



## The Cottages at Martin Lake December 2024 Newsletter

### December Facts and Holidays

There are many holidays....here are just a few:

- December 1: Christmas Book Day
  - Rosa Parks Day
  - First Sunday of Advent
- December 2: Walt Disney Day
- December 3: Make a Gift Day
- December 4: National Cookie Day
- December 6: Saint Nicholas Day
- December 7: National Letter Writing Day
- December 8: National Brownie Day
  - Constitution Day
- December 9: Christmas Card Day
- December 12: Gingerbread House Day
  - National Poinsettia Day
- December 13: National Cocoa Day
- December 15: Bill of Rights Day
  - National Cupcake Day
- December 18: Bake Cookies Day
- December 19: **The Cottages at Martin Lake Christmas Party**
- December 20: Games Day
  - National Ugly Christmas Sweater Day
- December 21: Ribbon Candy Day
  - National Short Girl Appreciation Day
  - Winter Solstice
- December 22: National Short Person Day
- December 24: National Eggnog Day
  - Christmas Eve
  - First Day of Hanakkah
- December 26: Day of Good Will
  - First Day of Kwanzaa
  - National Candy Cane Day
- December 27: Visit the Zoo Day
  - Cut Out Snowflakes Day
  - National Fruit Cake Day
- December 28: Pledge of Allegiance Day
  - National Card Playing Day
- December 30: National Resolution Planning Day
- December 31: New Years' Eve

### More Important Dates:

- December 2-8: National Handwashing Awareness Week
- December 1-24: Advent
- December 25-January 2: Hanakkah
- December 26-January 1: Kwanzaa

- December is also: BINGO Month
- Write a Friend Month
- National Cat Lovers' Month

December is the 12<sup>th</sup> and last month of the Gregorian calendar but it was originally the 10<sup>th</sup> month of the Roman Calendar. That is why it is called December after the latin word "decem" which means "ten".

December has three birthstones: the zircon, turquoise, and the tanzanite.

The flowers for December are paperwhites which represent rebirth and renewal and the tanzanite which is actually a large lily pad flower and aids in detoxifying and improving vitality.

*It's beginning to look a lot like  
Christmas!*

### Don't Forget Our Christmas Party!

Thursday,  
December 19<sup>th</sup>  
4:00-6:00  
Building 2

It will be a lovely evening  
delicious  
hors d'oeuvres, desserts,  
wassail, and ending with  
carols! At 6:30, we will be showing a Christmas movie for the  
residents which you are welcome to stay and watch if you  
want/are able.



with  
Christmas

### Christmas Day



We usually have a special breakfast on Christmas morning. For dinner we will be serving ham with delicious sides chosen by asking the residents "what makes it a Christmas dinner?". The staff bring in gifts for all of the residents during the month so each resident has a gift to open on Christmas morning.

### BLACK FRIDAY to jumpstart our Christmas Spirit!

So excited to have Steve and Louise Breuker come and sing for us on the day after Thanksgiving. What a great way to start the Christmas season!

## Handwashing Awareness

December two through eight is National Handwashing Week. Hopefully, we ALL wash our hands *every* week throughout the year but this is a great time to talk about handwashing!

Handwashing is THE number one defense against communicable diseases. Our hands can be home to thousands of germs and our fingernails harbour the same bacteria but in the hundred thousand range.

Besides washing our hands when visibly dirty or after using the bathroom, hands should be washed

- \*before handling or eating food
- \*before and after caring for someone who is sick
- \*before and after visiting with someone who may be vulnerable to infection
- \*after sneezing, coughing, or blowing your nose
- \*after shaking hands with someone
- \*after contact with frequently touched surfaces or objects such as remotes, door handles, or grocery carts.

When you wash your hands, be sure to use soap and scrub for a full 20 seconds (sing Happy Birthday) before rinsing. Also make sure that you get all of the surfaces of your hands washed with soap. Turn the water off with the towel *after* drying your hands.

If possible, nails should be kept short and clean.

Hand sanitizer is a good substitute or addition but handwashing with soap is best.

## Fall Happenings:



**"The Three Amigos"** Gloria, Jim, and Dee spent a lot of time sitting outside in the sunshine and well into the fall thanks to the balmy weather!



*Non-scary Scarecrows*  
Gloria and Dee are always up for a craft and they are good at them!

**Bring in the "littles" and your gentle furry friends! The residents love to see them!**



Lilly: small but mighty! (Barb's Grand-dog)

Ginny just loves children! (Ekko's little boy)

We have lots of toys for kids and dog treats and poop baggies for your animals.

*Wishing you  
Peace & Joy  
as we celebrate the  
Saviors's birth.....*

*Merry  
Christmas!*



