

# Leadership Team

**Executive Director**

Ayana Greer

**Admissions**

Mia Jones

**Assistant Director of Nursing**

Annie Eaton

**Business Office Manager**

Felisa Knowles

**Human Resources Director**

Dahlia Cummings

**Maintenance Director**

Jim Sawchik

**Culinary Director**

Avery Bolden

**Social Worker**

Kathleen Thomas

**Activities/Transportation Director**

Vicki Crayne

**Housekeeping Director**

Quamesha McDowell



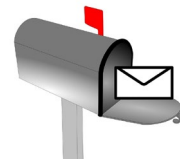
Village Variety Shoppe  
Room 804

Monday December 7<sup>th</sup>  
10am to 12pm  
1pm to 3pm

## December Birthdays

In astrology, those born between December 1–21 are the Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves. Those born between December 22–31 are Capricorn's Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.

- Richard Pryor (comedian) – December 1, 1940
- Andy Williams (singer) – December 3, 1927
- Kirk Douglas (actor) – December 9, 1916
- Ada Lovelace (programmer) – December 10, 1815
- Rita Moreno (actress) – December 11, 1931
- Brad Pitt (actor) – December 18, 1963
- Jane Fonda (actress) – December 21, 1937
- Humphrey Bogart (actor) – December 25, 1899
- Susan Butcher (musher) – December 26, 1954
- LeBron James (athlete) – December 30, 1984



### Ministry Mailbox

#### God Given

**When is the last time you embraced your God-given talents and gifts, But now that you have grown older, those gifts seem to be a thing of the past? Maybe you cannot do what you once did, but you can use your gifts in new ways, cultivate your unique talents to serve someone today**

**Do not neglect the gift that is in you.**

**1 Timothy 4:14**

# Woodside Senior Living

## MEMORY CARE

### A Tough Nut to Crack



December brings many beloved holiday traditions, but one soars above the rest. No, not flying reindeer, but the dance of the Sugar Plum Fairy. Tchaikovsky's classic ballet *The Nutcracker* has become a holiday staple all around the world, despite not mentioning the nativity story or Santa Claus.

It was not Tchaikovsky's idea to write *The Nutcracker*. After enjoying success with his ballet *The Sleeping Beauty* in 1890, Tchaikovsky was asked to compose a ballet for the Imperial Theatre. Tchaikovsky turned to his friend and collaborator Marius Pepita, who suggested they write a ballet based on the fairy tale *The Story of a Nutcracker*, by the French writer Alexandre Dumas. Dumas himself had "borrowed" the story from the German writer E.T.A. Hoffman, who wrote *The Nutcracker and the Mouse King* in 1816. In the 1800s, nutcrackers were common decorations in German households, revered as symbols of good luck. While composing in France, Tchaikovsky discovered a new instrument, the *celesta*. He decided to feature its wonderful sound in his new ballet. Before the ballet premiered, a short concert of the musical suite was played in St. Petersburg. Every number was given an encore. Tchaikovsky knew the music was good, but he worried about the performance.

Tchaikovsky was right to worry. Critics did not like *The Nutcracker* when it premiered at the Mariinsky Theater in St. Petersburg, Russia, on December 18, 1892. One particularly harsh review read, "*The Nutcracker* cannot in any event be called a ballet." For decades, only the first half of the ballet, featuring the battle between the soldiers and the rat king, was performed. But in 1944, the San Francisco Ballet, led by William Christensen, staged the entire ballet, and it became an instant holiday hit. Nutcrackers suddenly became cherished holiday decorations. By the 1960s, dance companies all across America were performing *The Nutcracker* as an annual December tradition. For many children, *The Nutcracker* remains their first and best exposure to ballet and classical music.

## Celebrating December

**Universal Human Rights Month**

**Bingo's Birthday Month**

**Cookie Cutter Week**  
*December 1–7*

**Hanukkah**  
*December 10–18*

**Gingerbread House Day**  
*December 12*

**Christmas Bird Count**  
*December 14–January 5*

**Free Shipping Day**  
*December 17*

**Christmas**  
*December 25*

**Kwanzaa**  
*December 26–January 1*

**New Year's Eve**  
*December 31*

**Keeping a Healthy Heart**

Did you know? Heart disease is the leading cause of death for men and women in the United States. 1 out of 4 deaths is caused by heart disease.

**Who is at risk?**

- High blood pressure
- Prior heart attacks
- Structural heart disease
- Thyroid disease
- Chronic lung disease
- Sleep apnea
- Diabetes
- Smoking
- Alcohol & drug use
- Inactivity
- Overweight
- Depression
- > 60 years of age
- High cholesterol

**Reducing Risk Factors: Commit to a healthy heart lifestyle**

- Exercise carefully
- Stop smoking
- Eat well
- Reduce stress
- Spend time doing things you enjoy
- Manage the medical conditions you have
- Regularly visit your doctor

**Reduce Your Hospitalization Risk: Managing Cardiac Conditions**

- Take your medication exactly as prescribed
- Monitor your blood pressure
- Eat fresh, low sodium, low fat foods
- Quit smoking
- Track daily fluid intake
- Avoid or limit alcohol and caffeine
- Stress management
- Get a good night's sleep
- Flu and pneumonia vaccinations
- Exercise safely

**In Conclusion**, you can reduce your risk for cardiac conditions. Heart conditions require a multi-pronged approach for management. In addition, exercise is one of the best ways to prevent or manage heart disease. For more information about managing a heart healthy lifestyle, reach out to therapy team on campus.

By: Elizabeth Lindsey OTD, OTR/L

**Sitting Down for Equal Rights**

On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the “colored” section to stand. Three complied, but Parks did not. This was not because she was tired from working all day. In her own words, she “was tired of giving in.”

Parks was arrested and later released on bail, but not before word of her arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Despite threats and bombings of both Nixon and King's homes, the boycott continued. Nearly a year later, the Supreme Court ruled Montgomery's bus segregation unconstitutional. Parks' story has remained an inspiration for generations of civil rights activists seeking equality, justice, and equal protection under the law.

**ATTENTION:**

Scammers are contacting people claiming to be tracing COVID-19 contacts. While legitimate health agencies, including the Cuyahoga County Board of Health and the Cleveland Department of Public Health are calling people to complete contact tracing, they will never ask for your Social Security or Bank Account information. Do not click on links or respond to texts saying you have been exposed to COVID-19. Please report suspicious calls or texts to <http://ConsumerAffairs.CuyahogaCounty.US> or call 216-443-SCAM.

Sincerely,  
Cuyahoga County Emergency Operations  
Center

**Holiday Tips for Dementia Caregivers**

By Ava M. Stinnett

Holidays are festive occasions that celebrate being with the people we love, honoring family traditions, recalling old memories, and creating new ones. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together? The holiday season can be stressful, so it's critical to adjust expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, “The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout” (Goyer, 2015). The following tips may help caregivers weather the holiday season.

- As much as possible, maintain a similar routine for your loved one and yourself so that holiday preparations don't become stressful or disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help a person with dementia connect to holiday celebrations. Determine how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Music, whether seasonal or not, can cause a positive shift in mood. Try engaging the individual in singing along to familiar songs. It's important to remember that a particular melody that evokes a soothing memory for one person might be upsetting for another. Depending on the setting, it may be more practical to have ambient music playing in the background.
- Caregivers need to take time for themselves whether it's having a break to go to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house. Paying attention to your own needs and getting support from others is of utmost importance.
- Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

**Sources**

The Alzheimer's Association. (n.d.). *Holidays and Alzheimer's families*. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

Family Caregiver Alliance. (2014, December 31). *Caregiving and the holidays: From stress to success!* Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

**The Tale of Beatrix Potter**

On December 16, 1901, 35-year-old Beatrix Potter was so fed up with receiving rejection letters that she decided to publish her book *The Tale of Peter Rabbit* on her own. The book had begun as a letter to the sick son of Potter's former governess. Potter had written and illustrated a letter in 1893 detailing the silly adventures of a family of rabbits, Flopsy, Mopsy, Cottontail, Peter, and their mother. The rabbits of the story were modeled after Potter's own pet rabbits, Peter Piper and Benjamin Bouncer. Potter later asked for the letter back, so that she could turn it into a children's book.

Potter first printed 250 black-and-white copies of her book. In 1902, it was picked up by the publisher Frederick Warne & Co. and reprinted in color. The book was such a success that it had to be reprinted six times in its first year, selling 20,000 copies. Ever the self-starter, when Potter and Warne disagreed over her next book, *The Tailor of Gloucester*, she again published 500 copies on her own.



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