker, 50). Lois was beautiful and still is today, he said it was love at first sight. Family is very important to him, and they spent a lot of time together in many different places including the Marshall Islands, Hawaii, North Dakota and Southern California.

He graduated from the University of Texas ELPASO with a Bachelor of Arts in Business in 1968. Raymond worked as an engineer and logistics specialist for McDonell

Douglas for 35 years, as well as other companies (like Boeing). He liked the work because it was challenging, and he always had to learn a lot. He enjoyed working with a lot of good people in the industry through the years. He reluctantly retired in his 70's, and is very proud of his career defending his country.



He has two granddaughters that live in Illinois, Caroline (12) and Julia (9). Raymond enjoys listening to music, particularly Big Band and country. He likes keeping up with current events, fishing, and watching the Minnesota Vikings and the USC Trojans.

Meditation

It is a common tradition to make resolutions or goals for the coming year ahead to set you in the right state, in hopes that this year will be better than the last. If you're unsure about which things to put on your list, I would recommend adding a resolution of weekly or daily mediation.

Meditation is becoming a more commonly used practice, as more and more people are becoming aware of its benefits. There are certainly a multitude of good reasons to start meditating, and some studies are showing that it may even helps prevent or slow the progression of dementia.

Meditation can be done anywhere, and you don't need any special equipment to practice it. There are generally two different major forms of meditation including focus-attention and open-monitoring meditation. To learn more or to find a guided meditation go to www.chopra.com/articles/guided-meditations

Here are another 10 ways it helps to improve overall health:

- * It stimulates emotional health
- * Improved anxiety
- * Stress levels decrease
- * Self-awareness is enhanced
- * Your attention span gets lengthier
- * You can become kinder to those around you
- * It helps fight addictions
- * Sleep is improved
- * Pain control is improved
- * Blood pressure reduces
- * May decrease memory loss that is age-related



January Word Search

G	T	A	H	E	A	W	O	N	S	O	F
S	C	A	R	F	U	H	O	S	W	O	R
I	O	V	O	I	E	R	A	C	E	W	O
S	L	A	I	R	T	Z	N	T	A	R	S
Y	D	N	A	E	I	S	E	O	T	E	T
A	A	I	T	P	H	T	L	E	E	A	A
J	R	U	N	L	W	M	I	S	R	T	Y
A	A	G	U	A	B	A	M	E	I	F	L
C	T	N	A	C	E	S	A	V	G	E	L
K	S	E	T	E	A	E	O	O	L	G	I
E	A	P	U	K	K	C	H	L	P	O	H
T	C	R	E	T	N	I	W	G	G	L	C

WINTER

SNOW

COLD

ICE

HAT

SCARF

GLOVES

JACKET

SWEATER

FREEZE

CHILLY

IGLOO

PENGUIN

FROST

FIREPLACE

WHITE



Animal Word Scramble

- | | |
|--------------|-------------|
| 1. RBEA | A. PENGUIN |
| 2. KYOEMN | B. BEAR |
| 3. ARBEZ | C. FOX |
| 4. OGD | D. WOLF |
| 5. FWLO | E. DOG |
| 6. GDUEIPN | F. CAT |
| 7. AANDP | G. ZEBRA |
| 8. EGFAFIR | H. GIRAFFE |
| 9. ONRHI | I. ELEPHANT |
| 10. OXF | J. RHINO |
| 11. CTA | K. PANDA |
| 12. PHEALNTE | L. MONKEY |