

A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers. Mint plants usually grow to be 2 to 3 feet tall.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.



Employee of the Month

Congratulations to our employee of the month, Quleen Saimon. She has been employed with us for a short time but is already training for a medication technician position. She always comes to work with a positive attitude, ready to work at her best each day. Her outgoing personality is well-loved by our staff and residents. No matter what, she is always available to help others with a smile on her face.



Sending Season's Greetings

With digital communication at our fingertips, mailing a greeting card may seem old-fashioned and quaint. But the tradition continues to thrive, with around 1.5 billion holiday cards sent every year in the U.S.

An Englishman named Sir Henry Cole created the first holiday card in 1843. A government worker and activist, Cole had just helped to reform the British post office, lowering postage to a penny so more people could afford to send mail. Cole was also very popular, and struggled to find time to respond to the many holiday letters he'd received. Motivated to solve two problems at once—promote the postal system and send quick greetings to his friends—Cole commissioned artist John Calcott Horsley to design a holiday postcard. The card's front showed scenes of a festive family dinner and people doing charitable deeds.

Improved printing methods helped popularize holiday cards in the following decades. Adorned with seasonal imagery such as snowy landscapes and indoor celebrations, the cards were treasured as artwork as well as mementos. By the turn of the century, companies in both the U.K. and the U.S. were printing millions of greeting cards each winter. The 1950s brought cards sold as charity fundraisers, as well as the first official White House holiday card.

THE Harbison Shores Lifestyle



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DECEMBER 2021

Hello from the Administrator

To all of our Residents, Families, Staff and Friends who celebrate Christmas. For those who celebrate Christmas, what is your Christmas tradition?

We have so many Christmas traditions in the United States, like trimming the Christmas tree, baking holiday cookies, opening presents and traveling to friends and family.

What about Christmas traditions around the world?

- The Yule Goat has been a Swedish Christmas symbol dating back to Pagan festivals.
- The Philippines holds a giant Lantern Festival.
- In Japan, one percent of the population celebrate Christmas, and it is called Kurisumasu ni wa Kentakkii or Kentucky for Christmas. They celebrate by eating at Kentucky Fried Chicken.
- In the French Caribbean island of Martinique, la ribote is a longstanding tradition where families visit their neighbors during Advent. They sing Christmas carols adding their own creole verses to the traditional lyrics.
- The Irish leave a tall, red candle in the front window overnight, a welcoming symbol of warmth and shelter for the holiday season.
- In Mexico, they perform Shepherds plays.
- El Salvador has fireworks.
- South Africa has a cookout called Braaing, with marinated steaks and sausage.



This year at Harbison Shores, we are going to decorate and have a winter wonderland making our own traditions.

Our goal is to bring out the Christmas child in everyone, while still remembering the meaning of Christmas.

From the Harbison Shores family to yours, Merry Christmas. Celebrate with your own traditions and make wonderful Christmas memories.

Elaine M. Till

Executive Director

From our Harbison Shores family to yours, we wish you a very Merry Christmas.



DECEMBER 2021

Locations

- Activity Room, Memory Care, ARMC
- Outing, O
- TV Room, Memory Care, TVMC
- Villas, Upstairs Gathering Place, VUGP
- Villas, Dining Room, VDR

“A good way to remedy a cold morning is to have a warm heart.”

— Keith Wynn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR 3:00 Christmas Decorating	2 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	3 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	4 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
			5 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	6 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	7 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	8 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR
12 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	13 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	14 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	15 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	16 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	17 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	18 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
19 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	20 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	21 WINTER BEGINS 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	22 9:30 Tony Washington, ARMC 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	23 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	24 CHRISTMAS EVE 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social	25 CHRISTMAS DAY 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Snack Time, VDR 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
26 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Snack Time, VDR	27 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Snack Time, VDR	28 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 2:30 Snack Time, VDR	29 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Meditation, VUGP 2:30 Snack Time, VDR	30 9:30 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 2:30 Snack Time, VDR	31 9:30 Some Good News: Self-Directed, VUGP 9:30 Morning Exercise, VDR 10:30 Individual Snack Social 3:00 Happy Hour, VDR	