

January 2023

DevonHouse Herald

DevonHouse Senior Living | 1930 Bevin Drive Allentown PA | 610 967-1100



Celebrating January

Tuesday 1/3 2pm
Music by Robin & Jim

Friday 1/6 6pm
Painting Class
with Judy Peters
Space is limited to 12
Sign up ahead

Tuesday 1/10 2pm
Music by Eric Kearns

Friday 1/13 12pm
Pizza Hut Lunch In
\$10 per person
Sign up ahead

Tuesday 1/17 2pm
Elvis

Wednesday 1/18 2-4pm
Caricatures by Alex
Part II

Friday 1/20 2pm
DJ Spinners' Dance Party

Saturday 1/21 12pm
Piano Recital by Ray

Tuesday 1/24 2pm
Music by John Bauer

Tuesday 1/31 2pm
Music by John Stevens

Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Hopping into the New Year



The Chinese New Year on January 22 rings in the Year of the Rabbit.

When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.

CHINESE NEW YEAR THEME MEAL

Thursday January 19th
Evening meal times

Featuring stir fry, rice, eggrolls
and fortune cookies

HAPPY BIRTHDAY TO.....

RESIDENTS

1/3 JEANNE COSTELLO
1/9 GABRIELLA SNYDER
1/11 GLORIA LINDENMUTH
1/12 BERNICE SAM
1/13 ANNE ROSARIO
1/14 EDNA GERHART
1/16 ANN HECKENBERGER
1/19 CARL SHEARER
1/22 DOLORES HELLER
1/27 HELEN TEMPLETON
1/28 JOHN KUNES

CO-WORKERS

1/11 GREGORY NOR
1/13 ERICA FISHER
1/15 MIA BARKER
1/15 CEASAR SANTIAGO
1/18 JUDY PASCHAL
1/29 JOSHUA FRITZ

Dance Dance Dance!



Every month in 2023 we will have a Friday dance party in the living room.

DJ's "The Spinners" will be providing the entertainment.

Come out and dance off those holiday cookies!