

Electric Ahead of Its Time



In this era of electric vehicles, it seems that technology knows no boundaries. But on January 10, 1985, when inventor Sir Clive Sinclair

unveiled his newest invention, the Sinclair C5 electric vehicle, it was immediately dismissed as a failure. However, without the C5, who knows where electric vehicles and all their high-tech trappings would be today?

Clive Sinclair made his fortune inventing pocket calculators in the 1970s and home computers in the 1980s. He was such an important personality in England that he was knighted in 1983, the very same year he founded Sinclair Vehicles. Inventing an electric-powered vehicle had been Sinclair's passion since the 1950s. Interestingly, in America in 1912, electric cars outnumbered vehicles run by an internal combustion engine. But as the internal combustion engine became more efficient, electric model cars were rendered obsolete. Clive hoped to flip this trend with his C5, which was less a car and more of an electrically assisted pedal vehicle—kind of a souped-up recumbent tricycle with a battery-powered engine that went 15 mph and had a polypropylene shell. It was marketed as an alternative to both cars and bicycles, but it never took off. Out of the 14,000 manufactured, only 5,000 sold. Sinclair's invention became a notorious flop.

Fast-forward 32 years, and it seems the world may finally be ready for the C5. Sir Clive Sinclair's nephew Grant Sinclair has brought his revamped C5, called the Iris E-Trike, to a world full of bicycle lanes and environmental-awareness campaigns. Better yet, its top speed is 30 mph and it has a more powerful motor. Once again, it seems as if the target consumer is someone who wants the earth-friendliness of a bicycle wrapped in the comfort of an enclosed car. So is the world finally ready for the C5? Only time will tell. The first models of the C5 were made available at the end of 2017.

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
 J.R.R. Tolkien (author) – January 3, 1892
 Diane Keaton (actress) – January 5, 1946
 Elvis Presley (musician) – January 8, 1935
 Richard Nixon (president) – January 9, 1913
 Julia Louis-Dreyfus (actress) – January 13, 1961
 Vidal Sassoon (stylist) – January 17, 1928
 Dolly Parton (musician) – January 19, 1946
 Neil Diamond (singer) – January 24, 1941
 Wolfgang Mozart (composer) – January 27, 1756
 Jackie Robinson (ballplayer) – January 31, 1919

Gone for Good



Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from

the American political sphere, namely: *bigly*, meaning “a swelling or blustering manner,” and *post-truth*, meaning “a society where facts matter less than impressions.” There are also plenty of words related to social media and the Internet: *ghost*, which is “to abruptly end communication on social media,” and *listicle*, which is “a numbered or bulleted list created to attract views over the Internet.” Judges are ready to choose the worst of the lot come New Year's Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.

The Trumpeter

Asbury Towers Retirement Community



Celebrating January Birthdays

Residents

03 Robert Newton
 10 Virginia Hanna
 10 Sharon Hassler
 10 Karon Thompson
 10 Joyce Johnson
 12 Paul Taylor
 13 Helen Sutherlin
 13 Ron Clearwaters
 17 Martha Collins
 19 Florence Harlan
 23 Willard Scobee
 31 Linda Raines
 31 Barbara Bergen



Staff

08 Trena Rogers
 09 Corrine Trigg
 09 Patricia Jenkins
 10 Tricia Graham
 14 Ashley Salsman
 16 Brittany Price
 18 Cassandra Aynes
 23 Tracy Allen
 26 Heather Staebler
 27 Lilly Galich

LIVE LIFE TO THE FULLEST Physical, Occupational and Speech Therapy

As we continue to see “success stories” among residents participating in structured Rehab and our exercise class, we are reminded that age does not have defeat us when it comes to mobility and strength. Whether you live in one of our cottages, an apartment or our skilled facility, our Rehab program is there to help you, and not just when a major setback has occurred. Physical, Occupational and Speech Therapists all work together to help you overcome obstacles and accomplish normal tasks of daily living. Some of their services include:

Physical Therapy

Physical Therapists are the experts in the examination and treatment of musculoskeletal and neuromuscular problems that affect our ability to move the way we want and function as well as we would like to.

Balance, Walking and Transferring, Flexibility and Range of Motion, Strength, Pain Management, Motor Skills and Coordination, Joint Mobility

Occupational Therapy

Occupational Therapy uses goal-directed activity in the evaluation and treatment when our ability to function is impaired by normal aging, illness, injury or developmental disability. Treatment goals in OT include the promotion of functional independence and prevention of disability.

Activities of Daily Living including: Grooming, Bathing, Dressing, Eating, Toileting, Personal Safety, Upper Body Strength, Flexibility and Coordination, Pain Management, Walking, Transferring and Balance

Speech Therapy

Speech Therapy is the study, diagnosis, and treatment of defects and disorders of the voice and of spoken and written communication. Speech Therapist also evaluates and treats neurological and physical disorders and conditions caused by an injury or illness.

Communication: Cognitive Processing, Expressive Language, Receptive Language, Swallowing, Oral Motor Exercise, Hearing/Auditory Processing, Reading, Diet Modifications, Comprehension (verbal and written)

Talk with our Rehab team to see if you could benefit from therapy. Therapy can improve the quality of our lives by reducing subsequent illness and allowing us to live longer.



ASBURY TOWERS STAFF

Executive Director

Michelle McClure
mcollins@asburytowers.com

Medical Director

Dr. John Savage

Director of Nursing

Stephanie Barnes-RN
sbarnes@asburytowers.com

Business Office

Debbie White
dwhite@asburytowers.com

Chaplain

Jim Stagers
jstagers@asburytowers.com

Community Relations

Vicki Jones Rice
vrice@asburytowers.com

Dining Services

Anita Onken, RD
aonken@asburytowers.com

Environmental Services

Lisa Steele
lsteele@asburytowers.com

Human Resources

Kris Beck
kbeck@asburytowers.com

Life Enrichment

Julie Dozier, QMCP
jdozier@asburytowers.com

MDS

Holly Martellaro, RN, MDS
hmartellaro@asburytowers.com

Maintenance Supervisor

Jake Hodges
jhodges@asburytowers.com

Social Services

Gwen Tucker, MLD
gtucker@asburytowers.com

WELCOME NEW RESIDENTS

Poplar Grove

Karen Berry
Michael Suiters
Martha Collins

Red Bud Lane

Robert Stoelting



WELCOME NEW STAFF

Kelli Prosser-Dining Services
Chastine Bushong-Nursing
Robin Martin-Dining Services
Danni Trueblood-Nursing

Please if you see any of these residents or staff, stop and make them feel welcome!

Asbury Reminders:

With the beginning of the New Year and having some New Residents moving into Asbury here are some Friendly Reminders.

1. When leaving the building for day outings such as shopping trips, Dr. appointments, etc. please sign the sign-out book located at either the nursing stations or on the desk by the front door or by the Ground Floor door. This helps us to know who is in the building in case of fire or anything else of that nature.
2. If you are planning an overnight trip, please let nursing know when you are planning to leave and planning to return. This helps them to prepare any items you might need while away and to let front office know you are gone in case someone is trying to see you.

At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

From the Desk of Sharon:

Hello, 2019!!

Hey, you guys – Now that the season is over, we can quit hollerin' holiday greetings at each other, OK?? And, know what? We need some new entertainment! Years ago, I lived at a facility where we had a daily contest – whoever had the most new liver spots got an extra slice of cake! One time, Maude Shingledecker won 3 days in a row. (I always thought she cheated, but I never could prove it.) Well, how did ya'll celebrate New Year's Eve?? I got pretty wild. Had a hot chocolate at midnight, with real marshmallows. Then I stood up and sang the "Star Spangled Banner" real loud! I was gonna wince "Auld Lang Syne", but the neighbors pounded on the walls, and I don't think they wanted an encore. Soooo, I went to bed in my new bright red PJ's; but they were so loud that I didn't get a wink of sleep! Anyway, those red PJ's reminded me of my old Aunt Minnie, 'cause she was real loud, too! 'Course it never bothered my Uncle Henry, 'cause he was deaf as a door know....Gosh, I seem to have gotten off the subject, here...what was it? Oh, year, it was "HAPPY NEW YEAR" you folks, and God Bless Us Every Single One!!

Sharon Sheridan
January 2019

We will be holding a Bake Sale on January 25th in the Lobby from 10:00 to 2:00 p.m. All money raised will be used to help with an Emergency Relief Fund for Staff. This fund will be used for emergencies staff may have such as a fire, illness, etc. Come and help a great cause and to get some good homemade treats as well!

WEEKLY EVENTS

Church Service every Sunday at 1:00 pm in the Lobby
 Movies every Monday at 1:00 pm in the Lobby
 Chimes every Tuesday at 1:30 pm in the Main Dining Room
 Art/Craft every Tuesday at 3:00 pm
 Manicures/Music every Wednesday at 3:30 pm in the South Dining Rm
 Vespers are on every Thursday at 1:30 pm in the Lobby
 Bingo every Saturday at 1:30 pm in the Main Dining Room



On January 30th we have a lunch outing to MCL in Terre Haute. We will leave the lobby at 10:30 a.m. Anyone who would like to go please, sign up on the sheet on the bulletin board. See Sandy or Julie with any questions

Beat the Winter Blahs!

Dress up on:
 January 18th for National Crazy Hat Day
 January 24th Wear Clashing/Mismatched Clothes
 January 31st Wear clothes inside out and Backwards for Backwards Day

See Bulletin Boards for more information.

January Food Committee will meet on January 14th at 10:30 a.m. in the Founder's Lounge.

January Resident Council will meet on January 15th at 1:30 p.m. in the Main Dining Room.

2019 Resident Council Members are:
 President: Joan Talley
 Vice-President: Pat Aikman
 Secretary: Jeanne Shillings
 Resident to the Board: John Baughman

Everyone from the Village and Asbury Towers are always welcome to attend.

Special Events of the Month

02nd Walmart Shopping Trip leaving lobby at 1:00 pm
 4th Trivia Social in Main at 2:00 pm
 8th Elvis Lives Day Social in Main at 2:00 pm
 8th White Elephant Bingo in Main at 6:30 pm
 9th Mike VanRensselaer in Lobby at 1:30 pm
 9th January Birthday Party in Main at 2:30 pm
 10th Dollar Tree Shopping Trip leaving Lobby at 2:30 pm
 11th Doug DeBaun in Lobby at 1:00 pm
 11th Banana Boat Day Social in Main at 2:00 pm
 14th Food Committee in Founders Lounge at 10:30 am
 15th Resident Council in Main at 1:30 pm
 15th Strawberry Ice Cream Social in Main at 2:30 pm
 16th Walmart Shopping Trip leaving lobby at 1:00 pm
 17th Armchair Travel to Chile in Lobby at 2:30 pm
 18th Crazy Hat Social in Main at 2:00 pm
 22nd January Bingo in Main at 6:30 pm
 23rd Dollar General Trip leaving lobby at 1:00 pm
 25th Opposite Day Social in Main at 2:00 pm
 28th Book Club meeting in Founders Lounge at 6:15 pm
 29th Tea & Trivia Social in Main at 2:00 pm
 30th Out to Lunch Bunch leaving Lobby at 10:30 am

Look for more activities on your calendar and on TV channel 2 for additional activities throughout the month of January.

During 2019 we will be visiting a new country each month! To start off our trip we will visit Chile in South America on January 17th at 2:30 pm in the Lobby. If anyone has been to Chile, please contact Julie at Extension 117 to maybe offer your trip experience to the group.



Staff Recognition Dates for January:

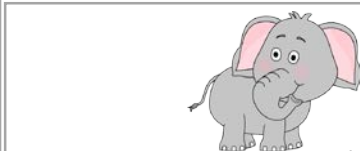
This month we are celebrating:
 Kris Beck in Human Resources.

Maintenance Day is January 16th.

Activity Professional Week is January 20th through 26th. Please let them know how much we value them here at Asbury and everything they do for us!

"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

~Hal Borland



Join us on January 8th at 6:30 in the Main Dining Room for a White Elephant Bingo Game. Please bring a wrapped gift with you.

Join us on January 22nd at 6:30 p.m. in the Main Dining Room for our monthly bingo.



January's full moon, which occurs on January 21, is commonly known as the wolf moon. It received its name because, amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside early Native American Indian villages. Other names include "old moon" or "moon after Yule."



An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.

Totally Tubular



Spend January 3 celebrating the totally tubular invention of the drinking straw. On this day in 1888, Marvin Stone was issued the patent for his paper drinking straw. Prior to Stone's invention, people used straws made from blades of rye grass, but the rye imparted a grassy taste to the drink. His invention was a welcome improvement, but hardly original. Drinking straws were in use 5,000 years ago by the Sumerians, who employed straws that doubled as sieves. These drinking tubes were used to drink beer and would filter out solid particulates that were the by-product of fermentation. A gold straw inlaid with blue jewels was even discovered in a Sumerian tomb. Of course, most straws today are made of plastic, but the careless tossing of these single-use straws into the garbage has created an environmental mess. It seems that Stone's patent of a recyclable paper straw is more important than ever.

The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Flying High

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with a more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."

Little Man with Big Success



Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.