



Happy New Year's

And suddenly, with the blink of an eye, we say “Hello and Happy New Year,” to 2020! Kutz Senior Living Campus saw a number of changes in 2019, beginning with the retirement of our longstanding Executive Director, Karen Friedman. We also welcomed the arrival of our current Executive Director, Felisha Alderson, who brings with her, a renewed approach to the organization. We are excited for all that the New Year holds in store for the residents, families and staff of Kutz Senior Living Campus. This year will also mark the 100th anniversary of the merger between the Ladies Bichor Cholem Society and the Ladies Moshev Zekenim that founded the first ‘unofficial’ Kutz facility on West Washington Street in Wilmington. A celebratory announcement to commemorate this milestone will be forthcoming. The upcoming year is promising to be very exciting and we are delighted that you are here to share it with us. On behalf of all of us at Kutz Senior Living Campus, the Board of Directors and the Auxiliary, we would like to wish everyone a very happy and healthy New Year.

Celebrating January

Get Organized Month

New Year's Day

January 1

Bird Day

January 5

Static Electricity Day

January 9

International Kite Day

January 14

Martin Luther King Jr. Day

January 20

Compliment Day

January 24

Inspire Your Heart with Art Day

January 31



HAPPY NEW YEAR



Dates to Remember

Walmart Trip

JANUARY 14, 2020 AT 11:00AM

SIGN UP WITH ACTIVITIES TO COME ALONG ON OUR MONTHLY SHOPPING TRIP.

Delaware Historical Society

JANUARY 14, 2020 AT 2:00PM

DELAWARE HISTORICAL SOCIETY WILL BE VISITING US HERE AT LODGE LANE TO PRESENT TO US A PROGRAM CALLED "WWII REMEMBRANCE". THE PRESENTATION WILL TAKE PLACE IN LODGE LANE'S GREAT ROOM.

Lunch Bunch Trip

JANUARY 21, 2020 AT 11:30AM

JOIN US AS WE GO ON OUR MONTHLY TRIP TO A LOCAL RESTAURANT TO ENJOY A DELICIOUS LUNCH MEAL. SIGNUP WITH ACTIVITIES. CHECK OUT THE CALENDAR FOR MORE DETAILS.



Thank You, Dr King

by Neely-Dorsey

Dr. King we thank you for taking a stand; And for fighting injustice all through the land; We appreciate you implementing your non-violent plan; Seeking equality for every man; Changes have



come that have benefitted many; and the challenges remains not to leave out any; The struggle continues to make it clear; that

everyone's rights and freedom are dear; May we never forget to honor your dream; and seek those ideals no matter how hard it may seem; We look to your example in leading the way; To a brighter future and a much better day.



Reminiscence Month

January is dedicated as Reminiscence Month. A month to recall all the wonderous history we have created. Times

we've spent with family, goals we've set and achieved, lessons we've learned. So, let's take this month to look back on the times that are memorable and joyous.

Join Lodge Lane as we take a journey back to the late 1930's with the Delaware Historical Society presenting us with a program call WWII Remembrance. Remembering all who fought and all the changes that came for the better.

Delaware Jewish Community Day of Giving

Help us in our efforts to help others. Join Lodge Lane as we collect necessary items to donate for Delaware Jewish



community day of giving. JServe has organized this day to donate to Child Inc. Please bring in all donated items by January 17, 2020. See Melissa, Marketing Director, or Danielle, Activity Director for more details.

Prune Breakfast Month

Prunes — or dried plums — are considered one of the healthiest foods. There are several health benefits of eating prunes, including their ability to relieve constipation, provide antioxidant protection, prevent pre-mature aging, promote cardiovascular health, and reduce the risk of cancer and osteoporosis.

A study conducted by researchers from Tufts University in Boston ranked prunes, or dried plums, as #1 food in terms of antioxidant capacity. Using a laboratory analysis called ORAC (Oxygen Radical Absorbency Capacity), the researchers found that prunes had more than twice the antioxidant capacity of other high-ranking foods such as blueberries and raisins. With a score of 5770 ORAC units per 100 grams, the antioxidant power of prunes also topped that of fresh plums, which scored 949 on the ORAC scale.

Although this month is dedicated to adding prunes to your breakfast menu, try out this savory delight and add prunes to other meals of the day. Be on the lookout for our “Taste Test” program as we also try out a Prune recipe in the new year.

(Source: <https://www.healwithfood.org/health-benefits/prunes.php#ixzz68WdFJhkt>)




Prune Juicy Burger

1 pound 93% lean ground beef
1 tablespoon prune baby food or Prune Puree

1/2 teaspoon salt
1/4 teaspoon pepper
4 hamburger buns, split and warmed
Lettuce leaves, tomato slices and condiments

Directions: In medium bowl, combine beef and baby food; mix lightly but thoroughly. (For best flavor and appearance, form and cook patties immediately after mixing meat mixture.) Lightly shape into four 1/2-inch-thick patties. Heat large nonstick skillet about 2 minutes over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes to medium (160°F) doneness, until no longer pink in centers and juices show no pink color, turning once. Season with salt and pepper after turning. Serve burgers in buns with lettuce, tomato and condiments, if desired.



Jessica B. 1/2
Agnes C. 1/6
Jane E. 1/24
Lillian B. 1/25

J.R.R. Tolkien (author) – January 3, 1892
Joan of Arc (heroine) – January 6, 1412
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Rod Stewart (musician) – January 10, 1945
Martin Luther King Jr. (activist) – Jan. 15, 1929
Muhammad Ali (boxer) – January 17, 1942
George Burns (comedian) – January 20, 1896
Virginia Woolf (writer) – January 25, 1882
Nolan Ryan (ballplayer) – January 31, 1947

Dining Room Reservations

Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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Through Create a Jewish Legacy, we insure the future of various agencies, like Kutz Senior Living Campus, will be available to others for years to come.

For more information, please see Felisha Alderson or Jessica Bannan.

Photo Credits

Page 1 Left to right, P1: Line dancing performance. P2: Jean S. and Faith B. in Jewelry making. P3: Elisa D. making an ornament in craft corner. P4: Lillian B. and Felisha A. (Exec. Dir) at the holiday party. P5: Norman E. and his daughter at the holiday party. P6: Sandy R. and her grandson at the holiday party. P7: Jackie S., Sherry S. and Vicky B. at the holiday party. P8: Marge D. and loved one at the holiday party. P9: Barbara P. and loved one at holiday party

Page 2 Left to right P1: Jane E. and Ethel O.

Page 3 Left to right P1: Vicky's daughter and Vicky B. at the holiday party.