

December 2021

The Winds at North Willow

Traditions at North Willow | 1703 W. 86th Street | Indianapolis, IN 46260 | 317-876-2916



Celebrating December

Hanukkah Continues

December 1–6

Saint Nicholas Day

December 6

Pearl Harbor Remembrance Day

December 7

Assisted Living Resident Council Meeting

Dec 15 @ 1pm

North Willow Christmas Concert

Dec. 20 @ 3:30 pm

Christmas

December 25

Villa Resident Council Mtg.

Dec. 29 @ 1pm

2021 North Willow Memorial Service (remembering those we lost in 2021)

3:30 pm – Theater

New Year's Eve

December 31

Dear Traditions family,

I want to extend a warm and sincere appreciation to all of you for persevering through a very difficult year. As we prepare to celebrate the holidays with family and friends, let's remember to be grateful for the many blessings in our lives. I continue to be so grateful for each of you and the support you have shown for our Traditions staff.

Currently we are still under some Covid restrictions. Visits can occur any time with your loved ones but must be in their apartments and we ask that masks are always worn. I hope that 2022 brings some relief from Covid so we can all resume some normalcy again.

Though we cannot predict tomorrow, I am confident we can weather any storm together!

God bless and have a wonderful holiday season!

Libby Mellinger, Executive Director

December LAP Challenge!

Let's walk to Santa Claus, Indiana! December is LAP challenge month. Our goal is to log 178 laps for the month, which is how many miles Indianapolis is from Santa Claus, Indiana. Start today! Walk laps each day and record them in the books located in the Villa clubhouse and Activity Room in the Main building.



From Saint to Santa

Illustrator Thomas Nast has been called the “Father of the American Cartoon” for the illustrations he featured in *Harper’s Weekly* magazine in the 19th century. It was Nast who first used a donkey and elephant to symbolize America’s political parties. He fought corruption with scathing political cartoons. But Nast’s most enduring contribution to popular culture might be his depictions of Santa Claus as a jolly, fat man from the North Pole dressed in red and white.

Long before he was Santa Claus, he was Saint Nicholas, the Bishop of Myra, a fourth-century holy man renowned for the miracle of resurrecting three young boys killed by a butcher. For this remarkable feat, Saint Nicholas became the patron saint of children. Over the centuries, veneration of Saint Nicholas would spread. The Dutch called him Sinterklaas, and when the Dutch set sail for the New World in the 17th century, they brought Sinterklaas with them.

Sinterklaas, or Santa Claus, and Christmas, were well-established in America by the 1800s. But in December of 1823, Clement Clark Moore published his poem *’Twas the Night Before Christmas*, and first described Santa Claus not as an austere bishop, but “chubby and plump, a right jolly old elf.” Charles Dickens then published *A Christmas Carol* in 1843, transforming Christmas from a religious holiday into a popular and commercial extravaganza. By January of 1863, with the United States plunged into Civil War, Thomas Nast had plenty of inspiration for his first cartoon depicting Santa Claus.



Nast’s first depictions of Santa portray him not just as a jolly old elf but as an ally of the Union Army, and he used his own long beard as inspiration for Santa’s flowing white one. Over the next 23 years, Nast would make 33 illustrations of Santa, none more

influential than his 1881 image of “Merry Old Santa Claus,” complete with a white beard, rosy cheeks, red suit, and pack full of toys. This image, more than any other, has made Santa Claus who he is today.

Get a Jump Start on your New Year’s Fitness Goals!

Stop by the Villa fitness studio on 12/ 2 and/or 12/14 at 10:30am and get a tutorial on the use of the cardio machines.

Want a personal workout?

See Taylor, Priority Rehab Wellness coordinator & Personal Trainer.

Taylor will “tailor” a workout just for YOU!



Bah, Humbug!

Maybe it’s the long lines at shopping centers, or maybe it’s the incessant drone of holiday music, but some people just don’t enjoy the holiday season. Luckily, December 21 is Humbug Day, a day to unapologetically embrace your inner Scrooge.



No one knows where the word *humbug* came from. Some think it came into use during the 18th century as the word *Hamburg* during a time when England was flooded with counterfeit coins from that German city. Others think that it comes from a humming bug, something small, but incredibly irritating. Either way, the word denotes something that is a hoax or nonsense. When Scrooge utters, “Bah! Humbug,” he is declaring Christmas to be a fraud.

**FREE Wrapping Stations in the
Villa Clubhouse & 2nd FL Library!**



Comforting Thoughts

The Danes have the perfect antidote for the long, dark nights of December—hygge. Pronounced *HOO-guh*, hygge has been described as everything from a lifestyle choice to the very essence of the Danish soul. Simply put, hygge is coziness, but it is far more than that.



The word *hygge* comes from the old Norwegian word *hugga*, roughly translated to mean “to comfort” or “well-being.” It was used to describe refuge

or shelter from the harsh Arctic elements.

These days, hygge is about creating a warm atmosphere where you, your friends, and your family can enjoy coziness and happiness. Put on your most comfortable clothes. Enjoy the flickering glow of candlelight. Prepare some good homecooked food and eat it with your fingers if you want to. Pour a cup of tea and snuggle up under your favorite blanket to read a good book. All these things are hygge.

Hygge is also about creating a space free of tension or conflict. For this reason, people do not discuss politics, the news, work, or anything that may cause disagreement or debate. Cell phones and laptops often distract people from listening to each other. For this reason, screens are a no-no (unless you are all watching your favorite movie). Ultimately, hygge means that you can enjoy being yourself in the company of others.

Hygge has enjoyed much commercial success lately. Articles, books, and documentaries all tout steps to creating the perfect hygge home or throwing the ultimate hygge party. If you are skeptical about trying hygge, there is some evidence that the hygge lifestyle works. The World Happiness Index consistently ranks Denmark among the happiest nations in the world. Other Scandinavian countries where hygge is common practice also often rank in the top 10. So, does hygge create happiness? Or do the values and policies of these Scandinavian countries make people more likely to enjoy hygge? Why don't you put on your coziest sweatpants and find out?

North Willow Holiday Decorating Contests!

This month our building and villas will be “brighter” as we compete in the Annual Holiday Décor Contest! The **Villas Porch contest will start on Dec. 1st and end on Dec. 10th**. The winner will be announced on Dec. 15th at the Holiday Open House.

Assisted Living has a Holiday door contest that starts on Dec. 1 and ends on Dec. 10th, with the winners announced on Dec. 14th.

The North Willow STAFF also will compete for the Best Office window/door holiday décor. The winner will be voted for by residents and announced on Dec. 13th.



It's a Long Shot

The first Tuesday in December brings World Trick Shot Day, a holiday started by the Harlem Globetrotters, those basketball wizards renowned for making impossible shots look easy. Ordinary people with a basketball hoop and a ball are encouraged to amaze their friends by making trick shots of their own.



If you need inspiration, look to the Globetrotters. Each year on Trick Shot Day, they perform an impossible shot. In 2019, Globetrotter star Hammer Harrison performed the world's highest slam dunk by skydiving from 13,000 feet and slamming the ball home. Share your trick shot on social media, and the Globetrotters might take notice. You could win tickets to a Globetrotters game.

December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges. Those born from December 22–31 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.

Bette Midler (entertainer) – Dec. 1, 1945
 Lucy Liu (actress) – Dec. 2, 1968
 Sammy Davis Jr. (entertainer) – Dec. 8, 1925
 Raven Symone (actress) – Dec. 10, 1985
 Frank Sinatra (entertainer) – Dec. 12, 1915
 Jamie Foxx (actor) – Dec. 13, 1967
 Beethoven (composer) – c. Dec. 16, 1770
 Cicely Tyson (actress) – Dec. 18, 1924
 Samuel L. Jackson (actor) – Dec. 21, 1948
 Clara Barton (nurse) – Dec. 25, 1821
 John Legend (musician) – Dec. 28, 1978
 LeBron James (athlete) – Dec. 30, 1984



Happy December birthday to our residents!

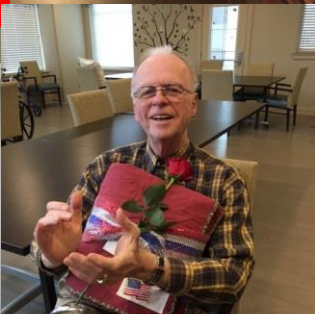
Dec. 5 Jack B.
 Dec. 5 Susan M.
 Dec. 10 Don H.
 Dec. 13 Joan G.
 Dec. 13 Russell D.
 Dec. 14 Thelma B.
 Dec. 21 William B.
 Dec. 22 Alice M.
 Dec. 23 Paula W.
 Dec. 24 Melvina R.
 Dec. 27 Abner W.
 Dec. 28 Jessie B.
 Dec. 31 Gert S.



Veterans Day Gratitude and Pride!



Turkey Shoot!



Walter likes his Veterans Day quilt

2021 Sharp Shooter Winner -Marty!



