

  
**THE  
WESLEYAN  
AT ESTRELLA**

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### **Chaplain Chat**

Happy New Year! When the new year begins, we are motivated to make a fresh start with many areas of our lives. Some of us need to lose weight, develop better sleep habits, stop doing something that wastes time and begin a new way of being entertained, perhaps. What is your challenge for the new year?

This is a good time to look back over the past year and give thanks for our many blessings and the people who have blessed us. Then we are ready to ask God where we can be a blessing to someone else. Abraham, our spiritual forefather of the faith, was blessed by God to be a blessing for others. Down through the years, God used his descendants to create the nation of Israel and finally bring forth the Savior of the world that we celebrate at Christmas time. We know people who are modern examples like Abraham, people of faith and love who have blessed our lives. Our best response to their sacrifices and love is to grow stronger in our faith walk and then pass blessings on to others.

Zachariah 8:13 says, "I will save you that you may become a blessing."

### **January 2019**

So, what is your plan for the new year? Will you bless people by praying for them daily? Will you begin each day greeting our Lord and placing the activities of the day under His control, so that you can succeed in living the day in ways that honor and bless others? Will you spend more time being fully present with God in Bible study and worship? Don't forget we have copies of the *Upper Room* with daily Bible readings and stories for your morning devotions. You are invited to spend one-on-one time with me, your chaplain, to plan for your new year to be a growing time for your own spirit. We can talk about ways to guide our prayers and study on a personal level. You may have some ideas of ways to bless others in which we can all be involved.

Thank you for the privilege of being your chaplain and spiritual guide. You bless me each week with your presence and participation in our spiritual offerings here at Assisted Living. Mark your calendars and remember to invite new residents to join us at 4 p.m. on Sundays and Wednesdays for worship and to Bible study on Mondays at 3 p.m.

Blessings,  
Chaplain Mary Powell



## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

*Spain.* At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

*Russia.* In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

*Germany.* Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

*Japan.* In this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

*Colombia.* Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

*Greece.* Symbolizing renewal, onions are hung on doorways as a good luck token.

*Brazil.* To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

*Turkey.* At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.



## Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

*Steel-cut.* Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture.

*Scottish.* Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

*Old-fashioned.* Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods.

*Quick.* These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

*Instant.* Usually sold in single-serve packets, the oats in instant oatmeal have been fully cooked during processing and then dehydrated.

## Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

*Be upfront with special requests.* If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

*Make eye contact.* Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

*Learn your server's name.* Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

*Remember the golden rule.* Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

*Tip with respect.* A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.





### Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

*Relieves stress.* Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

*Increases cognitive skills.* From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

*Promotes self-expression.* Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

*Sharpens motor skills.* Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

### Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



### Wit & Wisdom

"Even though the future seems far away, it is actually beginning right now."

—Mattie Stepanek

"There will come a time when you believe everything is finished. That will be the beginning."

—Louis L'Amour

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect."

—Alan Cohen

"You will never win if you never begin."

—Helen Rowland

"Forgiveness says you are given another chance to make a new beginning."

—Desmond Tutu

"The beginning is the most important part of any work."

—Plato

"Begin somewhere; you cannot build a reputation on what you intend to do."

—Liz Smith

"The way to get started is to quit talking and begin doing."

—Walt Disney

"Begin at the beginning and go on till you come to the end; then stop."

—Lewis Carroll



## January Resident Birthdays

David Self 1/1  
Clyde Houston 1/7  
Mari Quinlivan 1/8  
Char Burden 1/15  
Lena Fraser 1/31

## A Day for the Birds

National Bird Day on Jan. 5 celebrates the world's 10,000 species of birds and raises awareness about ways to protect our feathered friends.



## Exercise With a Friend

Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.


## A Penguin Pun

Q: How does a penguin build a house?

A: Igloos it together.



Sunday	Monday	Tuesday
<b>HAPPY New Year!</b>	Outings-O 1st Floor Main Lobby-ML Library-L Dining Room-DR Private Dining Room-PDR Laurel Hall-LH Resource Center-RC 2nd Floor Polo Fitness-PF Courthouse Square-CS Tonkawa Bluff-TB	<b>New Year's Day</b> 1  <b>Happy New Year!</b> 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 11:00 AM Rosary (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)
6 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Communion & Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	7 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC)- See Receptionist 10:00 AM Explore Science With Rochelle (TB) 1:30 PM Balance/Stretch (CS) 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	8 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 11:00 AM Rosary (CS) 1:30 PM Intro-Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Food Council (PDR) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)
13 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	14 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC)- See Receptionist 10:00 AM Clay Art With Special Guest/artist Christine Brisley (TB) 1:30 PM Balance/Stretch (CS) 2:00 PM Health Talk (CS) 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	15 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 11:00 AM Rosary (CS) 1:30 PM Intro-Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)
20 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	<b>Martin Luther King Jr. Day</b> 21 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC)- See Receptionist 10:00 AM Clay Art With Special Guest/artist Christine Brisley (TB) 1:30 PM Balance/Stretch (CS) 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	22 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 10:00 AM Library Outing-View Artist Exhibits 11:00 AM Rosary (CS) 1:30 PM Intro-Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)
27 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	28 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC)- See Receptionist 10:30 Arts & Crafts (TB) 1:30 PM Balance/Stretch (CS) 2:00 pm Book Club (CS) 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	29 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 11:00 AM Rosary (CS) 1:30 PM Intro-Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Rochelle (TB) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)

Wednesday	Thursday	Friday	Saturday
<b>2</b> 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing-Nancy's Sky Garden (O) 1:30 PM Sit & Be Fit (CS) 2:00 PM Residents' Birthday Party W/Perry & Pam (DR) 2:15 PM Skip Bo (ML) 4:00 PM Worship Service (CS)	<b>3</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM Trivia Fun (ML) 1:30 PM Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	<b>4</b> 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:00 AM Men's Coffee (PDR) 1:30 PM Balance/Stretch (CS) 1:00 PM Pet Pals Pups Chaucer & Dickens (ML) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	<b>5</b> 10:00 AM Puzzle Time (ML) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
<b>9</b> 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing-Wildfire Georgetown (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:15 PM Resident Council Meeting (Council Only) (PDR) 4:00 PM Worship Service (CS)	<b>10</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM WOW Bookmobile Library (ML) 1:30 PM Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Singalong With Grace Bible Church (DR) 3:00 PM Pet Pals-Dog Thelma	<b>11</b> 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:00 AM Men's Coffee (PDR) 1:30 PM Balance/Stretch (CS) 2:15 PM Tech Talk (Library) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	<b>12</b> 10:00 AM Puzzle Time (ML) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
<b>16</b> 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing-El Monumento Georgetown (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:15 PM Learn Mahjongg (ML) 4:00 PM Worship Service (CS)	<b>17</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM Trivia Fun (ML) 1:30 PM Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	<b>18</b> 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:00 AM Men's Coffee (PDR) 1:30 PM Balance/Stretch (CS) 2:00 PM Hot Cocoa & Trivia Time (ML) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	<b>19</b> 10:00 AM Puzzle Time (ML) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
<b>23</b> 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing-Hardtails Bar & Grill Georgetown (O) 1:30 PM Sit & Be Fit (CS) 2:00 PM All Resident Meeting (CS) 3:15 PM Skip Bo 4:00 PM Worship Service (CS)	<b>24</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM WOW Bookmobile Library (ML) 1:30 PM Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	<b>25</b> 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:00 AM Men's Coffee (PDR) 1:30 PM Balance/Stretch (CS) 2:15 PM Tech Talk (Library) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	<b>26</b> 10:00 AM Puzzle Time (ML) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
<b>30</b> 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing-Plaka Greek Café Georgetown (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:15 PM Learn Mahjongg (ML) 4:00 PM Worship Service (CS)	<b>31</b> 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM Trivia Fun (ML) 1:30 PM Stronger for Longer Exercise Program (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Learn Bunco! 3:00 PM Pet Pals-Dog Thelma		<b>January</b>



## Your Year in Review

The year has come to a close, and a new year full of possibilities lies ahead. Join family and friends to talk about the last 12 months and your expectations for the future.

- Looking back, what is one word you would use to sum up the previous year?
- What were some highlights of last year? Did you go on any special outings or trips? What about memorable holiday celebrations? Share photos of these occasions, and talk about the people who were with you making those memories.
- How did the year compare with years past? Are there any experiences you would want to repeat?
- Have you changed in any way? Did you learn something new or grow in an unexpected way?
- What was your biggest accomplishment? Did you set any goals, and did you reach them? What motivated you to succeed?
- Have you made any resolutions for the year ahead? What are they?
- What are you looking forward to the most this year? Why?

## Passing Time With Cuckoo Clocks

At the strike of each hour, a tiny toy bird pops through a door and cheerfully delivers its song: "Coo-coo!" This charming feature has made the cuckoo clock a classic timepiece.

Historians say the wall clock's familiar design originated in Germany's Black Forest region in the 1700s. By using a system of bellows, gears and weights, clockmakers there were able to replicate the cuckoo's call and regulate when the bird popped out to announce the hour. Townspeople carved the clocks using logs from the forest.

Two distinct styles of cuckoo clocks emerged over the next

century. The traditional carved style is decorated with elaborate nature scenes, while the Swiss chalet style is a painted house, often with moving figures of people and animals. Both types feature weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.

Various styles of clocks can now be found, but those from the Black Forest are favorites.



## Classic TV Grouches

Comedian W.C. Fields once said, "Start every day off with a smile and get it over with." As a tribute to his cantankerous persona, National Curmudgeons Day is observed on Jan. 29, Fields' birthday. Mark the occasion with a look at some classic TV grumps.

*Oscar the Grouch.* This "Sesame Street" Muppet is so grouchy, it's in his name! Whether he's telling passersby to "Scram!" or singing about his love for trash, Oscar prides himself on his curmudgeonly qualities.

*Archie Bunker.* Stubborn and short-tempered, the "All in the Family" patriarch really is a

good guy underneath his crusty exterior. Despite his knack for insults, Archie is so beloved that he was ranked No. 5 on TV Guide's list of the "50 Greatest TV Characters of All Time."

*Fred Sanford.* The "G" in Fred G. Sanford might as well stand for "Grumpy." The crabby namesake of the "Sanford and Son" junkyard spends much of his time trading barbs with son Lamont and sister-in-law Esther.

*Sophia Petrillo.* She's a sweet-looking senior with a taste for exaggeration and no filter for her wisecracking comments. Sophia guides her fellow roommates in "The Golden Girls," including daughter Dorothy, with tough love.

## All Aboard the 'Soul Train'

Calling itself the "hippest trip in America," the TV show "Soul Train" barreled down the tracks, transporting viewers to a weekly dance party for more than three decades.

In the late 1960s, Chicago radio broadcaster Don Cornelius had a side job promoting concerts at area high schools. His traveling caravan of entertainers reminded him of a train, and it gave him the idea to launch a TV program, similar to "American Bandstand," that featured music by black artists.

"Soul Train" debuted on a Chicago station in 1970, with Cornelius as host and producer. The show had the fun vibe of a dance club, with guest entertainers performing the latest rhythm and blues, soul, funk, disco, and hip-hop songs while dancers boogied to the beats. The party-like format was a hit with viewers.

The "Soul Train" stage featured the biggest music acts of the day, including Aretha Franklin, the Jackson 5, James Brown, and the Pointer Sisters. But the smooth moves and flamboyant fashions of the show's dancers often stole the spotlight. Cornelius famously closed every program wishing the audience "love, peace and soul."

"Soul Train" rolled along until its final show aired in 2006.



## Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind."

Today, the club is a web-based subscription service.

## Remember Me?

Earl Scruggs began picking a banjo at age 4 and grew up to be a bluegrass music pioneer.

- He was born Jan. 6, 1924, in rural North Carolina.
- From a musical family, he learned to play the banjo as a child, eventually mastering a three-finger picking style, rather than the traditional two-finger method.
- At 21, he got his first career break when he was asked to join the Blue Grass Boys, a popular group led by Bill Monroe, called the father of bluegrass music.
- After several years, Scruggs and guitarist Lester Flatt left Monroe's group and formed the Foggy Mountain Boys.
- In 1949, Scruggs composed "Foggy Mountain Breakdown," now a bluegrass standard.
- As the group gained fans, young musicians began adopting the distinctive "Scruggs style" of banjo playing.
- Flatt and Scruggs garnered their biggest audience after they recorded the theme song for the TV show "The Beverly Hillbillies" and made several cameo appearances on the sitcom. "The Ballad of Jed Clampett" topped the country music chart in 1963.



# COLOR Your World



## Assisted Living & Memory Care Team Leaders

Theresa Douglas, LVN - Administrator

Jeanette Reyes - Asst. Administrator

Barbie Thompson, LVN - Wellness Director

Jennifer Brady, LVN

Mariesa Kanetzky - Community Relations

Shawn Draper - Director of Life Enrichment

Mike Andrews - Director of Maintenance

Mary Powell - Chaplain

Lisa Oberman - Beautician

Michelle Rodriguez - Human Resources

THIS IS A GOOD DAY TO HAVE A GREAT DAY!

DON'T FORGET TO TREAT OTHERS THE WAY YOU  
WANT TO BE TREATED.

