



CARROLL GOLDEN AGE RETREAT

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FROM THE DESK OF THE SUPERINTENDENT

Hello to all of our family and friends! I hope you all had a wonderful Thanksgiving. We are so thankful to have indoor visits going on. I have just a few reminders to our visitors: Every visitor, upon every visit, must sign in with their first and last name, answer the required questions, get your temperature checked and sanitize your hands. A staff will be at the entrance area to assist with this as well as taking you to your visiting area. Once in the visiting area, please remain in that area for the duration of your visit. We have had some families walking through the building. We are being as cautious as possible, so I do need visitors to abide by this visitation procedure. As we approach further into the holiday season, I would first like to express our true appreciation for all of the goodies and special gifts brought to our home through this wonderful time of year! I do have a few employees with allergy to pine/pine scented items, so please refrain from bringing those items. Please pass the word along to other family members of the residents as well. We were able to participate in the Carrollton Christmas Parade, which was a great time for everyone! Hoping everyone has an enjoyable holiday season. Bless you all!

Jessica Dawn Faulk, LPN



QUOTE OF THE MONTH

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us."

~ Terri Marshall



CELEBRATING HANUKKAH



The eight-day festival of Hanukkah is celebrated beginning on the 25 of Kislev, a month on the lunar Hebrew calendar that usually falls between the end of November and the end of December on the solar standard calendar. Hanukkah means "dedication," and the holiday commemorates the rededication of the Temple in Jerusalem after the defeat of the Syrian- Greeks in 165 BC. The Syrian-Greek emperor Antiochus IV tried to force the Greek culture and religion upon the Jewish people under his rule. In 168 BC, he declared that the Temple holy to the Jews would be used for the worship of the god Zeus. Soon after, he completely outlawed Judaism and made its practice punishable by death. Mattathias, the High Priest in the Temple, and his sons refused to give up their religion and led a revolt against the Greeks. Mattathias, his family, and those who joined them were called Maccabees (MAC-ah-bees) because Yahuda, Mattathias' oldest son, was a powerful warrior nicknamed Ha'Maccabee (Ha-MAC-ah-bee), ancient Hebrew for "the Hammer." Although they were outnumbered, the Maccabees defeated the Greeks after several years of fighting and reclaimed the Temple. As they prepared to rededicate their defiled Temple, the Jews found only enough pure oil to light the Eternal Light for one day. The oil miraculously lasted for eight days, allowing time for more oil to be pressed from olives and purified for use. The hanukkiyah (ba-NOO-kee-yuh) is a special menorah used only during Hanukkah. It is a special nine-branched candelabrum with a place to light a flame for each of the eight days. It symbolizes the miracle of the oil and celebrates the freedom won for the Jewish people by the Maccabees.



CHRISTMAS SONG FUN FACTS

- “God Rest Ye Merry Gentlemen” is one of the oldest known Christmas carols, written in England in the 16th century.
- “White Christmas” is the best-selling Christmas song of all time. It was written by Russian-Jewish immigrant Irving Berlin, who also wrote “God Bless America,” “There’s No Business Like Show Business,” and “Blue Skies.”
- “Up on the Housetop,” written in 1864, was the first Christmas song to mention Santa Claus.
- The original title for “Silver Bells” was “Tinkle Bells.” The composer changed the words when his wife made a joke about the double meaning for the word tinkle.
- “Rudolph the Red-nosed Reindeer” was written by Johnny Marks in 1949 after the character of Rudolph, the ninth reindeer, was created by his brother-in-law as part of a holiday campaign for Montgomery Ward’s department store. “Do You Hear What I Hear?” was written as a plea for peace during the Cuban Missile Crisis.
- Gene Autry wrote “Here Comes Santa Claus” after he heard parents whispering, “Here comes Santa Claus” to their children as he rode his horse in a 1946 Santa Claus parade.
- “Jingle Bells”, ironically, one of the most popular Christmas songs wasn’t supposed to be one at all. It was written in the early 1850s by James Lord Pierpont. Its original title was “The One-Horse Open Sleigh,” and it was created for a Thanksgiving program held at the Unitarian church in Savannah, Georgia, where he was the resident organist.
- “Deck the Halls” dates back to the 16th century and wasn’t originally connected with Christmas. The melody came from a Welsh winter song about New Year’s Eve called “Nos Galan.” The Scottish songwriter Thomas Oliphant, known for taking old melodies and writing new lyrics, is credited with changing the words and translating them into English.

KOOKIN’ WITH KASEY

There are many different cultures that enjoy potato latkes. During Hanukkah, the potato latkes is used to remind the Jewish people of the miracle of the oil associated with the holiday. Here is a great take on that delicious treat!

Sweet Potato and Apple Latkes

Ingredients:

- 4 cups sweet potatoes, grated
- 1 green apple, grated
- 1/4 cup flour
- 1/2 cup chives, chopped
- 1 tablespoon parsley, chopped
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon
- Dash of nutmeg
- 2 egg whites, beaten
- Salt and pepper to taste

Directions:

1. Combine all ingredients in a bowl. Coat skillet or griddle with oil or cooking spray.
2. Spoon mixture by large tablespoons into pan and flatten slightly with a spatula.
3. Cook for 4 minutes on each side, or until golden brown.
4. Drain on paper towels and serve immediately.

Makes 36 Latkes



BIRTHDAYS

Residents

ELIZABETH KNISLEY 12/22
IRENE MCCONNELL 12/22
VERNA MARCUS 12/30



Employees

KELLY LEE 12/14
KAREN WAGNER 12/15
KIM BERRY 12/17
CARA BORLAND 12/17
SHALEEN SHAVER 12/17
JULIA GUIAO 12/30