

## Sophia Snow

Sophia Snow House has its roots in the charitable spirit of nineteenth-century Boston. In 1856, a group of civic-minded citizens raised money to operate and maintain the Roxbury Home for Aged Women. After a century of care, the home relocated in 1962 to a new building, and was then renamed Sophia Snow House, in honor of Sophia Snow. Today, the parent company Roxbury Home for Aged Women, has affiliated organizations, Snow House & Snow Place. These not-for-profit organizations continue their mission to provide comfort, companionship, and security in a warm, homelike environment for seniors.



# Sophia Snow Place



## JANUARY 2012

### **Brown Bag Auction Tuesday, Jan. 10 @ 3:00**

*Do you have a great sense of humor?*

*Are you a good sport?*

*Do you like to have fun?*

**If you answered yes to all three questions, then you'll want to attend the Brown Bag Auction.**

#### **THE WAY IT WORKS...**

Each article to be auctioned is in a sealed bag. **YOU WILL NOT KNOW WHAT YOU ARE BUYING.** Some things may be worth what you paid, other's may not. You might even find a treasure!

Bidding can start anywhere-maybe a penny, and go as high as interest continues. It's Fun!

All attending are urged to put some little trinket in a bag. Brown bags are available at the Activity Dept. or at the mailboxes. You may return the item to the Activity Dept. or Front Desk.

### **Taxi Coupons on Sale**

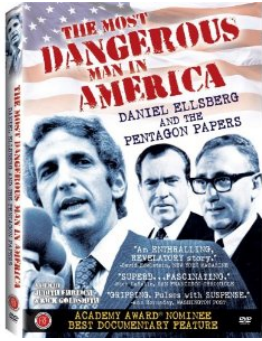


A representative from the Elder Affairs Office will be here **Friday, Jan. 6 @ 2:00** to sell Taxi Coupons. They do offer a coupon book worth \$10.00 for half the price, \$5.00. If you are interested in purchasing coupons you need to bring ID, and proof of residence, (a bill w/ your current address), for the representative.

## January Documentary:

### *The Most Dangerous Man in America, Daniel Ellsberg and the Pentagon Papers*

In 1971, Daniel Ellsberg shook America to its foundations when he smuggled a top-secret Penta-



gon study to the New York Times that showed how five Presidents consistently lied to the American people about the Vietnam War that was killing millions and

tearing America apart. President Nixon's National Security Advisor Henry Kissinger called Ellsberg "the most dangerous man in America," who "had to be stopped at all costs." But Ellsberg wasn't stopped.

**Tuesday, January 17 @ 2:00**

**In the Parlor**

## Excella Healthcare Educational Speaker

### *"The Aging Mind and Body"*

We all know our mind and body age as we get older, but what are the exact changes, and how can be prevent or slow them down.

Learn to be more patient with those who are aging faster than you.

***This educational session is open to all residents!***

## Barn Babies are Back

Tuesday, Jan. 17 @ 2:00 PM  
In the Great Room



Hold those cute little kittens, bunnies, goats, and more!

These tiny animals will melt your heart.

## Congratulations to our Door Decorating Contest Winners

1st: #321 Mary C.

2nd: #207 Mr. & Mrs. Shearer

3rd: Hallway between #306 &  
#307

## Walking Club Incentive Program

**Walking club meets every Tuesday &  
Thursday @ 4:00 PM**

Every time you walk, we will check your name off.

**After 3 times**, you will get a \$ 3.00 gift certificate to the Snow Store.

**After 8 times** you will get a free takeout meal from a local restaurant of your choosing.

You do not need to walk consistently to get credit, when your total equals the amount above you will win your prize. Whether it takes you a month or six months.

**See Kerrin for more info!**



## Chinese New Year Lunch

Monday, Jan. 23  
@ 12:30, Activity Room

Won Ton Soup	Sweet/Sour Chicken
Broccoli and Beef	Shrimp Stir-fry
Pork Fried Rice	White Rice

*Please sign up in the Activity Dept.*

## Are You Ready for Some Football??



Wednesday, Jan 25 @ 2:00

Professional sports photographer *Nancy Scariati* will be here to show us her photos and discuss **The Top Ten Quarterbacks of the NFL**

Even if you are not a sports fan, the photos and stories are sure to entertain you.



## National Glaucoma Awareness Month

Glaucoma is a group of eye diseases that gradually steal sight without warning. In the early stages of the disease, there may be no symptoms. Experts estimate that half of the people affected by glaucoma may not know they have it.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision

loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. It was once thought that high pressure within the eye, also known as intraocular pressure or IOP, is the main cause of this optic nerve damage. Although IOP is clearly a risk factor, we now know that other factors must also be involved because even people with “normal” levels of pressure can experience vision loss from glaucoma.

Adult glaucoma falls into two categories—open angle glau-

coma and closed angle glaucoma.

Everyone is at risk for glaucoma. However, certain groups are at higher risk than others.

### **African-Americans**

Glaucoma is the leading cause of blindness among African-Americans. It is six to eight times more common in African-Americans than in Caucasians.

### **People Over 60**

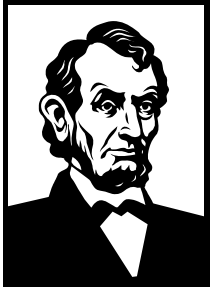
Glaucoma is much more common among older people. You are six times more likely to get glaucoma if you are over 60 years old.

®Glaucoma Research Foundation

## **You're Never Too Old to Learn** *Educational Series*

Thursdays @ 3:00 P.M.  
In the Great Room

### **The Life of Abraham Lincoln**



A tour of Lincoln's life, from his forebears' arrival in America through an evaluation of how his legacy lives on for us today.

*Subjects to be discussed:*

- Young Man Lincoln
  - Whig Meteor
- Lincoln, Law, and Politics
- The Mind of Abraham Lincoln
  - Lincoln and Slavery
  - The Great Debates
- Lincoln and Liberty, too
- The Uncertain President
- The Emancipation Moment
  - Lincoln's Triumph
  - The President's Sword
  - The Dream of Lincoln

**Everyone is welcome to join us each week,  
or as often as they wish.**



### **Clashing Clothes Day**

**Tuesday, January 31**

Wear your stripes, polka dots, neon socks, and any other crazy colors on this day.

We will have a Fashion Show at 3:00, for residents to vote for their favorite outfits!

### **Laughter Keeps the Doctor Away**

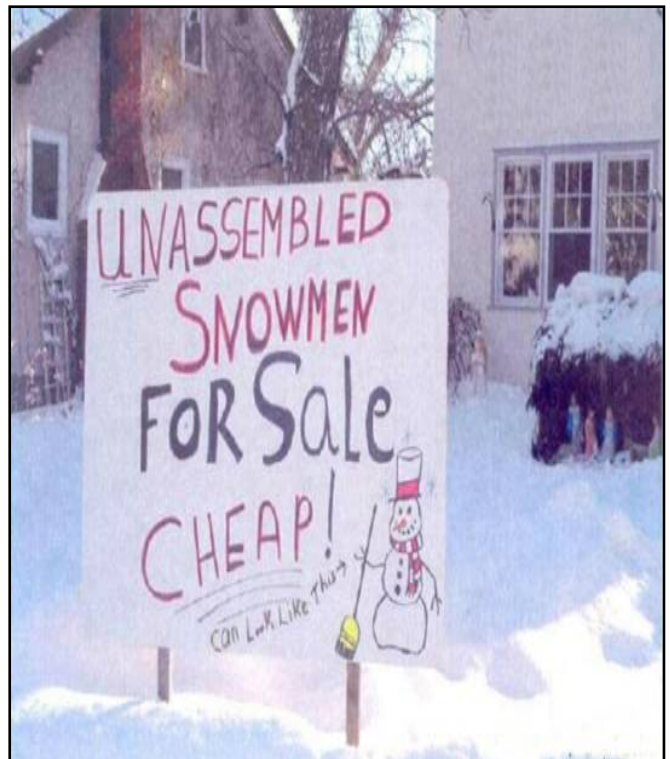


An elderly gentleman had had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.


The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet.

I just sit around and listen to their conversations. I've changed my will three times!"



Sophia Snow Place  
1205-1215 Centre Street  
West Roxbury, MA 02132  
(617) 325-7900



Looking Ahead:

- Art Matters Presentation:  
    "Van Gogh"
- Valentine-grams
- Flutist: Steve Tapper
- Lunch out & a Movie
- Excella Healthcare:  
*Understanding Diabetes*
- Jessa P. as Rachel Revere
- Black History Month:  
*Music Appreciation*
- *Singer/Dancer: Slava*

Sophia Snow Place Staff:

**Dana Ramish:** President & CEO

**Cecilia Davlin:** Executive Director

**Judy Jose-Roddy:** Director of Operations

**Robert Swan:** Maintenance Supervisor

**Jean Yin:** Office Manager

**Christopher Howsen:** Dietary Manager

**Joan Hurley:** Nursing Supervisor

**Carmen Ocon:** Housekeeping Super.

**Judy Dovev:** Marketing Coordinator

**Kerrin Fletcher:** Activities Coordinator

**Andrea Nason:** Administrative Assistant

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