December 2021

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 1-641-856-2757

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

Robert Hall 14th
Eva Williams 15th
John Watts 28th
Sandra Argenta 30th
Joe Argenta 30th

ACTIVITY NOTES FROM KORIE

Hello everyone, hope you had a wonderful Thanksgiving. On Thanksgiving here at Golden Age, the residents got to enjoy homemade cinnamon rolls for breakfast. The staff that worked that day brought in, side dishes and desserts for the residents to enjoy for lunch. I heard the resident really enjoyed it. I can't believe it's December already and almost a new year. I hope everyone has a wonderful Christmas and a Happy New Year!!!

Korie Salladay,
Activity Director

December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges. Those born from December 22–31 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.

Bette Midler (entertainer) – Dec. 1, 1945
Lucy Liu (actress) – Dec. 2, 1968
Sammy Davis Jr. (entertainer) – Dec. 8, 1925
Raven Symone (actress) – Dec. 10, 1985
Frank Sinatra (entertainer) – Dec. 12, 1915
Jamie Foxx (actor) – Dec. 13, 1967
Beethoven (composer) – c. Dec. 16, 1770
Cicely Tyson (actress) – Dec. 18, 1924
Samuel L. Jackson (actor) – Dec. 21, 1948
Clara Barton (nurse) – Dec. 25, 1821
John Legend (musician) – Dec. 28, 1978
LeBron James (athlete) – Dec. 30, 1984

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.

BAH, HUMBUG!

Maybe it's the long lines at shopping centers, or maybe it's the incessant drone of holiday music, but some people just don't enjoy the holiday season. Luckily, December 21 is Humbug Day, a day to unapologetically embrace your inner Scrooge.

No one knows where the word *humbug* came from. Some think it came into use during the 18th century as the word *Hamburg* during a time when England was flooded with counterfeit coins from that German city.

Others think that it comes from a humming bug, something small, but incredibly irritating. Either way, the word denotes something that is a hoax or nonsense. When Scrooge utters, "Bah! Humbug," he is declaring Christmas to be a fraud.

December 2021

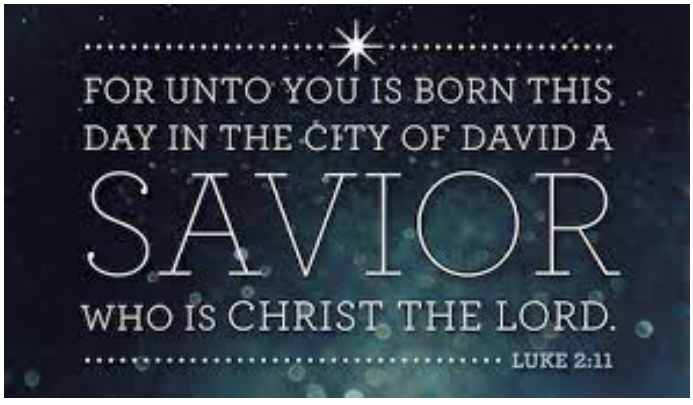
FROM SAINT TO SANTA

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.



From the Employees of
Golden Age Care Center

JUST A REMINDER:

When you bring items for your loved one, please ensure all items are labeled with a permanent marker.

Are you in need of ideas for your loved one this holiday season?
Below is a list of items they might need or enjoy.

- Sweater
- Clothes
- Razors
- Blanket
- Snacks
- Socks
- Slippers
- Puzzle books
- Coloring books
- Stuffed animals
- Stationary
- Pens
- Markers
- Stamps
- Books
- Pictures of loved ones
- Shower essentials
- Perfume / Cologne
- Watch