

### Welcome, Winter

Bringing with it the year's shortest day and longest night, winter officially arrives Dec. 21. On this day, the U.S. will see the least amount of daylight, ranging from just eight hours in northern latitudes to 10.5 hours in the southernmost regions.

### Indulge the Healthy Way

Holiday meals and parties can present a feast of unhealthy temptations. Nutritionists recommend eating the foods you enjoy, but not overindulging on everything. Plan which seasonal favorites you want to treat yourself to and savor every bite.

### Memory Boost

If you're trying to remember the name of a person or place but keep coming up blank, recite the alphabet. Saying the letter that begins the forgotten word may jog your memory, allowing the name to pop into your head.

### The Ice Bowl

Football players take the field in all kinds of weather, but one game in particular stands out for its Arctic conditions. On Dec. 31, 1967, at Lambeau Field, the Green Bay Packers hosted the Dallas Cowboys in the coldest game in NFL history. With a temperature of 13 degrees below zero and a wind chill of minus 47, the matchup was nicknamed the "Ice Bowl." At kickoff, a referee's metal whistle froze to his lips, so officials shouted signals during the game. The Packers froze out the Cowboys 21-17 and went on to win Super Bowl II.

## December 2017



### A Festive Favorite

Curly and delicate, ribbon candy was created centuries ago by European confectioners, who molded long, sticky strips of candy around their thumbs to make festive, edible decorations for their shops. Today, automatic crimping machines are used to shape the sweets, which have become a traditional holiday treat in the U.S.

### Remember When: Lionel Trains

What began as a store window display in 1900 quickly raced to the top of many wish lists. After customers asked to buy the electric toy train—originally designed to advertise other products—creator Joshua Lionel Cowen's new business was on the fast track to success. The models' realistic details, variable speeds and array of accessories added to the appeal of Lionel model trains, which hit their peak of popularity in the 1950s and remain a favorite among enthusiasts.

### Stay a Kid at Heart

"The lovers of life, they are children at heart always in their wonder and delight." —Elizabeth Goudge



### Ready to Dance

Tom is looking good in his white Bucks, ready to dance to the sounds of Tedd Waggoner & the Eddie Knight Band!

### Save Your Stamps

The Community Life Dept. is saving canceled stamps to donate to the mission for St. Mary's Convent. You can drop them off at our office (across from Mary's Chapel).

### Community Life News

Be sure to check the monthly calendar for new programs. If there is something that you would like to do or try, let John, Ruth, or Dusty know. The library has a variety of books to read. There is a library bookshelf on each floor of the east building. We also have a DVD and VCR tape library on 1 East. Movies are held in the east building on the 2nd and 3rd floor on Tuesday and Thursday evenings.



### Celebrate Ugly Sweaters

There are so many beautiful Holiday sweaters & sweatshirts in the World but we want to celebrate the UGLY ones. Plan to wear your ugliest, scratchiest, most brightly colored or mismatched shirt to our UGLY SWEATER PARTY happening in the Main Lounge. You can even make your own by adding holiday décor to a beautiful shirt. All the fun takes place on Friday, December 15th, at 2pm. Come on down and see residents and staff dressed in those shirts they hide in the back of the closet! Everyone is invited to join the fun!!

Light refreshments will be served and prizes will be awarded.



### Halloween Fun



# Welcome *to a place you'll call home.*



## St Paul's Store Staff

Here are some of the wonderful volunteers who help run our little store here at St. Paul's. You can find the store across from the Main Chapel. It is open Mon, Tue, Thurs, Fri, Sat, 10-12. You can find food, gifts, toiletries, snacks and so much more. Stop by and see all the items we carry!



We had men and women representing all branches of the military.



A big thank you goes out to Dorothy Melander who attends our floral design class. She has taken on the task of arranging the tabletop flowers in the Main Dining room and the Bistro. You make our tables beautiful!



We Salute All The Veterans and say Thank You For Your Service!



## Veterans Breakfast

We honored our St. Paul's veterans with a special breakfast & program with over 75 in attendance!

## Community Life Programs

Director of Community Life  
for Assisted Living

Ruth Metcalf

284-9035

Independent Community  
Life Aide

John Mitchell

284-9039

The office is located on 1 East next to Mary's Chapel. They will be happy to answer questions and are open to new ideas for programs that residents would like at St. Paul's.



## Ring in the Season With Holiday Music

Dec 3rd-St. Aldalbert's Choir  
2pm ML

Dec 11th- Michiana Concert  
Band 7pm ML

Dec 13th-St. Paul's Bells &  
Choir Combined Concert  
7pm ML

Dec 17th- Carolers in the  
Main Lounge 6:30pm

Dec 18th- Riley High School  
Dance Choir 9am ML

Dec 18th- In Harmony  
Singers 1pm ML

Dec 20th- Frozen in Time w/  
Jay Snyder 2pm ML

## From the Desk of...

### Melanie Hoefle, Hospitality Director

Mark your calendars for these upcoming events:

Jan 13th - Senior Citizen based Self Defense Class presented by the South Bend Police Department.

Jan 23rd - Art Class Open House with Marge Burkholder.

Stop by to see what these classes are all about!

A Parkinson's Support Group will begin meeting at St. Paul's in January. The dates will be announced soon.



### The Gala Is Coming

The Gala will be taking place Dec. 6th, 7th & 10th. This week will involve a lot of decorating and set-up by the staff. There may be some regular activities that are canceled or taking place in other spaces. Please pay careful attention to your calendars and dailies so you don't miss any of the December FUN!

## Virtual Reality for Seniors

The words "virtual reality" may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present.

Virtual reality, or VR, refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle.

A VR headset allows the wearer to go anywhere in the world—snorkeling above a coral reef, hiking in a national park, even skydiving—without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person. With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown.

Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.





## Huh? Whatya Say? I Didn't Hear You!

As one who has been profoundly deaf since age 7 (due to measles), and as one who lives in a community where many folks have some degree of hearing loss, I thought it might be good to share a few thoughts on this topic.

I fall into the category of "post-lingually deaf." By the age of 7, one's speech patterns and capabilities are quite functional. That's why I can talk as well as I do, and why sometimes people have a hard time believing I'm deaf!

Without the hearing aids, my world is a world of silence, which I've come to cherish. This silence has helped shape me as a person and a minister. Hearing loss is definitely a handicap, but the silence is an extraordinary blessing.

With the hearing aids, I can hear. But there are limitations, which is why 80% of my ability to communicate depends on lip-reading. If, for example, you were to cover your mouth while talking to me, I can hear **that** you are saying something, but don't know **what** you are saying. For all I know you could be speaking Russian! With lip-reading and hearing I can catch 80% of what you are saying, and then mentally fill in the blanks (which is something we all do regardless

of hearing ability). Without lip-reading, my comprehension of what is being said drops to 20%.

With lip-reading alone, you'd be surprised at how good of a conversation I can carry on – I can even "eavesdrop" on conversations at nearby dinner tables!! So beware....Fr. Herb might be "listening."

The above paragraph leads into the **first and most important rule** of speaking with deaf or hard-of-hearing people: somehow, someway, make sure we are looking at you before you start to talk with us! By way of footnote, this one rule can alleviate a lot of conflict between couples where one person has age-related hearing loss. Get your spouse's attention before speaking to him/her! Make sure he or she is looking at you!

Perhaps you've passed me in the hallway, and then turned around and said something. I keep on walking, giving no indication that I heard anything. I'm not being rude – I just didn't know you were speaking to me.

I repeat this because it's so crucial: get my (our!) attention!! Even if one has a minimal loss corrected by a low-powered hearing aid, it still helps tremendously to make sure that person is looking at you.

Background noise, the pitch of one's voice, an illness such as a cold, a dying battery...these can hinder conversation.

2) **Speak in a normal tone of voice.** Don't exaggerate, speak loudly, or over-pronounce. These actually distort lip movement. 3) **Be aware of environment.** Noise has already been mentioned. Avoid standing or sitting in front of a light source, such as a window or bright light. The glare and shadows created on the face make it almost impossible for the deaf person to lip read. 4) **Rephrase your thought or statement.** If, after several repetitions, the hard-of-hearing person isn't comprehending what you're saying, try to rephrase rather than repeating the same words again. 5) It's very **hard to follow multiple conversations.** In situations such as dinner table, there may be more than one conversation going on, so try to include the person in at least one. Tell him/her what you're talking about. 6) **Overly loud or too quiet.** Since deaf and hard-of-hearing people often cannot hear themselves speaking, they might be inappropriately loud. Man, I can't remember how many times I've spoken to another person in what I thought was a whisper but it was heard by everyone in the vicinity!!! Embarrassing is too mild a word!!

**Father Herb's Article  
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## The Inn at St. Paul's Regularly Scheduled Activity

Tuesdays, 2:30 p.m. Rosary  
followed by Mass on Level 2  
Thursday, 2 p.m. Rosary  
followed by Bible Study Level 3  
Saturdays, 2 p.m. Family  
Bingo Level 3  
Saturday, 4 p.m. Mass Main  
Chapel  
Sunday, 11 a.m. Protestant  
Service Main Chapel  
Sunday, 2 p.m. Ice Cream  
Social Level 2

Monday, Wednesday & Friday  
10:30 Just Movin' with Dave

### Community Life Staff at the Inn

Director: Dusty  
Community Life Aides:  
Jamie & Sherry  
To reach us, call 284-9045



Tim, the Chaplain, enjoying craft time.



Tie-dyed socks craft



Pumpkin Decorating



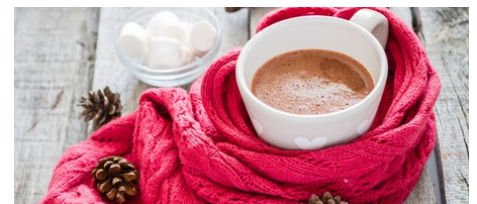
Halloween fun



There was a scary/cute wolf captured!



Das Essenhouse Outing





**“We’re dedicated to helping you live well at any age.”**

### **Father Herb’s Article Continued From Page 5**

To compensate, I sometimes turn down my volume, but then the other person can’t hear me! So help us out with a “shhh!” or “I can’t hear you.” 7) **Keep a sense of humor.** One of my favorite sayings is “It’s up to you to figure out whether I didn’t hear you or am ignoring you!” So often when I was a seminarian, my classmates would come to the breakfast table and complain about how loud the geese were overnight. I’d get this smug look and say “What geese?”

We often mishear some words. “A man is telling his neighbor, ‘I just bought a new hearing aid. It cost me \$4000, but it’s state of the art. It’s perfect.’ ‘Really?’ answers the neighbor. ‘What kind is it?’ ‘12:30.’”

Next month: some reflections on age-related hearing loss.  
Written by Father Herb Yost

## **Spiritual Corner**



### **Halloween Party**

Our 2 Holy Cross College Students, Carmen and Maisey, put on a fun Halloween party for the folks living in the East building. Thanks, girls, for the games, prizes and treats!





# Merry Christmas

Wishing you all the blessings of the season.



## “This Month In History” DECEMBER

**1892:** With music composed by Peter Tchaikovsky, “The Nutcracker” ballet premieres in St. Petersburg, Russia.

**1913:** The nation’s first drive-in gas station opens in Pittsburgh.

**1923:** U.S. President Calvin Coolidge’s speech to a joint session of Congress is the first presidential address broadcast on radio.

**1932:** Radio City Music Hall opens in New York City.

**1941:** British Prime Minister Winston Churchill visits Washington, D.C., to discuss war strategy with U.S. President Franklin D. Roosevelt.

**1956:** Weighing 4 pounds, a baby gorilla is born at Ohio’s Columbus Zoo. Named Colo, she was the first gorilla born in captivity.

**1964:** Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo.

**1972:** Astronauts of Apollo 17 complete NASA’s last mission to the moon.

**1989:** The animated TV series “The Simpsons” premieres. It is now the longest-running American sitcom.

**1997:** “Titanic” opens in movie theaters nationwide. The epic romance about the doomed ocean liner went on to win 11 Academy Awards and remains the second-highest-grossing film of all time.

**2000:** Colin Powell becomes the first African-American secretary of state.

**2004:** Taiwan’s skyscraper Taipei 101 is inaugurated and stands as the world’s tallest building at 1,666 feet. It held the record until 2010.

**2007:** The New England Patriots become the first NFL team in 35 years to finish the season undefeated.