

THE TRUMPETER

Asbury Towers Retirement Community

Seeing the Light



On the 8th day of the 12th month, Buddhists celebrate Rohatsu, also known as Bodhi Day, which commemorates the Buddha's Awakening. This is the moment that the first Buddha, Siddhartha Gautama, achieved Enlightenment, or *bodhi*, as it is called in Sanskrit.

Scholars know relatively little about Siddhartha Gautama. He was the son of a clan chieftan and a princess and so became a prince in his own right. But at age 29, Prince Siddhartha left his palace to walk among the people and was appalled at their pain and suffering. He abandoned his kingdom, family, and riches to become a wandering holy man searching for a means to release humanity from pain and suffering. At one critical moment, Siddhartha seated himself under a pipal tree, now known famously as the Bodhi tree, and vowed to never arise until he discovered the truth. After 49 days of deep meditation he supposedly attained Enlightenment and became known as the Buddha, or *Awakened One*.

What is Enlightenment, in this Buddhist sense? Some believe that at his moment he achieved liberation from the endless cycle of rebirth, suffering, and dying again. He achieved *nirvana*, extinguishing any sense of self and, along with it, any feelings of desire, hatred, or ignorance, which lead to suffering. Rather than abandon humanity and continue on his own path to enlightenment, the Buddha returned to the world to teach others this path to the end of suffering. For the remaining 45 years of his life, the Buddha travelled throughout India sharing his insights and teachings.

Modern day Rohatsu traditions include deep meditation in the manner of the Buddha. While very few ever reach Enlightenment, it is in this practice that we come to a better understanding of how to ease the suffering of ourselves and others. Perhaps the best way to commemorate Bodhi Day is to extend simple kindnesses that ease the suffering of others.

December Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Bette Midler (entertainer) – December 1, 1945
 Dave Brubeck (musician) – December 6, 1920
 Eli Whitney (inventor) – December 8, 1765
 Rita Moreno (actress) – December 11, 1931
 Dave Clark (musician) – December 15, 1942
 Ty Cobb (ballplayer) – December 18, 1886
 Barbara Billingsley (actress) – December 22, 1922
 Humphrey Bogart (actor) – December 25, 1899
 Tiger Woods (golfer) – December 30, 1975
 Donna Summer (singer) – December 31, 1948

Keep Your Footing



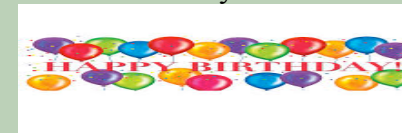
Scotland's Hogmanay is one of the world's greatest New Year's celebrations. *Hogmanay* is the Scottish word for the last day of the year. In Scotland, the celebration of Hogmanay was traditionally even more important than Christmas. The most important ritual of Hogmanay is the practice of *first-footing*, which begins immediately after midnight. This entails being the first person to cross over a friend or neighbor's threshold. Any first-footer must arrive bearing symbolic gifts of salt, coal, shortbread, whiskey, and black bun. Another ritual is *redding the house*, which involves cleaning the home and hearth, and then "reading" your fortune on the hearth's ashes. No Hogmanay is complete without singing "Auld Lang Syne," composed by Scotland's own national poet Robert Burns.



Celebrating December Birthdays

Residents

03 Barbara Boese
 04 Velma Reeves
 09 Florence Losin
 12 Joyce Jones
 13 Lucile Burkett
 20 Glenda Neal
 21 Freda Duke
 22 Sally Roberts
 23 Dorothy Dumas-Fagg
 25 Robert Parsons
 26 Rose Lotz
 27 Thomas Smith
 28 Mildred See
 28 Richard Conrad
 30 Richard Pettit
 31 Sally Sunkel



Staff

05 Lisa Steele
 13 Tony Mundell
 13 Jennifer Goebel
 13 Audra Rose
 17 Donna Hargett
 19 Dora Phelps
 23 Cheryl Phillips
 24 Leanne Ford
 31 Jake Hodges

I thought you might enjoy a few Christmas facts:

- Each year more than 3 billion Christmas cards are sent in the U.S. alone.
- All the gifts in the Twelve Days of Christmas would equal 364 gifts.
- The "true love" mentioned in the song "Twelve Days of Christmas" does not refer to a romantic couple, but the Catholic Church's code for God. The person who receives the gifts represents someone who has accepted that code. For example, the "partridge in a pear tree" represents Christ. The "two turtledoves" represent the Old and New Testaments.
- In A.D. 350, Pope Julius I, bishop of Rome, proclaimed December 25 the official celebration date for the birthday of Christ.
- According to the Guinness World Records, the tallest Christmas tree ever cut was a 221-foot Douglas fir that was displayed in 1950 at the Northgate Shopping Center in Seattle, Washington.
- The traditional three colors of Christmas are green, red, and gold. Green has long been a symbol of life and rebirth; red symbolizes the blood of Christ, and gold represents light as well as wealth and royalty.
- Each year there are approximately 20,000 "rent-a-Santas" across the United States. "Rent-a-Santas" usually undergo seasonal training on how to maintain a jolly attitude under pressure from the public. They also receive practical advice, such as not accepting money from parents while children are looking and avoiding garlic, onions, or beans for lunch.
- Alabama was the first state in the United States to officially recognize Christmas in 1836.
- Christmas wasn't declared an official holiday in the United States until June 26, 1870.
- Oklahoma was the last U.S. state to declare Christmas a legal holiday, in 1907.
- Puritan Oliver Cromwell outlawed Christmas celebrations and carols in England from 1649-1660. The only celebrations allowed were sermons and prayers.
- Wassail is from the Old Norse *ves heill*, meaning "good health."
- It is estimated that the single "White Christmas" by Irving Berlin is the best-selling single of all time, with over 100 million sales worldwide.
- The first person to decorate a Christmas tree was reportedly the Protestant reformer Martin Luther (1483-1546). According to legend, he was so moved by the beauty of the stars shining between the branches of a fir tree, he brought home an evergreen tree and decorated it with candles to share the image with his children.
- Approximately 30-35 million real (living) Christmas trees are sold each year in the U.S.
- Christmas is a contraction of "Christ's Mass," which is derived from the Old English *Cristes mæsse* (first recorded in 1038). The letter "X" in Greek is the first letter of Christ, and "Xmas" has been used as an abbreviation for Christmas since the mid-1500s.
- In 1962, the first Christmas postage stamp was issued in the United States.
- British illustrator John Callcott Horsley (1817-1903) invented the first Christmas card in 1843.
- Christmas purchases account for 1/6 of all retail sales in the U.S.
- During the Christmas season, nearly 28 sets of LEGOS are sold every second.

Tony



ASBURY TOWERS STAFF

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WELCOME NEW RESIDENTS

Poplar Grove
Paul Ford
Louis Fontaine

Red Bud Lane
Richard Fruits
Sally Sunkel



WELCOME NEW STAFF

Sarah Barrow-CNA
Bianca McBeath-LPN
Bailey Sanders-CNA
Aubrie Williams-CNA
Charles Sage-Maintenance Tech
Davia Simpson-CNA
Ceci Tincher-RN
Corrine Trigg-Activity Assistant
Ashley Taft-CNA
Paul Scott-Maintenance Tech
Jessica Hagan-CNA

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

Village Residents,

Here are some reminders from the front office:

1. For our Village residents, please let the front office know if you are going away for one or more days. This will help us avoid any concern raised by your Village neighbors and Asbury staff when we don't see your friendly face(s) out and about.
2. If you see anything suspicious or concerning, please contact the police immediately and let the front office know as well.

Thank you,
Tony

From the Desk of Sharon:

Got Last Minute Shopping????

Hey, you guys, don't spend your last dollar on last minute shopping! There is a store, here in town, called "Rescue Treasures" next to the Goodwill Store. They have many lovely items, and they are all bargains, books, clothes, shoes, pretty what-nots of all kinds. This place is stocked by donations only. All it's profits go to the Humane Society for abused and abandoned animals. Even the clerks are unpaid volunteers. Hit it! And while you're at it, hit the Goodwill shop, too plus there is a new bargain shop where the Monon Restaurant used to be. It, too offers various goods at below wholesale prices. It's profits go to aid the homeless. Unless you are hankering to part with an abundance of cash, these places are little gold mines. At times I have found items with the price tags still on them. One such buy was a brand new pair of blue jeans! Another was a pair of brand name slacks, for which I paid the staggering sum of two dollars. In closing, since these stores are open year-around, the holiday season does not limit access to some very welcome prices. Soooo, you can shop till you drop for 365 days a year. You don't have to quit till your eyes glaze over, and your shoe soles are gone. And that's what I recommend! Been there, done that. You go, Girls!!! Ya'll have a super Merry Christmas.

God Bless us every one!

Sharon Sheridan
December 2017

Iceland's Yule Lads

Children eagerly anticipate the arrival of Santa Claus on December 25, but in Iceland children await no fewer than 13 different Santa Claus-like visits. Beginning on December 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White's dwarves, have unique names and personalities and get into unique mischief. According to the National Museum of Iceland, they are: Sheep-Cote Clod, who disturbs sheep; Gully Gawk, who steals foam from buckets of cow's milk; Stubby, who steals food from frying pans; Spoon Licker, who licks batter from spoons; Pot Licker, who licks food from unwashed pots; Bowl Licker, who steals food from under the bed; Door Slammer, who stomps around the house and keeps everyone awake; Skyr Gobbler, who eats up all the Icelandic yogurt; Sausage Swiper, who steals sausages; Window Peeper, who peers into windows and sometimes steals things he finds inside; Door Sniffer, who has a big nose and steals baked goods; Meat Hook, who steals leftover smoked lamb; and Candle Beggar, who steals candles. These Yule Lads arrive to fill a good child's shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying.

In olden days, the Yule Lads—the offspring of two ogres—were joined on Christmas Eve by the Yule Cat, a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinsson, a top elf researcher and headmaster of Iceland's Elf School, says that 54% of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many still fret over their arrival each December.

We will hold our Board Tea on December 8th at 2:00 p.m. in the Main Dining Room. Our Annual Christmas Dinner will be on December 14, 2017.



Also, the Taste of Asbury will be on December 19, 2017 at 2:30 pm in the Main Dining Room



Don't forget to look at the sign-up bulletin board by the Main Dining Room for trips scheduled outside of the building for the Month of December! If you have a suggestion or place you would like to go, please contact Julie at Ext. 117 to let me know.

December Food Committee will meet on December 11th at 10:30 a.m. in the Founder's Lounge.

December Resident Council will meet on December 12th at 1:30 p.m. in the Main Dining Room.

December Resident Council Meeting will be voting for the 2018 officers and any other business matters. Everyone from the Village and Asbury Towers are always welcome to attend.

Officer slate to be voted on are:

President: John Baughman
 Vice-President: Joan Talley
 Secretary: Jeanne Shillings
 Resident to the Board: Joyce Jones



Join us on December 12th at 6:30 in the Main Dining Room for a White Elephant Bingo Game. Please bring a wrapped gift with you.

Join us on December 26th at 6:30 p.m. in the Main Dining Room for our monthly bingo.

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
 Cards every Wednesday at 1:30 pm in the Main Dining Room
 Manicures/Music every Thursday at 3:00 pm in the South Dining Room
 Vespers are on every Thursday at 6:30 pm in the Lobby
 Bingo every Saturday at 1:30 pm in the Main Dining Room

Special Events of the Month

- 1st Joyride from lobby at 1pm
- 5th Delta Gamma here to gift wrap at 1:30pm
- 6th Christmas Lights in Danville leaving at 6pm
- 7th Walmart Shopping leaving at 1pm
- 7th Gobin Ladies Group here in Main at 2pm
- 8th John Wood Band here in lobby at 1pm
- 8th Board Tea in Main at 2pm
- 9th Coatesville Choir in lobby at 9 am
- 11th Food Committee in Founder's Lounge at 10:30 am
- 11th Santa & Mrs. Claus in lobby at 6:30 pm
- 12th Resident Council in main at 1:30 pm
- 13th Mike VanRensselaer in lobby at 1:30 pm
- 13th December Birthday in Main at 2:30 pm
- 14th Dollar Tree Trip leaving lobby at 1pm
- 14th Christmas Dinner
- 15th Ugly Christmas Sweater Social in Main at 1:30 pm
- 18th Jim Stagger/Boy Scouts here in lobby at 6:30 pm
- 19th Shem Rees in Main at 1:15 pm
- 21st Out to Lunch leaving lobby at 10:30 am
- 21st Walmart Shopping Trip leaving lobby at 1pm
- 22nd Winter Social in Main at 2pm
- 28th Dollar General Shopping leaving lobby at 1pm
- 29th New Year Eve Party in Main at 2pm

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



"December's wintery breath is already clouding the pond, frosting the pane, obscuring summer's memory..."

~John Geddes



On December 21st we have a lunch outing to The Inn at DePauw. 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

The Gobin Ladies Group will be here on December 7th at 2:00 p.m. in the Main Dining Room for their Annual meeting. They are inviting all ladies who would like to come for fellowship.

Christmas Dinner

Our Resident Christmas Dinner will be on December 14th with the following seating times.

At 4:00 p.m. Claude Cymerman will perform in the Lobby and following will be a 5:00 p.m. seating time.

At 5:30 p.m. Susan Boots will perform in the Lobby and following will be a 6:30 p.m. seating time.

The Health Center will have Carolers at 4:15 p.m. with a dinner time of 4:30 p.m.
 The South Dining Room will have Carolers at 4:45 p.m. with a dinner time of 5:00 p.m.
 The Oasis Dining Room will have Carolers at 5:15 p.m. with a dinner time of 5:30 p.m.



On December 11th, Santa and Mrs. Claus will be here to talk to Asbury Staff children and have cookies & milk with the Children and Resident's. They will be in the Lobby at 6:30 p.m. Please come and tell Santa what you would like for Christmas!

December Caroler News

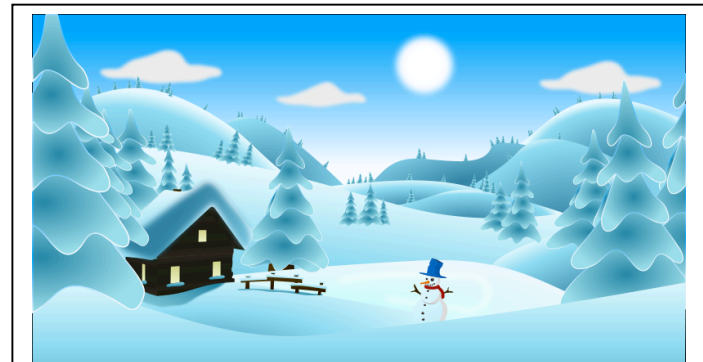
On December 5th at 1:30 p.m., Delta Gamma will be in the Lobby to help wrap presents, address Christmas Cards. Bring your presents and addresses.

On December 9th at 9:00 a.m. in the Lobby, Coatesville Methodist Choir will be here to sing for us.

On December 18th at 6:30 p.m. in the Lobby, Jim Stagers and his Boy Scout Troop will be here to carol for us.



Join us on December 8th for John Wood Combo in the Lobby at 1:00 p.m. and our Annual Board Tea following in the Main Dining Room.



The Lyric of the Nation



While not everybody appreciates the fine lyricism of poetry, governments all around the world acknowledge the importance of this art form by nominating *poets laureate*, poets who are expected to compose poems for important national events and occasions.

In recognition of their patriotic contributions, December 20 is Poet Laureate Day.

The term *laureate* refers to the crowing of poets and other heroes with laurel leaves, a practice which began in ancient Greece. The notion of nominating a poet laureate regained popularity during the 1300s in Renaissance Italy when Albertino Mussato was made the poet laureate of Padua. Mussato was a poet, historian, and statesman who acted as an ambassador between Padua in Italy and the court of Henry VII, the King of Germany and Emperor of the Holy Roman Empire. Mussato's works and influence were deemed so important to the legacy of Padua's politics that he was officially appointed poet laureate, the first such appointment made after the Greeks.

Nowadays, governments all over the world appoint poets laureate. In general, these poets strive to increase the appreciation of poetry among the citizenry and many of them work within a nation's national library as a consultant in preserving poetry. The position in the United States has been filled by Archibald MacLeish, Gwendolyn Brooks, and today by Juan Felipe Herrera. In England, the title has been bestowed upon Geoffrey Chaucer, William Wordsworth, Alfred, Lord Tennyson, and today by Dame Carol Ann Duffy. In Canada, poets must be able to write in both English and French. Canada's current laureate is Michel Pleau. While the honor of being poet laureate is always temporary, the service these poets provide is timeless. According to England's Carol Ann Duffy, "Poets sing out human music for us."

The Meaning of Messy

December 21 is the shortest day of the year in the northern hemisphere, so why bother making your bed when you'll soon be back under the covers? That was the rationale behind fifth grader Shannon Barba's appeal to the United States Congress asking to make Don't Make Your Bed Day an official holiday. Perhaps Barba doesn't appreciate what making a bed in the morning reveals about an individual's personality. Some psychologists claim that those who make their beds set a positive tone for the rest of the day. Bed-makers are organized go-getters. What about those who don't make their beds? These people are not necessarily unorganized, but instead enjoy not knowing what happens next. They enjoy surprises that bring excitement and energy to the day.

When Brown is Best



On December 4, it's time to add a new color of footwear to your shoe closet, it's Wear Brown Shoes Day! Most men play it safe when dressing and opt for black shoes. Black is versatile

and goes with most any outfit. But sometimes black just won't do and brown shoes are the perfect finishing touch. When choosing a pair of shoes one must always first consider the colors of the outfit. Are you wearing a smart, suave ensemble for a night out in the city? Follow the maxims "No brown in town" or "No brown after six." Black is likely best. But are you wearing earth tones like khaki, tan or green? Then go brown. Brown even pairs well with varying shades of red, white, and navy. Also, are you wearing brown suede? Brown brogues? Antique brown patina oxfords? As you can see, brown shoes can be just as fancy as black. So on December 4, don't play it safe. Take a fashion risk and wear a pair of brown shoes. If you're particularly stylish, pair those brown shoes with some colorful shoelaces.

On Top of Technology



December 3 is Roof Over Your Head Day, a day to give thanks for the gift of shelter. The biting cold and driving snow of winter are sober reminders of the warmth and safety that a good roof can bring. Nowadays, however, roofs provide more than overhead shelter. Technological advances allow roofs to provide us with renewable energy, a cleaner environment, and even fresh food.

Entrepreneur Elon Musk is best known for his company Tesla, its electric cars, and his aspirations to colonize Mars. Lesser known, but just as visionary, is his work to produce a new kind of roof. Tesla is designing solar glass roof shingles that look exactly like traditional roof shingles, but with the benefit of harnessing the sun's power and turning it into valuable energy to run a home. The durable glass is specially designed to withstand hailstones falling at over 100 mph. At \$42 per square foot, these tiles are much costlier than the average asphalt shingle, which costs \$5 per square foot. And while these tiles also cost more than the large, rectangular solar panels now perched atop many roofs, they look nicer and more natural than the clunky rooftop panels.

Another innovative roof option is the "green roof," where shingles are completely eschewed for a roof composed of soil, plants and shrubs. Residential home owners and urban building managers are opting for living rooftop gardens, where plants help clean the air, manage stormwater runoff, reduce air conditioning and heating costs, absorb heat, provide habitat for birds and animals, offer park space for people, and even provide fresh fruits and vegetables via rooftop farms. Innovations do not stop at green roofs; there are also designs for green walls, bridges, and railroad tracks. In all of these cases, success depends on the expertise of the engineer in considering a roof's ability to retain moisture, allow drainage, prevent erosion, repel pests, and determine which plants will be most successful. In the near future, homes will provide more than just a roof over our heads.

Sticky Business

Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs." This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped and the sap is drunk fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once. It is also an economic boon. The city of Hadong alone produces 317,000 gallons of sap, which fetches between \$6 and \$7 a gallon.

Operation Santa Paws



The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats, and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.