DELAWARE VALLEY VETERANS HOME

VALLEY VOICE

2701 SOUTHAMPTON RD PHILADELPHIA PA 19154 (215) 856-2700

DVVH Annual Christmas Dinner with Families

pennsylvania
DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
DELAWARE VALLEY VETERANS' HOME

Volume 1 Issue 12
December 2016

12/1/16	JOHNSON, SANDRA L.
12/2/16	NONNAMAKER, JOHN A.
12/5/16	WELLS, EDDIE E.
12/13/16	MILLER, JR., CHARLES E.
12/13/16	SAYBOLT, JOHN W.
12/30/16	REMBERT, VELVELYN

GAMBRELL, ORANGE	01/01
MILLER, CHARLES JR. E	01/12
BINDERMAN, NORMAN	01/18
GLENN, WAYNE R	01/22
THOMSON, ROBERT M	01/23
POPIEL, ALFRED	01/24
FULLER, LAWYER	01/26
ROSOFF, HARRIET	01/26
JESTER, WILMER H	01/30
SAYBOLT, JOHN W	01/30
TEPLITSKY, ALBERT L	01/30
KNAPP, JEFFREY C	01/31
MOCKENHAUPT, HENRY	01/31

INSIDE ISSUE

New Residents/ January Birthdays P2

PA Adjutant General Visit P3

Christmas Tree Decorations P4

Holiday Groups Visit P5

December Birthdays P6

92.5FM luncheon at Mission BBQ P7

Hanukkah Celebration P8

Christmas Dinner P9/10

Staff Corners P11

Sponsors/Volunteers Taps P12

General Visit

Pennsylvania's Adjutant General Brig. Gen. Tony Carrelli teamed with members of the Pennsylvania National Guard and employees of the Pennsylvania DMVA to express gratitude and holiday wishes to veterans at DMVA's DVVH in Philadelphia Dec. 13, 2016.

Christmas tree set-up

Thank you to the following groups who came in to decorate some of our Christmas trees.
Harte Hanks
GE Water & Power
Daughters of the American Revolution
Neptune H.S. Navy JROTC unit

Numerous Groups visited DVVH for Holiday Entertainment.

Happy Birthday

92.5 XTU LUNCHEON

Happy Hanukkah

Jewish War Veterans from the Philadelphia Area came together to celebrate Hanukkah with the Veterans at DVVH

CHRISTMAS DINNER PREPARATIONS

DVVH CHRISTMAS DINNER WITH ENTERTAINMENT

HAPPY HOLIDAYS

DVVH Families enjoying Christmas Dinner with the Veterans.

Commandant's Corner

Merry Christmas & HAPPY NEW YEAR

Happy and Healthy New Year to all of my resident's and staff.
We had a great year in 2016. Our Dept. of Health and VA Survey's were good this year. The Thanksgiving and Christmas dinners had close to 300 residents and their families in attendance and the largest crowds to date. For the first time we served beer and wine to our residents and their families. It was also nice to see the joy on the faces of our residents when their children, grandchildren and great grandchildren visited over the holidays.
I would like to say I am very proud of the fact that we are always complimented on our home from outside visitors. Our home is beautiful, my staff is exceptional and I congratulate them on a job well done. A great facility cannot run without great staff.

Dietician's Corner

Happy New Year! While most people make New Year's resolutions, few are able to keep them for long. Choose one concrete thing that you can actually achieve and make into a habit for the long term. It has to be specific and if it's only once a week, it seems like less of a sacrifice. Suggestions include:
replace chips/crackers/ pretzels at lunch with a fruit or vegetable
take the stairs instead of using the elevator
plan and prepare one healthy dinner at home
each week eat a low sugar, high protein yogurt instead of a muffin or doughnut
at breakfast share an appetizer or dessert when dining out instead of eating a whole one
pack a lunch the night before so it's ready to go the next morning
add 30 minutes of a specific exercise once a week .

IF YOU HAVE AN IDEA OR WOULD LIKE TO WRITE A ARTICLE ABOUT YOUR LOVE ONES, PLEASE CONTACT

Bill McGoldrick

215-856-2743

Newsletter Director: Bill McGoldrick

Graphic Design by: Maggie Dearnley

Photos by: Holly Wexler & Activities Staff

Generous Volunteers Sponsors

American Legion 5th District
American Legion Aux Post 148
American Legion Aux Post 366
American Legion Post 754
American Legion Post 800
American Legion Post 810
American Legion Post 821
American Legion Post 832
Daughters of the American Revolution Washington Crossing Chapter
DAV 3rd District
ELKS Bristol Lodge 970
ELKS South East District
JWV Post 697
JWV Post 575
JWV Post 706
JWV Post 791
JVWA 98
JWVA 791
St Anselm Church / Legion of Mary
VFW Post 6495
VFW Post 6617
VFW Post 9198
VFW PA Auxiliary
PA Vietnam Veterans Memorial Society
Sons of the American Legion 5th District
Sons of the American Legion Post 366

Delaware Valley Veterans Home extends its deepest sympathy to the loved ones of the following veterans who have recently passed away. Their presence will be greatly missed.

DeFinis, Leonard	12/8/2016
McCabe, Brian J.	12/10/2016
Wichot, Dorothy C.	12/22/2016
Skipper, Helen E.	12/24/2016
Rodriguez, Virginia	12/27/2016
Robinson, Joseph	12/28/2016
Seamans, James	12/29/2016
Pilieri, Joseph J.	12/29/2016
Jamieson, Florence M.	12/29/2016