



DECEMBER 2009

Beat the Holiday Stress



At one time or another most people experience some degree of stress and perhaps even depression around the holiday season. There is help out there!

The following is a list of tips from *WEBMD* to help you cope:

- *Make realistic expectations for the holiday season.
 - *Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
 - *Be realistic about what you can and cannot do.
 - *Live "in the moment" and enjoy the present.
 - *Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.
 - *If you are lonely, try volunteering some of your time to help others.
 - *Limit your consumption of alcohol, since excessive drinking will only increase your feelings of depression.
 - *Try something new. Celebrate the holidays in a new way.
 - *Spend time with supportive and caring people.
 - *Make time to contact a long lost friend or relative and spread some holiday cheer.
 - *Make time for yourself!
- Best wishes for a wonderful New Year!

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Shopping at Collingswood

New this year, in addition to The "regular" Store, Susan Zanner and the activities staff will open a holiday gift shop on Wednesday, December 2nd at 3:00 p.m. "If they wish, this is an opportunity for residents to buy small items to give to family and friends this holiday season," says Susan.



The items will be range in cost from \$2.00 - \$10.00. Residents can pay cash or preferably, charge. If necessary, the "holiday shop" will open again later in the month.

He's Back

Dr. Shahryar Davari has returned to Collingswood. He will be tending the needs of our residents on the first floor.



"I have a lot of respect for the nurses here. They really know all of the residents and care deeply about them," he said. "Everyone is so helpful and I enjoy the residents very much."

Dr. Davari studied medicine in Iran and completed his residency in Virginia. He is an avid skier and wishes he had more time to devote to it!



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Upcoming Events

- Dec. 3** - Holiday Cookie Decorating.
- Dec. 4** - Making Holiday Cards.
- Tues. Dec. 8** - Cooking with Laurie Havens.
- Dec. 10** - Arts and crafts with youngsters from Darnestown Elementary School.
- Dec. 13 - 4:00 & 19 5:00** - Caroling with Mosaic Community Fellowship & Gaithersburg Presbyterian Church, respectively.
- Dec. 15** - 10:30 - Maryvale Elementary School Chorus Sings.
- Dec. 16** - Building Gingerbread communities.
- Dec. 17** - 12 noon - **Hanukkah Luncheon**, officiated by Laurie Havens.
- Dec. 18 - 3:30** - Hanukkah Service with Cantor Marcus.
- Dec. 23 - 3:15** - Christmas Party for residents, entertainment with Michael Terrance-piano & vocal.
- Dec. 25-** Sandy Lederman performs- vocal & piano
- Dec. 31-** New Year's Eve parties.



A Very Special Art Show

Collingswood's residents and staff will be treated to some extraordinary photography. On exhibit will be photos taken by members of a local photography club. Some of the club's members will provide us with some specially framed photos which will be on display throughout the building. Don't miss this special event December 7th at Collingswood!



Resident Spotlight... An International Flair



Mrs. Maria Szalaj is an extraordinary woman. She was born in Ukraine and at the age of 17, was sent to Germany to work in a fabric factory.

"All of the young people in my community were sent to work in German factories so that the German men could be soldiers in the War," she says.

After the war, and still living in Germany, Mrs. Szalaj got married and had her daughter Natalia. Not long after, they moved to France and had a son, Michael.

"It seems we had friends and family in a lot of places," she says.



After spending 6 years in France, a friend from New York whom the Szalajs knew in Germany, invited them to live in the United States. Mrs. Szalaj worked in a large cafeteria as a salad cook. Her commute from the Bronx to Manhattan took one hour, making her days long ones.

"My husband and I were both very hard workers, I worked full time for 28 years," she adds proudly.

Mrs. Szalaj certainly has a lot of friends at Collingswood. We are honored to have her here!



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Message from the Administrator...



Happy Holidays to you and your family. This is a time of year when we both reflect *and* look forward. I am grateful for my time here at Collingswood thus far and very much looking forward to the coming months of the New Year. The staff, residents, and families have shown so much of the warmth that defines the spirit of the season.

We have many exciting celebrations coming up this month. Please feel free to join us! For a complete list, contact our activities staff.

Best wishes,

Sheree Parris Nudd

Nutcracker Recipe

Candied Walnuts

- 1 lb. walnut halves
- 1 cup white sugar
- 2 t. ground cinnamon
- ½ t. salt
- 6 T. milk
- 1t. vanilla extract



Preheat oven to 350 degrees. Spread nuts in a single layer on a baking sheet. Roast for about 8-10 minutes, just until the nuts start to turn brown. Stir sugar, cinnamon, salt and milk in a medium saucepan. Cook over medium-high heat for about 8 minutes. Remove from heat and stir in vanilla immediately. Add warm walnuts (not hot) to sugar syrup and stir to coat well. Spoon nuts onto wax paper, separate with a fork immediately and allow to cool completely. Store in an airtight container. Enjoy for weeks or share as gifts for friends!

Returning Home



Ms. Marilyn Raphael is doing very well at home. She says she enjoyed making friends during her stay at Collingswood. She sends special thanks to Activities, Admissions and the staff on 2 West. She says that, "All of you do an exceptional job." She is enjoying being at home, spending time with family and watching movies. Her favorite movie so far is *Marley & Me*. Best wishes Ms. Raphael!

During the holiday season, friends and family members often wish to express their appreciation to our staff members for the compassionate care provide their loved ones. While our policy prohibits employees from accepting individual tips or gifts, the *Staff Holiday Fund* provides an opportunity for donations to be used for small holiday gifts and meal celebrations throughout the year for all employees. You may send your check for any amount to the Collingswood Staff Holiday Fund, c/o Sheree Parris Nudd, Administrator, Collingswood Nursing and Rehabilitation Center, 299 Hurlev Avenue, Rockville, MD 20850.



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Editor's Note



In these challenging economic times, creativity is our friend. This year, why not try home-made holiday gifts? Brew a batch of Limóncello and pour into pretty bottles for sharing. Baked goods are always a welcome present. For close, personal loved ones, try creating a special scrapbook filled with photos and other fun memorabilia. For craftier folks, knitted scarves and hats warm the heart as well! While this kind of sharing takes a little extra time, it gives new meaning to the phrase, "Its the thought that counts"!

Happy Holidays from all of us at Collingswood!

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Residents' Rights

*Right to Information

A resident has a right to be fully informed in advance about care and treatment or proposed changes to that treatment or care.

*Participation

A resident has the right to participate in planning, care and treatment or any changes in treatment.

*Options

A resident has the right to seek advice from the resident care advisory committee concerning options for medical care and treatment for an individual with a life-threatening condition.