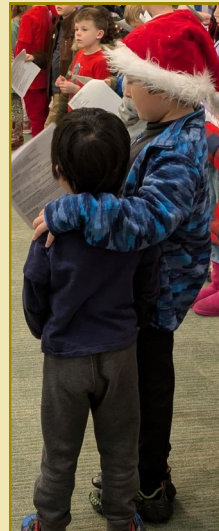




OLOH ladies enjoy a beautiful Holiday Tea Party at St. Michael's Catholic Church.



Caroling Buddies from Gayton Baptist after-school program.



Lois and Goldie reconnecting after some time apart.

# Friendships of OLOH



Jack and WD share memories while visiting the War Memorial.



Admin daughters catch Santa up on their Christmas lists.



Sue and a student chat over Christmas letters and cards.



Betty is always on the Nice list!



Lois and Jean sing every song with the Carolers.



Doris and Liz visiting with dancers from the Nutcracker.



Jill recalls the days when she was very involved with the Concert Ballet.

# Our Lady of Hope

13700 N Gayton Rd, Richmond, VA 23233

## January 2025 Highlights

- 1/1 New Year's Day
- 1/3 Craig Anders Sings
- 1/5 Solemnity of the Epiphany
- 1/15 National Hat Day
- 1/20 Martin Luther King, Jr. Day
- 1/24 Compliment Day
- 1/24 St. Mary's Wood Presents "Borrowed Laundry" skit
- 1/29 Chinese New Year
- 1/31 Dog Show

## Happy New Year!

As we jump into the New Year, I've happily taken a moment to reflect on the year gone by. So many people have come and gone, new friendships fostered and fun times had! We started the year meeting locally famous Meteorologist, Matt DiNardo and rekindled our fondness for the talented singer, Dianne Hart. Volunteer groups helped us set up our new and accessible flower beds and the Nursing Center strutted down the Catwalk in their favorite fashions. Spring brought flowering crafts, the Total Eclipse, and the Senior Prom. May showed us the most magnificent Mother's Day Tea Party where we hosted 75 lovely ladies! During the summer, we celebrated Dear 'ol Dad with the Classic Car Show, supported the Alzheimer's Association during the Longest Day and pampered ourselves during Wellness Week. And who can forget the fun antics of the "Suds and Shine Wheelchair and Walker Wash"!

The Fall and Winter had us celebrating with all the Holiday Cheer! We enjoyed family and friends at the Family Feast and quickly began Decking the Halls for a most festive Christmas season. The Concert Ballet of Virginia dazzled us with the Nutcracker Suite and Santa joined in the Holiday Bazaar festivities. Among all the carolers, hand-made Christmas cards and special visits, we found time to craft and bake. Phew! What a time to be at OLOH!

Now, we can settle in for the final days of the 12 Days of Christmas and look forward to the Epiphany which is on January 6, 2025. We'll bring in the New Year with shopping trips, new activities and get back to some of our favorites. Do you like to play Rummikub? How about Bridge? These are some great games that we look to reviving on the Life Enrichment calendar soon! If you have a game that you enjoy, please let a Life Enrichment staff member know so that we can all join in the fun!

Happy New Year to you and yours!



Thank you, Santa for bringing such joy and wonder to our residents!



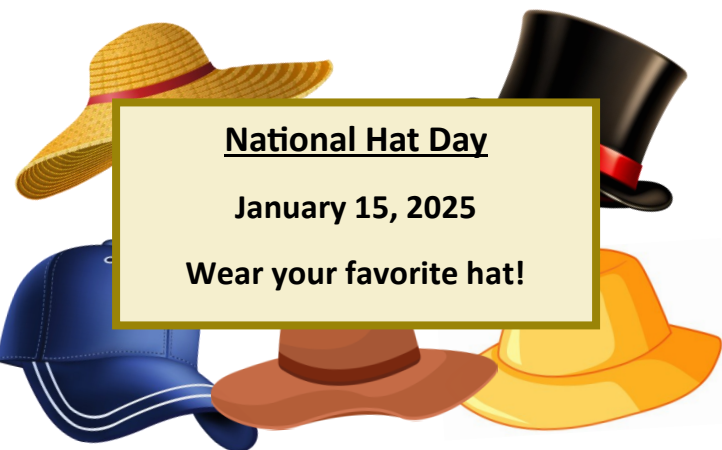
Nursing Center residents voted to recognize Sandra Mack and the amazing work she does! Way to go, Sandra!



The Elf Hunt gave some real insight on just who is a good shot! Carly takes the cake!

**Plant of the Month**

Aloe Vera is a cactus-like plant that thrives in hot, dry desert climates. Amazingly, this bright-green plant is 99.5 percent water. It can grow up to 30 inches tall and have up to 21 leaves. The word aloe comes from the Arabic word alloeh, meaning "shining bitter substance." Vera comes from veritas, which means "truth" in Latin. This spiky succulent's leaves have a fibrous outer layer filled with aloe gel, which has cooling properties. It has been used for centuries to treat a range of ailments, including fever, insomnia, burns, and wounds. It is said to improve blood flow and boost the immune system. The healing properties of the plant have been well documented, particularly for speeding wound healing, soothing sunburns, and other skincare applications. Some say Cleopatra used the aloe gel as a cosmetic. The inner layer of the plant's skin, called aloe latex, is also used as a laxative.



**National Hat Day**  
 January 15, 2025  
 Wear your favorite hat!

Check your calendar for shopping trips and lunch outings!  
 Let Life Enrichment staff know if you would like to attend.

# New Year's Luck Traditions

## From Around the World

Read each tradition believed to bring luck in the New Year, then, match the country you think each tradition comes from. The person with the most correct wins!

- \_\_\_ 1. Put on your polka dots and get ready to jump up and down as much as you can when the clock strikes midnight to jump into luck this New Year.
- \_\_\_ 2. Invite luck in to join you this new year by sprinkling sugar outside your house as they traditionally do in this country.
- \_\_\_ 3. Like the people of this country, eat your way into good luck this New Year by enjoying a dish of tteokguk.
- \_\_\_ 4. In this country, people smash pomegranates on their doorstep and base the amount of luck they'll have in the New Year on how many seeds they send flying.
- \_\_\_ 5. For employment related luck this New Year, make sure you eat some beans according to this country's tradition.
- \_\_\_ 6. Whether you have a chimney in need of sweeping or not, find yourself a chimney sweep to touch, or have him rub some ashes on your forehead to help bring you luck as believed in this countries tradition.
- \_\_\_ 7. Leap into luck this New Year by jumping off a chair at the strike of midnight as the do in this country's tradition.
- \_\_\_ 8. This New Year's Eve, smile as much as you can to welcome luck in the New Year based on the tradition from this country.
- \_\_\_ 9. Take a trip to the beach and stare into the ocean as you jump over seven waves to bring yourself some luck this New Year.
- \_\_\_ 10. When 12 o'clock comes, quickly eat 1 grape with each of the twelve clock chimes, each one representing one month of good luck in the New Year.

- A) Puerto Rico
- B) Denmark
- C) South Korea
- D) Germany
- E) Spain
- F) Turkey
- G) Philippines
- H) Japan
- I) Brazil
- J) Argentina





So many people love to visit OLOH that our parking lot gets full! Additional parking can be found on the South side of the building. Thanks for spending time with us!

*Happy Birthday and Cheers to you!*

1/5 Alfred S.	1/12 Julian M.
1/5 Barbara C.	1/16 Elizabeth M.
1/5 John Kost	1/20 Toni H.
1/7 John H.	1/23 Connie C.
1/9 Judy R.	1/26 Margaret S.
1/12 Ellie C.	1/30 Jack K.



Us: "Hey, Tom! Is it pronounced Flutist or Floutist?"  
 Tom: "It's Flutist! I play the Flute. I've never seen in Flout in my life!"  
 Brought to you by: **Things you learn during Life Enrichment experiences!**

**Fun Facts about the Time Square Ball**

- The Ball is a geodesic sphere, 12 feet in diameter, and weighs 11,875 pounds.
- The Ball is covered with a total of 2,688 crystal triangles that vary in size, and range in length from 4 ¾ inches to 5 ¾ inches per side.
- The 2,688 crystal triangles are bolted to 672 LED modules which are attached to the aluminum frame of the Ball.
- The Ball is illuminated by 32,256 LEDs (light emitting diodes). Each LED module contains 48 LEDs — 12 red, 12 blue, 12 green, and 12 white for a total of 8,064 of each color.
- The Ball is capable of displaying a palette of more than 16 million vibrant colors and billions of patterns that creates a spectacular kaleidoscope effect atop One Times Square.



**How can we help you?**

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**Eating lucky foods– New Years Traditions around the World**

Throughout the world, New Year's Eve is celebrated with a meal in the company of friends and family. In some places, this means eating specific "lucky" foods. In Spain, Portugal, and much of Latin America (such as Colombia), for example, it's 12 grapes or raisins, and in [Italy](#), 12 spoonfuls of lentils—one with each of the 12 chimes of the clock at midnight.



The French usher in the best New Year with a stack of pancakes. Germans prefer marzipan shaped into a pig for luck, whereas in the Netherlands, people eat doughnuts and ring-shaped foods. Estonians feast as many as 7, 9, or even 12 times on New Year's Eve, as they believe for each meal consumed, the person gains the strength of that many men the following year.

Across the U.S. South, communities dig into collard greens and black-eyed peas for luck and prosperity on New Year's Day. Fun fact: Collard greens are chosen for their color—the green symbolizes money.