

Blankets Donated



Kayleen Dudley (Director of Nurses Gothenburg Hospital) Myrna Loibl, Barb Nuxoll, and Marian Bailey

Back to knit, crochet, or quilt away the winter hours our Stone Hearth ladies will begin making baby blankets this January. Returning from last year a group of volunteers both from Stone Hearth and the Gothenburg area will meet once a week; sometimes conversation will fill the air and sometimes the clicking of needles will be chit-chat in itself. Last year the group created numerous baby blankets that were then donated this Christmas to the Gothenburg Memorial Hospital. They will be used for new babies or any young child that needs comfort. This year we will do the same. To join our group, just come. We meet at 1:00 every Thursday on 3rd floor at Stone Hearth Estates... by the fireplace. We have needles and yarn waiting to be used.



Seize every day!



STONE HEARTH ESTATES

Independent Living • Assisted Living • Memory Care

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Living Well is powerful medicine!

- * **Would you like to feel better and healthier?**
- * **Do you have pain or feel tired and frustrated?**
- * **Would you like to learn how to better manage the symptoms that trouble you most?**
- * **Would you like to be able to communicate better with your doctor?**
- * **Would you like to be able to do more of the things you enjoy?**
- * **Would you like to be able to learn from other who also have ongoing health problems?**



It is a prescription that is proven to work. In a recent study, people who took the workshop experienced...

- * **Less fatigue and more energy**
- * **Better health a more active lifestyle**
- * **Less time in the hospital**
- * **Better communication with their doctors**
- * **More confidence in their ability to take care of their health care of their health**

What is the Living Well workshop?

Living Well, developed by Stanford University, is funded by a grant received by the Nebraska Cardiovascular Health Program of the Nebraska Department of Health & Human Services. It is a 6-session, weekly interactive workshop that helps people who have on-going health problems learn how to take control of their health. You learn how to take small steps towards positive changes and healthier living. You build your confidence and your ability to manage your day-to-day life.

How do I sign up?

Living Well is a free workshop presented at Stone Hearth Estates by trained leaders from Agency on Aging. The workshop is free and open to the public. Invite your friends.

When?

Starting Monday, January 24th at 9:30 on 2nd floor at Stone Hearth Estates. This program will run six weeks, same time, same place. Contact Sylvia for details.



It was not that long ago that talking to someone on the phone and seeing them at the same time was purely "Star Trek". But now with a couple of clicks on the computer you can be connected face to face with your loved one anywhere in the world. The first time we initiated Skype at Stone Hearth was between a daughter that lives far away and her mother. There were tears, not only in the eyes of the daughter but also the staff that assisted the call.

We can take you to your loved one, up close and personal; see a new baby or just a new hairdo. It is so much fun to Skype and there is no charge. Just ask, we would love to "beam me up, Scottie"!

January Birthdays!



Estell Tillotson - Jan. 1

Burton Beck - Jan. 5

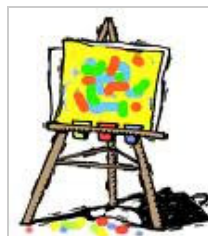
Leonard Widholm - Jan 25

Don Roth - Jan 30



Association of Nebraska Art Clubs

Presented at Art & Gift Gallery in North Platte January 4th from 11:00 to 4:00. This show is a collection of award-winning works by artists statewide which were judged to be the top entries at the 2010 ANAC State Conference. The show has been making stops at art galleries across the state with a limited stay. If you are interested in attending the show please contact Sylvia.



Christmas traditions...

Grace Wemple came across these wonderful Christmas pictures. As the story goes approximately 35 years ago the Wemples purchased their first artificial Christmas tree. In protest while the parents were out their daughters created (likely) the first upside-down Christmas tree ever. Which now is very vogue indeed!

Another family tradition was at Lena Aden's home. Her mother made a Silver Nut Cake on Christmas Eve. She would then leave that out for Santa Clause. On Christmas day when the children awoke there would always be four slices of cake missing, two for Mr. & Mrs. Santa Clause and two for Lena's Mom & Dad. There would also be on the table at the children's place settings one Christmas gift on each plate from Santa himself.

Esther Hite's family for 20 years have gotten chocolate

covered cherries in their stockings; fortunately everyone in

Esther's family must like chocolate covered cherries!

Hazel Woodward's family hides money as a Christmas Tradition. Her family would hide a \$50 bill in ornaments somewhere in the tree. One time Hazel hid the money in the rear end of a bird ornament... it took a long time for the family to find that \$50... only Hazel!

Due to being in the service Brenda-Carol Peter's family couldn't open presents until Santa was off the radar; I am assuming she means television radar?

Lois Atkinson remembers getting nothing for many years but a piece of fruit and nuts at church. She continues, "yet, we were greatly appreciative of that".

Estella Tillotson's family always went to the Christmas Eve program. One year while at the program all three children



received new bikes renewing their belief in Santa Clause.

Eleanor said that sometimes Santa came and sometimes Santa didn't depending on money at the time.

Townhall Meeting

Tickets are by membership and the cost is \$50 for ALL 4 lectures. Lectures are at the Neville Theater in North Platte from 10:30am CST-11:30am. There is an optional luncheon for \$11 at the Quality Inn from 12 noon-1pm, along with a question and answer session with the speaker. Below are two examples of speakers from last year. Contact Sylvia to purchase tickets for next year.

Tuesday, September 14, 2010 Bruce Jenner: "Finding the Champion Within"

Bruce Jenner won the gold medal in the decathlon at the 1976 Olympic Games. In the years since he made his mark as a world-famous Olympian, Bruce has become a highly respected sports commentator, entrepreneur, commercial spokesperson, television personality, actor, producer, author, and motivational speaker. He is also a loyal supporter of non-profit and charitable organizations such as the Special Olympics. His presentation will motivate the audience to find the champion within.

Wednesday, October 20, 2010 Dave Sanderson: "Brace for Impact"

Returning home from a routine business trip, Dave Sanderson survived "The Miracle on the Hudson." He was the last passenger off the now infamous US Airways Flight 1549 that landed in the Hudson River. His inspiring story is about the importance of teamwork.