



25 Ways to Give Back in December

While getting into the swing of the holiday season. It's a fun, festive time spent with friends and family. As we prepare for the holidays we are reminded that living with an "attitude of gratitude" puts us in the right mindset for success and for significance. "Gratitude" is a powerful word and an attitude to live by. In the spirit of all this goodness, what if you set a GIVING BACK theme for the month of December? It always feels so good to give to others. Good for the mind and good the soul. In beaming terms, think of it as a "soul cleanse". When you can put a smile on someone's face and know that your attention, your kindness, your love or your resources made a massive difference... That is true IMPACT!

Here's a list of 25 ways you can make a difference this month in someone else's life:

1. Create a care package and send it to an active duty military unit.
2. Host a holiday dinner and invite another family less able to host their own dinner.
3. Clean out the clothes in your closet that you haven't worn in a year and donate them to Goodwill.
4. Surprise your mail carrier/UPS Driver/gardener/housekeeper/hair dresser, with a thank you note.
5. Select one of your favorite books you read this year and gift it to someone who would enjoy it.
6. Invite a friend over for a meal.
7. Try to find someone without family or friends who might enjoy an unexpected visitor.

8. Volunteer to help out.
9. Drop your change in a Goodwill bucket.
10. Let someone know how nice they look.
11. If you can donate blood this month. Remember: a pint of blood can save up to three lives.
12. Befriend someone who seemly lonely.
13. Donate cat or dog food to an animal shelter.
14. Clear off your bookshelves and donate a box of books to a local charity.
15. Perform at least one random act of kindness every day.
16. Donate your gently read magazines.
17. Contact the Big Brother/Big Sister program and see if there are any volunteer opportunities this month.
18. Write an inspirational note to 2 people in your life and thank them for what they do on a regular basis.
19. Help someone to get more involved in an activity.
20. At least once a day compliment someone you know.
21. Smile at every stranger you see. A smile can make someone's day.
22. Hugging is great medicine! Give someone a hug at least once a day.
23. Leave gratitude notes for your family / staff / friends to find when they would least expect it.
24. Buy a bag of Candy Kisses and share them with others.
25. Take time to teach someone how to play a game, such as rummikub, skatt, gin, blackjack, etc.

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BIRTHDAYS... WELCOME... INFORMATION...

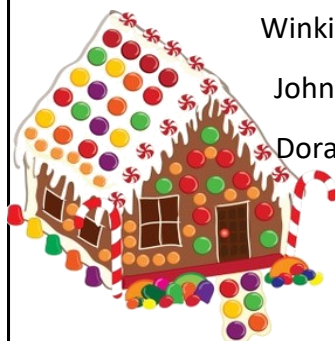


Happy, Happy Birthday

Priscilla H. 12/3 Kathy C. 12/23
Lillian P. 12/17 Connie S. 12/23
Oleta L. 12/22

*The Resident's Birthday Party is on **December 18th, 2018**
at **2:30pm** in the **Dining Room**. Birthday Cake &
Musical Entertainment by Martin Mancuso
sponsored by Compassion Care.*

Meet Your New Neighbors



Winkie B. 107
John H. 108
Dora S. 222

TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days
Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Tuesday	4	9:00 - 11:30 2:15- 4:15	Wal-Mart Macy's Department Store
Thursday	6	9:00 - 11:30	Smith's Grocery Bank/Post Office
Tuesday	11	9:00 - 11:30 2:15 - 4:15	Wal-Mart Wal-Mart
Thursday	13	9:00 - 11:30 2:15 - 4:15	99 Cents Store / Sprouts Savers Thrift Store / Big Lots
Tuesday	18	9:00 - 11:30 2:15 - 4:15	Wal-Mart Trader Joe's
Thursday	20	9:00 - 11:30 2:15 - 4:15	Dollar Tree Fantastic Indoor Swap Meet *Please bring CASH*
Tuesday	25	9:00 - 11:30 2:15- 4:15	No Outings Today Happy Holidays!
Thursday	27	9:00 - 11:30 2:15 - 4:15	Hobby Lobby / Barnes & Noble Rampart / Sun Coast Casino

THE LEGEND OF ST. NICHOLAS

The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best known of the St. Nicholas stories is that he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married. Over the course of many years, Nicholas's popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.



WHERE DID SANTA COME FROM?

Turkey - The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in **Patara**, near Myra in modern-day **Turkey**. Much admired for his piety and kindness, St. Nicholas became the subject of many legends.

SHOPPING MALL SANTA'S

Gift-giving, mainly centered around children, has been an important part of the Christmas celebration since the holiday's rejuvenation in the early 19th century. Stores began to advertise Christmas shopping in 1820, and by the 1840s, newspapers were creating separate sections for holiday advertisements, which often featured images of the newly-popular Santa Claus. In 1841, thousands of children visited a Philadelphia shop to see a life-size Santa Claus model. It was only a matter of time before stores began to attract children, and their parents, with the lure of a peek at a "live" Santa Claus. In the early 1890s, the Salvation Army needed money to pay for the free Christmas meals they provided to needy families. They began dressing up unemployed men in Santa Claus suits and sending them into the streets of New York to solicit donations. Those familiar Salvation Army Santas have been ringing bells on the street corners of American cities ever since.

SINTER KLAAS COME TO NEW YORK

St. Nicholas made his first inroads into American popular culture towards the end of the 18th century. In December 1773, and again in 1774, a New York newspaper reported that groups of Dutch families had gathered to honor the anniversary of his death.

The name Santa Claus evolved from Nick's Dutch nickname, Sinter Klaas, a shortened form of Sint Nikolaas (Dutch for Saint Nicholas). In 1804, John Pintard, a member of the New York Historical Society, distributed woodcuts of St. Nicholas at the society's annual meeting. The background of the engraving contains now-familiar Santa images including stockings filled with toys and fruit hung over a fireplace. In 1809, Washington Irving helped to popularize the Sinter Klaas stories when he referred to St. Nicholas as the patron saint of New York in his book, *The History of New York*. As his prominence grew, Sinter Klaas was described as everything from a "rascal" with a blue three-cornered hat, red waistcoat, and yellow stockings to a man wearing a broad-brimmed hat and a "huge pair of Flemish trunk hose."

A SANTA BY ANY OTHER NAME

18th-century America's Santa Claus was not the only St. Nicholas-inspired gift-giver to make an appearance at Christmastime. Similar figures were popular all over the world. Christkind or Kris Kringle was believed to deliver presents to well-behaved Swiss and German children. Meaning "Christ child," Christkind is an angel-like figure often accompanied by St. Nicholas on his holiday missions. In Scandinavia, a jolly elf named Jultomten was thought to deliver gifts in a sleigh drawn by goats. English legend explains that Father Christmas visits each home on



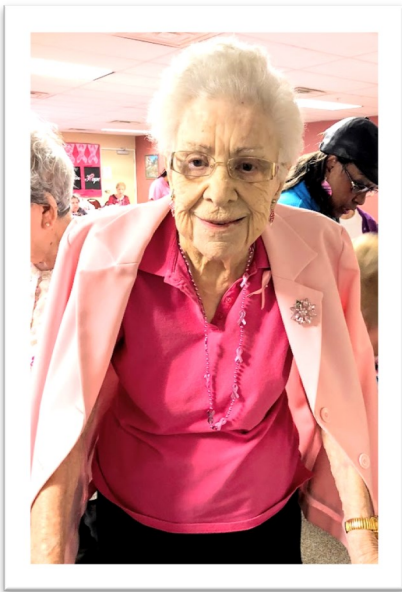
Christmas Eve to fill children's stockings with holiday treats. Pere Noel is responsible for filling the shoes of French children. In Russia, it is believed that an elderly woman named Babouschka purposely gave the wise men wrong directions to Bethlehem so that they couldn't find Jesus. Later, she felt remorseful, but could not find the men to undo the damage. To this day, on January 5, Babouschka visits Russian children leaving gifts at their bedsides in the hope that one of them is the baby Jesus and she will be forgiven. In Italy, a similar story exists about a woman called La Befana, a kindly witch who rides a broomstick down the chimneys of Italian homes to deliver toys into the stockings of lucky children.



RELIGIOUS SERVICES AND BIBLE STUDY GROUP

Wednesdays	2:30pm	Torah Class (AR/ Every Other Wednesday)
Thursdays	2:00pm	Catholic Services (TH)
Saturdays	10:00am	Prayer Group & Communion (TH)
Sundays	10:00pm	Bible Study (AR)

MEET OUR RESIDENT OLETA L.



Meet Oleta L.! She was born in a small city in Arkansas in the year of 1918 – she celebrates her 100th birthday this month! Oleta was raised on a farm where she learned how to milk cows, pick cotton, and ride horses. She grew up with her two older brothers, and 1 younger brother by her side. Together, they walked 1.25 miles just to get to school every day, and 1.5 miles to check the mail! Growing up with three brothers, Oleta said she was always known as a “tomboy”. She enjoyed playing ball and didn’t mind getting her hands dirty while helping her dad with the animals on the farm.

After graduating from high school, Oleta moved to Missouri to live with her uncle. She worked as a waitress at the local coffee shop. Oleta spent lots of time with her cousins, and went to social gatherings with their friends during their free time. One night, her cousin planned a social gathering at her house, where she just so happened to meet her husband, Harold. The two were soon married in Kansas City at the minister’s house with her cousin as her witness. Harold wore a navy blue suit, and Oleta walked down the aisle wearing her pale blue dress, as she believed in the saying “stay true wearing pale blue”. A few years later, she gave birth to three beautiful sons. Harold worked at a chicken ranch during the Great Depression. He then went to school to become a Jeweler. He followed the path and specialized in fixing broken watches for a living. The couple found themselves as owners of a Watch Shop in Stratford, Texas and made their way to Las Vegas, Nevada to help their son with his moving business. Oleta says she would’ve never guessed she’d be living in Nevada!

Oleta loves staying active, and believes the most effective way to staying healthy is putting time aside to exercise every morning. She loves getting fresh air and going for walks around the building. Oleta is a proud Breast Cancer Survivor and loves spending time with her grandchildren and great grandchildren. She loves going to entertainment and socializing with her neighbors during activities.

Oleta says one of her favorite life accomplishments throughout the past 100 years, was being a homemaker, raising her sons and watching them grow up. She mentioned that during the Great Depression, there weren’t many jobs for women, but raising her two sons was a tough job in itself. One of her least favorite life accomplishments was getting married too young. Although she loved her husband, she would’ve loved the opportunity to work as an independent woman at a young age.

Oleta’s “Words of Wisdom” to the younger generations would be, “..When you have children, or if you could have children in the future, stay home and raise them. Before you know it, they’re all grown up in a blink of an eye. Watching them grow and accomplish milestones is something you do not want to miss out on!”

Join us in wishing Oleta a HAPPY 100th BIRTHDAY on December 22nd!



WHAT'S HAPPENING AT OUR COMMUNITY



All smiles after Ruby made her own earrings!



Bonnie & Anita joining in on the fun!



Beautiful wreaths made by EJ & Jean



*There is magic
everywhere if we believe!
Happy Holiday to you &
your family from the staff
and management.*

WHO'S WHO AT YOUR COMMUNITY

Robert Colbert, RN, RFA - Vice President Assisted Living

Mike Trail, CPhT, RFA - Administrator

Jeanne Koester, RN - Director of Wellness

Joe Leininger - Executive Chef

Erin Butler - Assistant Administrator

Sabrina Severson - Medication Care Specialist

Barbara Phillips - Activity Coordinator

Karen Rodriguez - Activity Specialist

Jorge Reyes - Dining Services Coordinator

Jose Monroy - Lead Facilities Technician

Yvonne Vera & Lisa Cecere - Receptionists

Angela Cohill - Transportation

Office Hours:

If you have any questions,
Please call or come by,
Monday - Sunday
8:00AM - 6:00PM
(702) 835-9040

Silver Sky
Assisted Living

8220 Silver Sky Dr.
Las Vegas, NV 89145
(702) 835-9040



**Happy, Happy
Birthday to our Employee!
Lisa 12/24 Receptionist**