

DECEMBER 2018

Transitions Times

8850 Barnes Lake Rd. North Huntingdon, PA 15642 Phone# 724-864-7190



Celebrating December

Write a Friend Month

Spiritual Literacy Month

Hanukkah
December 2–10

**Children's Cookies with
Santa**
December 8

**Resident/Family Christmas
Dinner**
December 13

Resident Christmas Party
December 20

Christmas Day
December 25

Kwanzaa Begins
December 26



A big THANK YOU to Monarch Hospice for providing us with a wonderful Las Vegas Experience! They provided 25 real slot machines, craps, blackjack and roulette tables as well as special decorations, treats and a wonderful group of staff and volunteers! Rich and his team really brought the Vegas casino feel to Transitions! We can't wait to do it again!

Home for the Holidays

The sweet and spicy smell of gingerbread is a clear indicator that the holiday season is in full swing. By the time Gingerbread House Day arrives on December 12, you may have already indulged in eating this seasonal treat.



Gingerbread, made with ginger root, is believed to have originated in East Asia, where ginger was originally cultivated. It is believed that ginger and gingerbread were

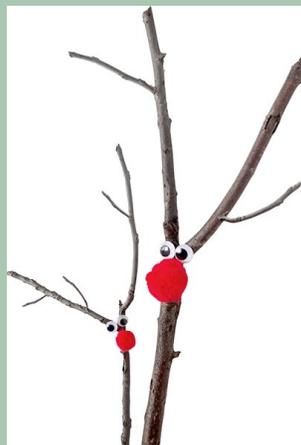
introduced to Europe after the Crusades of the 11th century. Gingerbread was adopted most heartily in Germany, where monks perfected their heart-shaped *lebkuchen* cookies. These cookies were first made as unleavened honey cakes, made in the same fashion as communion wafers. With the introduction of ginger, German bakers transformed *lebkuchen* into their beloved gingerbread. In 1487, Emperor Friedrich III presented the 4,000 children of the city of Nuremberg with gingerbread cookies shaped to his likeness.

The shape of gingerbread was not limited to hearts, faces, and people; miniature houses made of the cookie were also common. This is why a gingerbread house figured so prominently in the tale *Hansel and Gretel*, first published by German folklorists and brothers Jacob and Wilhelm Grimm in the 19th century. What better way for a witch to lure two children into her home than to build a home out of Germany's favorite cookie? Through this tale, the Brothers Grimm spread the popularity of making gingerbread houses beyond Germany.

It may be surprising that one of the most enduring holiday traditions was popularized by the tale of a witch attempting to eat two children by luring them into her gingerbread house. But the religious significance of gingerbread has deeper roots than *Hansel and Gretel*. Perhaps it stems from the development of gingerbread by German monks. Or the use of gingerbread in religious ceremonies. Whatever the reason, warm, spicy gingerbread has become synonymous with the Christmas season.

Play Where Is Rudolph:

Rudolph will be hidden throughout the building Monday through Friday December 10th thru 21st. The first resident to find him and turn him in to the activity department wins a prize!



Take the Plunge



Why anyone would want to celebrate Wear a Plunger on Your Head Day on December 18 is a mystery. Only the boldest will dare to “take the plunge” on this strange holiday. The plunger’s history may have begun in 1777 when one

Samuel Prosser received a patent for a wholly new kind of water closet known as the plunger closet, whereby the lavatory would flush with the lift of a plunger. It is likely that as materials such as wood and rubber became more available during the mid-19th century, the plunger was invented. It was during this time that the suction cup was also invented, which supports this theory. plungers have long been used beyond the confines of the lavatory, though. During the 1920s, jazz musicians used rubber cups to “mute” the end of their trumpets. In the 1980s, plungers were even used on three separate documented occasions to perform CPR and save lives. However, no theories or records exist as to who first wore a plunger on their head.

RECIPE OF THE MONTH:

Crisp Peppermint Cookies**Ingredients:**

- 1 cup butter, room temperature
- 1 1/4 cups sugar
- 1/4 cup brown sugar
- 1 egg
- 1 1/2 teaspoons vanilla
- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup crushed candy cane

Directions

1. Preheat oven to 375°F. Line 2 baking sheets with parchment paper.
2. Cream butter and sugars in a large bowl with a hand mixer until fluffy. Add in egg and vanilla, mixing well.
3. Stir in flour, baking soda, and salt. Mix in crushed candy cane.
4. Roll heaping tablespoons of dough into balls. Place 8 balls on each baking sheet. Press each ball with the bottom of a glass dipped in water.
5. Bake 9–11 minutes.
6. Allow to cool on baking sheets before removing. Repeat until no dough remains.
Makes about 3 dozen

**DECEMBER OUTINGS AND SPECIAL EVENTS:**

- 4th...Norwin Show Choir Christmas Program
- 5th...Donut Social with Promise Hospice
- 5th... Bow Making 101
- 5th...Calvary Church Christmas Carollers
- 6th...Manager's Bonus Bingo
- 7th...Christmas Shopping and Lunch at Target
- 8th...Children's Cookies with Santa
- 12th...Christmas Cookie Decorating with Heartland Hospice
- 13th...Resident/Family Christmas Dinner with Entertainment by Gary Stewart
- 14th...Twelve Days of Christmas Bingo
- 17th...Switch-Steal-Unwrap Gift Exchange
- 17th...Van Ride to see Christmas Lights
- 18th...Left-Right Christmas Stories
- 19th...Santa Hat Day
- 20th...PJ Day
- 20th...Resident Christmas Party with entertainment By Rob Stewart
- 21st...Ugly Christmas Sweater Day
- 21st...Donut & Hot Chocolate Social with Caring Hospice
- 21st...Christmas Present Bingo
- 24th...Saran Wrap Christmas Ball
- 26th...Resident Council Meeting
- 28th...Hot Chocolate & Snowball Battle
- 28th...Birthday Party & New Year's Bingo
- 31st...Funny Money New Year's Auction

Making the Cut

Whether the snow is falling outside or not, you can provide some flurries of your own on December 27, Make Cut-Out Snowflakes Day. Paper snowflakes are simple, easy-to-make

decorations that instantly create a festive atmosphere. And like real snowflakes, no two are exactly alike! Simply fold a square piece of paper in half diagonally to make a triangle, fold it in half again to make another triangle, and then fold it into thirds. Next, use scissors to cut straight or wavy lines into the finished triangle. As you unfold your paper, you'll find a perfectly unique and symmetrical flake. The cutting of paper snowflakes was born with Japanese origami in the Far East. It is likely that the French mastered the art of cutting paper doll chains from Japanese origami, and snowflakes evolved from those dolls.

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A COPY OF YOUR RIGHTS AS A RESIDENT OF TRANSITIONS HEALTH CARE MAY BE OBTAINED FROM ANY STAFF MEMBER.
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Our Beauty shop is open on Thursdays. Appointments may be made at the receptionist desk.



CONGRATULATIONS!
Transitions Resident Council
Recognizes
Winnie Gricar, CNA
As an outstanding employee for
December 2018

- Walt Kingera, Administrator
- Tammy Stollar, Director of Nursing
- Leslie King, Asst. Director of Nursing
- Rachel McGrew, Admissions Director
- Tawnette Arford, Business Office Mgr.
- Rob Kalas, Social Service Director
- Marsha Kirker-Bozich, Life Enrichment Director
- Jackie Austin, Dietary Manager
- Mark Wargo, Maintenance Director
- Kim Bartos, Environmental Services

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

- Anna Marie M. Dec. 6
- Mathew P. Dec. 13
- Eleanor M. Dec. 15
- Richard B. Dec. 16
- Lisa O. Dec. 20
- Denise P. Dec. 24
- Marilyn M. Dec. 25
- Marlene O. Dec. 26
- Paul S. Dec. 28
- Shirley S. Dec. 28
- Ruth C. Dec. 30

Christmas Crossing



It was nearly midnight on Christmas of 1776 when Revolutionary War General George Washington daringly crossed the freezing Delaware River to turn the tide in favor of the colonists. Washington had suffered numerous defeats, resulting in the loss of many strategic locations, including New York City in the north. Washington’s plan included three crossings of the Delaware. He led a division of 2,400 men to surprise a group of German Hessian soldiers gathered at Trenton. When Washington’s force descended the next morning, the Hessians were caught unawares after a night of Christmas revels and were easily overwhelmed. When Washington’s other two divisions of 3,000 men failed to make the rendezvous, he was forced to withdraw. While the victory was not particularly strategic, Washington’s renown and the morale of the Continental Army grew.