

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.

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.

Richard L – December 4

Charlie S – December 16

Bob B – December 24

Carol F – December 26

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.



Celebrating December

Safe Toys and Gifts Month

Write a Friend Month

Spiritual Literacy Month

Hanukkah

December 2–10

International Mountain Day

December 11

First Flight by the Wright Brothers

December 17

Crossword Puzzle Day

December 21

Christmas Day

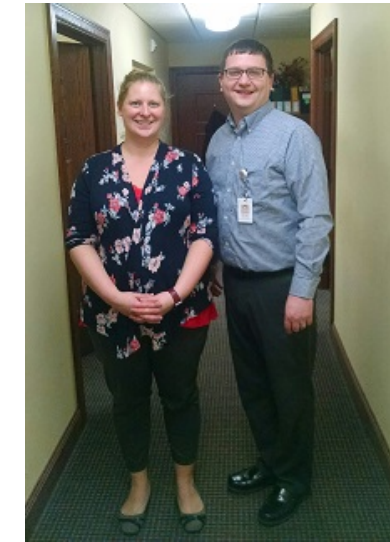
December 25

Make Up Your Mind Day

December 31

Bel Rae Reporter

Employee of the Month Kelley Marsh



Meet Kelley Marsh, a Support Nurse at Bel Rae. Kelley is an exceptional nurse. She shows real care and compassion when interacting with residents and their families. Kelley is efficient and has a wealth of knowledge to share with our staff. She shows leadership skills and has the ability to touch a life each and every day. We are truly honored to have her as part of our team here at Bel Rae. Kelley, we cannot thank you enough for all that you do. Congratulations!

December Outings

Trip to Walmart

Wednesday, Dec 5th, 10:00 AM

Lunch at JAX Café

Monday, Dec 10th, 11:00 AM

Trip to Dollar Store

Wednesday, Dec 12th, 10:00 AM

Brunch at Original Pancake House

Wednesday, December 17th, 10:30 AM

Trip to Target

Wednesday, Dec 19th, 10:00 AM

Christmas Light Tour

Wednesday, Dec 19th, 6:30 PM

Trip to Mounds View Library

Friday, Dec 21st, 10:00 AM

Trip to Cub

Thursday, Dec 27th, 10:00 AM

Gather in the lobby 15 minutes before departure.

Social

Coffee & Cookies – Jitterbug Café

There are cookies and coffee/tea available every day beginning at 10:00 AM until late afternoon in the Café.

Happy Hour – Community Room

Wine, Beer, Spirits and Snacks are available every Friday at 2:30 PM.

Ladies Tea – Community Room

Tuesday, Dec 11th – 1:30 PM - Come and enjoy petite sandwiches and cakes, hot tea, iced tea and lemonade. Bring your own tea cup if you have one.

Holiday Party – Community Room

Friday, Dec 14th - 4:30-6:30 PM Holiday Party with a Dinner Buffet, Santa and Music!

Monthly Birthday Party – Community Room

On Friday, Dec 28th during Happy Hour. Celebrate all December birthdays with cake and ice cream.

Men's Lunch with John – Community Room

Thursday, Dec 20th – 12:00 PM - Come see what John is cooking up for you and chat with your manly neighbors.

New Year's Eve Party – Community Room

Monday, Dec 31st - 2:00 - 3:30 PM

Visit our Bel Rae Facebook page to see pictures of your loved ones!

You do not need to have a Facebook account to view our page:

Go to www.facebook.com. Go to search at the top of the page and type in Bel Rae Senior Living of Mounds View.



When there, please click on



Spiritual

Celebration of Life – Community Room

The first Thursday of each month at 2:00 PM.

Bible Study – Community Room

Thursdays – 11:00 AM

Worship Service and Fellowship – Community Room

2nd thru 4th Thursday – 2:00 PM
Community Worship Service led by Reverend George Ata-Baah.

Catholic Communion* – Community Room

Dec. 18th – 11:00 AM

Catholic Mass with Father Paul – Community Room

Dec. 4th – 2:45 PM *Communion delivered to your room upon request. To arrange, please call Kristi at front desk. 763-784-7633



“Most people are about as happy as they make up their mind to be.”

Abraham Lincoln

Home Care Services Requirements

Independent Living residents are not allowed to receive 'home care' services (Assisted Living) per state requirements. Our state license necessitates ANYONE receiving home care from our staff must have a service agreement signed with our Director of Health Services. Assisted Living services include assistance with medication, bathing or hygiene assistance, escorts, emergency assistance from Resident Assistant/Nursing team, access to emergency pendant, etc.

If you ever have questions about Assisted Living please contact Jodi at 763-784-7633.

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.

Memory Care Support Group – Private Dining Room

Support group for those dealing with loved ones who suffer from memory loss. **Every second Monday of the month at 1:00 PM.** Facilitated by Fairview Social Worker, Therese Buckley. **Social Work Office Hours - PD** Fairview Social Worker, Therese Buckley, will be available **every 2nd and 4th Monday from 1:00-3:00 PM** for questions in the Private Dining Room

Other Resources

Alzheimer's Association®
www.alz.org 24/7 Helpline: 1-800-272-3900

Senior LinkAge Line®
http://www.seniorlinkageline.com
1-800-333-2433, Mon-Fri – 8:00am to 4:30pm

m MINNESOTA
BOARD ON AGING
http://www.mnaging.org/
651-431-2500

MGS Minnesota Gerontological Society
http://www.mngero.org

KEEP OUR BUILDING SAFE
Please don't let ANYONE that you do not know into our building.

