



# CARE CONNECTION



Newsletter

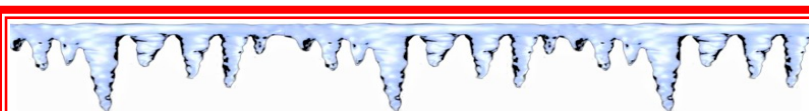
2019



## Springfield Rehab & HealthCare Center



# December



**Welcome to December! The Holidays are upon us, and the hustle & bustle that accompanies this time of year. All the planning & preparation for upcoming holiday celebrations and travels can leave even the most organized people in disarray. Some tips to help stay organized through the holidays include:**

- 1. Create a Holiday To-Do List**
- 2. Set Deadlines & stick to them**
- 3. Consider Putting Off Big Projects until after the festivities**
- 4. Do Some General De-Cluttering to allow for more room**
- 5. When traveling, leave early to prevent the need to rush yourself**

**The stresses of our daily tasks along with venturing out into less than favorable weather can weaken our immune systems leaving us vulnerable to colds and viruses. It's always a good idea to add a vitamin supplement to your diet as well as ensuring to drink plenty of liquids. And of course, wash your hands often. Tis the season for runny noses and hacking coughs, and germs are everywhere!**

**Whether traveling near or far, stay safe and have fun in indulging in all that this season has to offer!**





For the Resident's  
Here at our Facility  
Wednesday **December 18th**  
**At 2pm** in the main Dining Room  
Join us for a little Fun & Refreshments  
Entertainment will be  
Norman Jackson Band Holiday **JAZZ**

There is no charge to attend  
Hope to see you!



### December Resident Birthday's

- Susan Rogers 12/03
- Vada Cummings 12/17
- Karen Case 12/18
- Mary Hutter 12/22
- Christie Beachler 12/25
- Cecelia Ray 12/30
- Helen Todd 12/30

### **Springfield Rehab & HealthCare**

2800 South Fort Ave  
Springfield, Missouri 65807  
Phone: 417 882-0035

### Springfield Rehab & HealthCare

- Administrator: **Stephanie Grant**
- Director of Nursing: **Lysandra Harmon**
- Assistant DON: **Kate Neville**
- Director of Rehab: **Rodel Ravela**
- Social Services Director: **Amy Devane**
- Head Bookkeeper: **Jerome Irmén**
- Dietary Manager: **Drew Martin**
- Plant Operations Director/Laundry & House-keeping: **Tony White**
- Health Information Mgr:
- Recreation Director: **Joshuah Hyde**
- Medical Director: **William Rosen MD**
- Marcelo Mantala MD**

### **December Born**

You are generous and ambitious if you are born in December. You are lucky in love and you have a very positive approach towards life. You love to be the center of attraction and that makes you social in life. You are honest, trustworthy, and good at keeping secrets. You have a very outgoing personality.

### december

#### BIRTHSTONE



TURQUOISE

- ♦ Symbolizes good fortune and success
- ♦ Turquoise is an important part of southwest American culture
- ♦ Color is derived from the combination of copper and iron that's present within the stone
- ♦ Secondary stone: zircon

# HALLOWEEN HIGHLIGHTS

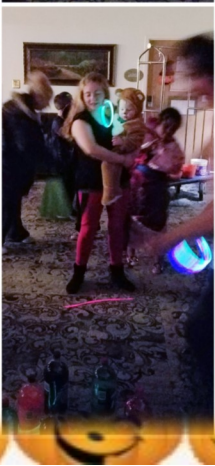


Residents fill candy buckets in preparation for trick-or-treaters



# HALLOWEEN HIGHLIGHTS

A night of trick-or-treating & games for the kids



# HALLOWEEN HIGHLIGHTS

Kids Halloween costume contest



Congratulations to the winners, & a big thank you to all that helped make the night a success!

1st

2nd

3rd



# HALLOWEEN HIGHLIGHTS

Resident Halloween party & staff costume contest



**Congratulations to the winners of the staff costume contest & a thank you to all who were able to participate. Together we were able to make a fun filled Halloween for our residents.**



## Spinning into the Season

Rarely do spinning tops make children's wish lists anymore, yet these toys are some of the oldest known to human civilization.

A clay top discovered by archaeologists in Iraq's ancient city of Ur dates back to the 35th century BC—that's nearly 6,000 years ago! A wooden top dated to 1300 BC was found in King Tut's tomb. During the medieval era in Europe, parish tops measuring eight inches high and weighing two pounds were kept in town squares for play, exercise, and competition. Cultures all over the world have fashioned tops from whatever materials they have on hand, including fruits, nuts, seeds, and seashells.

Traditional tops are still hand-built using a lathe and a discerning eye. New technologies now allow precise and perfectly balanced tops to be made on computerized machines using top-of-the-line materials. These tops cost thousands of dollars and may spin for hours. One top called LIMBO recently broke the world record by spinning for 27 hours, 9 minutes, and 24 seconds. How was this feat achieved? Hidden inside the top was a battery, flywheel motor, motion sensor, and a computer chip designed to monitor the top's stability and correct the motion of the spin. While LIMBO is not technically a top but a gyroscope, it is a demonstration of how far engineers will go to perfect this simple toy in an attempt to defy gravity.



## The Season of Sugar and Spice

December's chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, & the 14th is Gingerbread Decorating Day. No wonder December is heralded as "the most wonderful time of the year"!

The winter solstice has long been celebrated around the world by many cultures, & food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new & exotic ingredients, including spices like cinnamon, nutmeg, & black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.



### HISTORY THROUGH DECEMBER

1931 Ford produces the last Ford Model A

1933 Prohibition comes to an end

1939 Gone With The Wind Premieres

1942 Nationwide gasoline rationing goes into effect U.S.

1954 first Burger King opened in Miami

1955 Rosa Parks sets off a bus boycott in Montgomery, Georgia

1966 Dr. Seuss' book "How the Grinch Stole Christmas" is made into an animated television special and shown for first time on CBS

1998 International Space Station Assembly Begins

# Christmas Word Search



CANDY CANE  
CAROLS  
CHRISTMAS  
DECEMBER  
ELVES  
GINGERBREAD  
JINGLE

HOLLY  
LIGHTS  
MERRY  
NORTH POLE  
ORNAMENTS  
PRESENTS  
REINDEER

SANTA  
SLEIGH  
STOCKING  
TREE  
WINTER  
WREATH

