

JANUARY 2018

Belmont Manor Newsletter

Belmont Manor Nursing & Rehabilitation Center, 34 Agassiz Avenue, Belmont, MA 02478



Celebrating January with Our Special Events

**January Birthday Party with
Music by Brian Kane**
January 5

**Broadway Show with Jaime
on Station Four**
January 12

Art Matters Presentation
January 15

**Magic Show by the Motion
Man**
January 17

**The Notables Women's
A Cappella Group Performs**
January 24

**Tu B'Shevat Dance Social
with Denise Doucette on
Station Four**
January 31

Newsletter by Danielle Arana, Activity Dir.

Tis the Season...at Belmont Manor



The Holiday Party was Enjoyed by Everyone!



Staff Full of Smiles this Holiday



The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

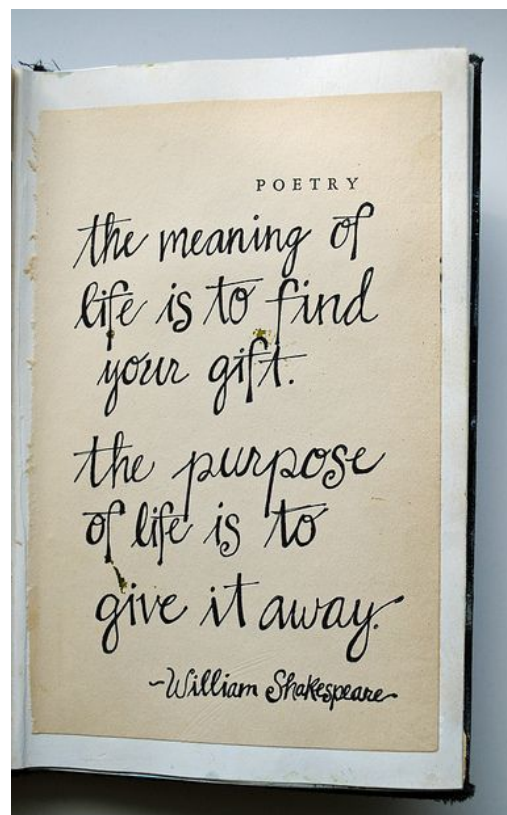
Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Please welcome our new dietary managers! We are very excited to have them join our team!

David Stein ~ Executive Chef



Michael DiMartino ~ Food Service Director



Happy Birthday to the Residents

1-2 Roxie H.
1-7 Katherine G.
1-7 Lawrence C.
1-7 John H.
1-8 Yolanda D.
1-8 Genevieve S.
1-10 Bernice W.
1-11 Lucina S.
1-13 Ruth M.
1-17 Frances B.
1-20 Audrey G.
1-21 Robert M.
1-23 Evelyn F.
1-25 Ann F.
1-27 Arthur R.
1-28 Pamela S.
1-28 Alvira G.



Happy Birthday to the Staff

1-1 Evangelina D.
1-1 Edith N.
1-8 Jeanne M.
1-11 Patrick A.
1-12 Maria H.
1-12 Modesta L.
1-14 Babu M.
1-19 Judith L.
1-20 Daniel L.
1-26 Fred S.
1-27 Stilianos M.
1-28 Paula S.

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
J.R.R. Tolkien (author) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Richard Nixon (president) – January 9, 1913
Julia Louis-Dreyfus (actress) – January 13, 1961
Vidal Sassoon (stylist) – January 17, 1928
Dolly Parton (musician) – January 19, 1946
Neil Diamond (singer) – January 24, 1941
Wolfgang Mozart (composer) – January 27, 1756
Jackie Robinson (ballplayer) – January 31, 1919

Join us!!

Wednesday, January 24th

At 10:30 AM

The Notables

**An all-Women's A Cappella
Group Will be performing!**

