

December 2020



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Celebrating December

Universal Human Rights Month

Bingo's Birthday Month

Hanukkah

December 10–18

Gingerbread House Day

December 12

Free Shipping Day

December 17

Christmas

December 25

Kwanzaa

December 26–January 1

New Year's Eve

December 31

Dates to Remember

Tree Lighting Ceremony:

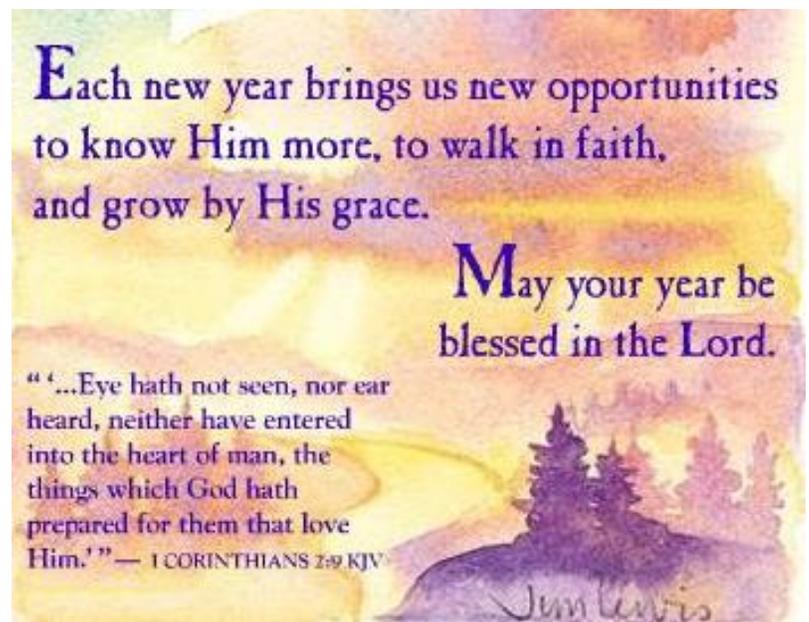
Mon., Dec. 7, 7pm

Resident Christmas Party:

Tue., Dec. 15, 6pm



2020 has been a year like no other in all of our lives. Here's praying that next year is kinder, healthier and more peaceful!



Welcome 2021

Are You Game?

Games Day was created partly out of desperation in 1975 when an annual gaming convention scheduled for August was canceled. Games Workshop, a British-based manufacturer of miniature tabletop wargames, decided to sponsor their own Games Day to fill the void. On December 20, 1975, the first Games Day was held in Seymour Hall, London, as an opportunity for game enthusiasts to meet each other and play. Furthermore, it was a chance for Games Workshop to advertise their games and promote gaming communities throughout England. Today, the UK Games Expo is an annual event held in Birmingham, but for many, Games Day remains a perfect time to play their favorite games, be they board games, card games, video games, or strategy games.



Health experts have repeatedly demonstrated that habits matter when it comes to brain health. Adding a game night to your lifestyle is a fun way to increase mental stimulation and improve mental acuity. There are many

computer games or puzzle websites that promote mental acuity, but many of these are designed to be played alone. Tabletop games not only challenge your mind but they promote social bonds as well. December 20 falls so close to the holidays that perhaps visiting family members can be convinced to play. Not only is a new game a great holiday gift but games provide a wonderful and creative way to pass the time with relatives.

Game aficionados have seen a tabletop gaming renaissance during the past few years. While traditional board games like Monopoly, Clue, and Scrabble are fun, designers have been busy developing new card, tabletop, dice, and role-playing games for players of all ages. There are even game-design conferences where inventors showcase their games while attendees get to play them and offer feedback. What new games are out there? Log on to websites like boardgamegeek.com or boardgamequest.com to peruse the newest offerings.

Sitting Down for Equal Rights

On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the “colored” section to stand. Three complied, but Parks did not. This was not because she was tired from working all day. In her own words, she “was tired of giving in.”

Parks was arrested and later released on bail, but not before word of her arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Despite threats and bombings of both Nixon and King’s homes, the boycott continued. Nearly a year later, the Supreme Court ruled Montgomery’s bus segregation unconstitutional. Parks’ story has remained an inspiration for generations of civil rights activists seeking equality, justice, and equal protection under the law.

A Pearl of Wisdom



December 15 is Wear Your Pearls Day, a day to wear the pearl jewelry that’s been hiding out in your jewelry

box. It is also a day to appreciate nature’s design. A pearl is created when an irritant, often a parasite (not a grain of sand as commonly thought), invades an oyster, mussel, or clam. To defend itself against the foreign invader, the oyster secretes a fluid called *nacre* that envelops the irritant. Layer upon layer of nacre coats the irritant until a pearl is formed. Nacre is more commonly known as mother-of-pearl. It is incredibly strong and beautifully iridescent. For this reason, Wear Your Pearls day is also a day to recognize the hidden beauty and strength that comes with life’s small imperfections.

Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC

franchises in Japan. In 1970, Okawara marketed the Christmas “party barrel,” a complete fried chicken dinner replicating American turkey dinners. There were so few existing Christmas traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your “Kentucky Christmas.”

If you happen to be in Norway for Christmas, you’ll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding.

In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass.

In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on Christmas morning, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her.

These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?



Stanley Frisbie.....8

Fran Sweet.....10

Monica Zahm.....21



Evie just loves playing games and being with others! She is thankful to live here now and very much enjoys attending activities.



Providing plenty of doggie visits during quarantine.



Follow us on Facebook!



Have a blessed Christmas season!



Leadership Team

Connie Clauson
Vice President Operations

Chris Milowe
Regional Operations Director

Jena Olson
Administrator

Andrea Steffes
Life Enrichment & Volunteer Director

Gary Lutz
Food Service Director

John Lutz
Maintenance Director

Lindsey Braun
Director of Resident Care

Nancy Brewer
Business Manager

We will sadly miss...

Art Klein, Marilyn Westerfield, Peter Orbeck, Thomas Schoenborn, Gladys Wohlford, and Gerald Winowiecki who all passed away recently. We miss you all very much. Our thoughts and prayers are with your family and friends. Peace and comfort to you.

