

The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



Celebrating December

Bingo's Birthday Month

Universal Human Rights Month

Hanukkah Continues
December 1-6

Saint Nicholas Day
December 6

Pearl Harbor Remembrance Day
December 7

Poinsettia Day
December 12

Yaldā
December 21

Christmas
December 25

Kwanzaa
December 26-January 1

Boxing Day
December 26

New Year's Eve
December 31

Comforting Thoughts



The Danes have the perfect antidote for the long, dark nights of December—hygge. Pronounced *HOO-guh*, hygge has been described as everything from a lifestyle choice to the very



essence of the Danish soul. Simply put, hygge is coziness, but it is far more than that.

The word *hygge* comes from the old Norwegian word *hugga*, roughly translated to mean “to comfort” or “well-being.” It was used to describe refuge or shelter from the harsh Arctic elements. These days, hygge is about creating a warm atmosphere where you, your friends, and your family can enjoy coziness and happiness. Put on your most comfortable clothes. Enjoy the flickering glow of candlelight. Prepare some good homecooked food and eat it with your fingers if you want to. Pour a cup of tea and snuggle up under your favorite blanket to read a good book. All these things are hygge.

Hygge is also about creating a space free of tension or conflict. For this reason, people do not discuss politics, the news, work, or anything that may cause disagreement or debate. Cell phones and laptops often distract people from listening to each other. For this reason, screens are a no-no (unless you are all watching your favorite movie). Ultimately, hygge means that you can enjoy being yourself in the company of others.

Hygge has enjoyed much commercial success lately. Articles, books, and documentaries all tout steps to creating the perfect hygge home or throwing the ultimate hygge party. If you are skeptical about trying hygge, there is some evidence that the hygge lifestyle works. The World Happiness Index consistently ranks Denmark among the happiest nations in the world. Other Scandinavian countries where hygge is common practice also often rank in the top 10. So, does hygge create happiness? Or do the values and policies of these Scandinavian countries make people more likely to enjoy hygge? Why don't you put on your coziest sweatpants and find out?



Time Changes

Some of your favorite activities have changed times, so make sure you check the calendar!

Knitters Nook

Knitter's Nook has moved to Thursday mornings at 11:30 AM in the Main Dining Room

Bowling

Bowling will now be on Thursday afternoons at 3:30 PM in the Main Dining Room

Craft Corner

Craft Corner will now be on THURSDAY afternoons at 2:30 PM to allow our friends from Arthur's Place to join the fun!

Christmas Movie/ Musical Monday

December 6th - Noelle (2019)

Noelle Kringle lives a life of joy and Christmas cheer, living in the North Pole with Santa Claus as her father. Life seems easy. But when her father passes, Noelle's brother, Nick, must be the new Santa Claus. Nick feels pressured and what sounded like a weekend getaway turned into a week of his absence. Noelle travels to rescue not only her brother, but Christmas.

(1h40m) – Anna Kendrick, Shirley MacLaine, Bill Hader

December 13th - The Santa Clause (1994)

When a man inadvertently makes Santa fall off of his roof on Christmas Eve, he finds himself magically recruited to take his place.

(1h37m) – Tim Allen, Wendy Crewson, Eric Llyod

December 20th - Miracle on 34th Street (1947)

Doris Walker, a no-nonsense Macy's executive, desperately searches for a new store Santa. She hires Kris Kringle who insists that he's the real Santa Claus. But he has many skeptics like her and her six-year-old daughter, Susan. So, he goes to court to try and prove it. Is he the real Santa Claus?

(1h36m) – Edmund Gwenn, Maureen O'Hara, John Payne

December 27th - Musical Monday!

Residents' choice from our extensive musical library!

Baking Club



Tuesday December 14th
Peppermint Bark



Tuesday December 21st
Christmas Cookies



Tuesday December 28th
Jellied Champagne Dessert
* or non-alcoholic version

Jewelry Crafts



Wednesday December 1st
Jingle Bells Bracelet



Wednesday December 8th
Candy Cane Earrings



Wednesday December 15th
Red & Green Holiday Necklace

Recreate your favorite December jewelry on the last
Wednesday of the month

Knitter's Nook

This month we will be working on knitting projects to use as gifts! A variety of patterns will be available including: scarves, boot cuffs, washcloths

If you would like to work on a project that needs a pattern, let Samantha know



Arts & Crafts



**Thursday
December 2nd**

Paper Snowflake
Flower

**Thursday
December 9th**

Christmas
Ornaments



**Thursday
December 16th**

Thankful Wreath
Canvas Painting

**Thursday
December 23rd**

Christmas Canvas
Painting



Time Change!

Knitter's Nook will now take place
on Thursday mornings at 11:30
AM

Friday Happy Hour



Every Friday in December the Life Enrichment Department will be offering Happy Hour cocktails and Mocktails. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!

Each month, we will debut a signature cocktail, and one lucky resident will be chosen to name the delicious drink!



December's Signature Cocktail

Self Care Saturday

We want to make sure that you take care of your mental health in addition to your physical health. Self-Care Saturdays will provide opportunities to do just that!



**Saturday
December 4th**

Mandala Coloring and
Meditation Music

**Saturday
December 11th**

Gratitude Journaling



**Saturday
December 18th**

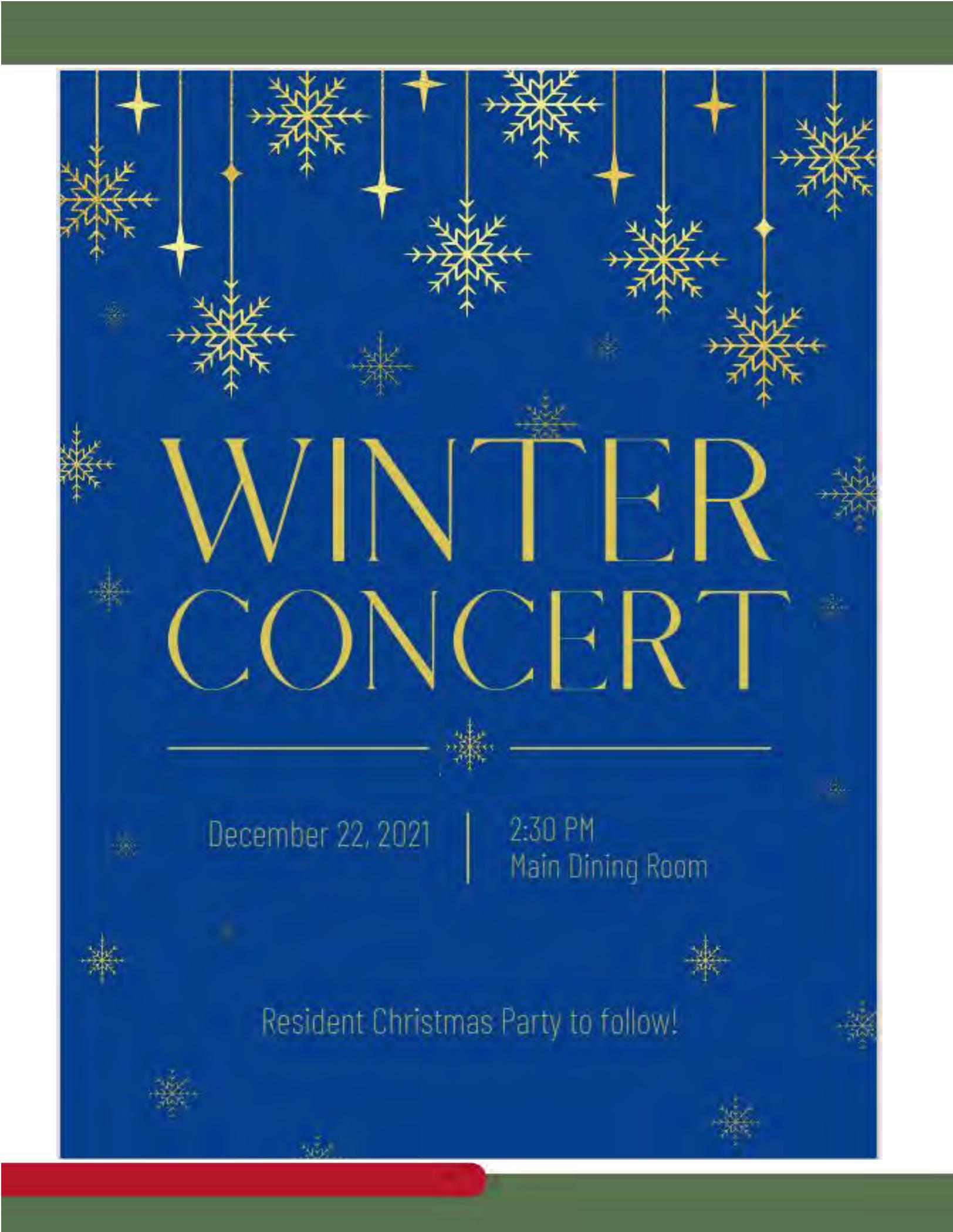
Herbal Tea Tasting



**Saturday
December 25th**

Face Masks and Skin
Care





WINTER CONCERT

December 22, 2021

2:30 PM
Main Dining Room

Resident Christmas Party to follow!

Sundays are Residents' Choice!

Sundays at 3:30 PM, You choose the activity!



Get more of what you love to do, or bring in something new!

Take A Bow!

Has someone done a great job lately?

Do you think a good deed deserves a shout out?

Would you just like to say something nice?

Fill out a “Take A Bow!” form to recognize people who go above and beyond.

Available at any nurse's station, and on the bulletin board in the West Wing

Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

Resident Council – A place to discuss your care here at the Normandy. Nursing, Caregivers, Maintenance, Housekeeping, Laundry, Activities.

Food Committee – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

**Thursday December 16th, 2021
2:00 PM – Main Dining Room**

This is a closed event, for residents only, if a staff member would like to be present, they must be unanimously voted in by the resident council.

From Saint to Santa

Illustrator Thomas Nast has been called the “Father of the American Cartoon” for the illustrations he featured in *Harper’s Weekly* magazine in the 19th century. It was Nast who first used a donkey and elephant to symbolize America’s political parties. He fought corruption with scathing political cartoons. But Nast’s most enduring contribution to popular culture might be his depictions of Santa Claus as a jolly, fat man from the North Pole dressed in red and white.

Long before he was Santa Claus, he was Saint Nicholas, the Bishop of Myra, a fourth-century holy man renowned for the miracle of resurrecting three young boys killed by a butcher. For this remarkable feat, Saint Nicholas became the patron saint of children. Over the centuries, veneration of Saint Nicholas would spread. The Dutch called him Sinterklaas, and when the Dutch set sail for the New World in the 17th century, they brought Sinterklaas with them.

Sinterklaas, or Santa Claus, and Christmas, were well-established in America by the 1800s. But in December of 1823, Clement Clark Moore published his poem *’Twas the Night Before Christmas*, and first described Santa Claus not as an austere bishop, but “chubby and plump, a right jolly old elf.” Charles Dickens then published *A Christmas Carol* in 1843, transforming Christmas from a religious holiday into a popular and commercial extravaganza. By January of 1863, with the United States plunged into Civil War, Thomas Nast had plenty of inspiration for his first cartoon depicting Santa Claus.



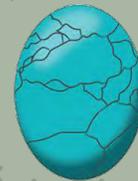
Nast’s first depictions of Santa portray him not just as a jolly old elf but as an ally of the Union Army, and he used his own long beard as inspiration for Santa’s flowing white one. Over the next 23 years, Nast would make 33 illustrations of

Santa, none more influential than his 1881 image of “Merry Old Santa Claus,” complete with a white beard, rosy cheeks, red suit, and pack full of toys. This image, more than any other, has made Santa Claus who he is today.

December Birthdays

Edna Villios – 12/14
Eleanor Stasik – 12/19
Mary Moulton – 12/30
Theresa Thomas – 12/32

December Birthstone – Turquoise



December’s birthstone has long been prized for its beauty. For centuries, people have incorporated turquoise into jewelry, art, masks, and architecture. Though found all over the world, the stone gets its name from its prevalence in ancient Turkish culture. In North America, the Aztecs mined turquoise in the area now known as New Mexico, and a significant amount of modern turquoise comes from Arizona, Nevada, and California. The stone is most commonly pale blue with veins of brown or black.

December Flower – Holly



December’s flower is the hearty holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, particularly Christmas. Holly also symbolizes truth and protection. It grows in temperate and subtropical climates. Holly berries, which can be red, brown, black, green, or yellow, are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.