

AMBER PARK

ASSISTED LIVING COMMUNITY

401 Hill Road North • Pickerington, Ohio 43147 • Phone (614) 834-3113 • www.seniorlivinginstyle.com

JANUARY 2019

AMBER PARK STAFF

Administrator.....CANTRELL BUTLER
Assistant Administrator.....AMANDA POHLMAN
Director of Health Services....TRACEY PROBASCO
Executive Chef.....SHANE WILLIAMS
Marketing.....CASSANDRA ROHR
Activity CoordinatorKATE VAN ORMER
Activity AssistantAMY JO STEBELTON
MaintenanceTERRY KELLEY

MEAL TIMES

8 a.m.: Breakfast

12:30 p.m.: Dinner

5:30 p.m.: Supper

PARK MART STORE HOURS

Friday: 4-5 p.m.

HAWTHORN
SENIOR LIVING

The Hawthorn Adventure: Full Steam Ahead to Germany, France and Italy

Full Steam Ahead! Beginning January 17th through February 9th, Amber Park will be boarding a highspeed, luxury train, The Hawthorn Express! The Hawthorn Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Kick Off Party on January 17th to get your Eurail Pass and Travel Itinerary. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Hawthorn Express conductor Kate for all the details!

Welcome Home/New Residents

Barb Krenelka,
Apt. 103
James Wilhite,
Apt. 106
Marie Pollard,
Apt. 114
Jean Elhard, Apt. 118
Bob and Doris
Greusel, Apt. 201
Jan Cox, Apt. 211

Jim Gibbons,
Apt. 219
Orlin Iacobellis,
Apt. 226
Paul and Shirley
Wollenberg,
Apt. 231
Jim Allen, Apt. 233
Pat Sprouse,
Apt. 236





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 January 1st by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan — All across 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.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

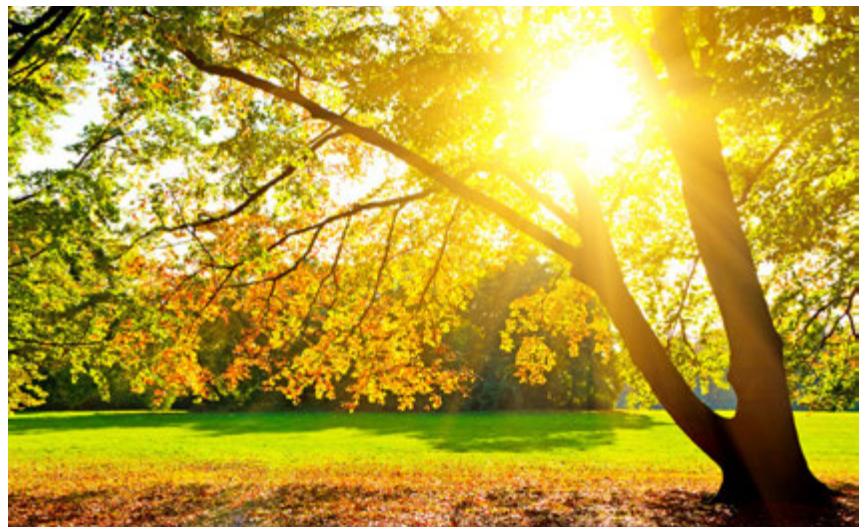
Amber Park — How do we celebrate New Year's? Meet in the Activity Room on January 1st at 3 p.m. to share ideas and make plans for next year.



Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Find something to give someone else to make them smile.
3. Find one thing you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something you can use to make a gift for someone.
8. Find something that is useful for you.

www.healingtouchprogram.com





Coons Homemade Candies

Joseph and Nellie Coons started their ice cream parlor in Nevada in 1917. Their homemade ice cream was very popular, but during the winter months, their business declined. They met a German confectioner who had immigrated to the United States. In exchange for room and board, he taught them how to make candy. "He learned to speak English, and they learned to make toffee," says Charlie Coons, who is the great-grandson of Joseph and Nellie Coon and the owner of Coons Homemade Candies.

Successive generations of the Coons family still make these delicious candies in Nevada, but in the 1980s, Charlie Coons relocated and opened a facility in Harpster, Ohio.

Coons Homemade Candies are famous for their Old English Toffee and still use Joseph and Nellie's 101-year-old recipe. They still handpack each box at their candy and gift shop located just off Rt. 23. In addition to toffee, they also make delicious buckeyes, creamy walnut caramels and 20 different kinds of fudge.

A little-known fact is that they place the almonds inside the toffee rather than on top of the toffee, and that is why it is so good and fresh. Nuts that are exposed can age and get rancid. I will have samples of these delicious toffees to taste during our Hawthorn Adventure.



Resident of the Month: Nancy Sander

Congratulations to Nancy Sander for receiving our Resident of the Month Award. Nancy grew up in Crawford County near Galion, Ohio. Galion is about 60 minutes north of Columbus. She was the middle child and has two sisters. She fondly remembers enjoying time with her two sisters in their play house.

Music is the love of her life. She fondly says she earned her vocal talent from her father. He was a fabulous tenor. She started voice lessons in ninth grade.

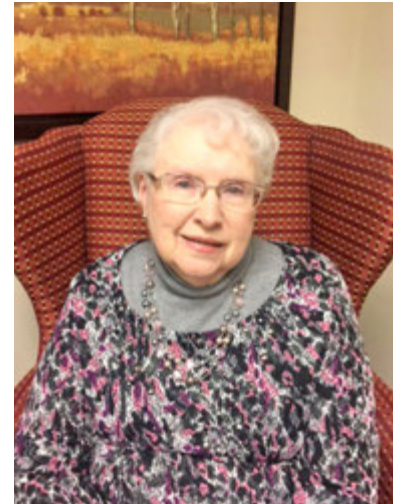
Nancy attended Capital University and earned her degree in Education and Christian Day School. While she was at Capital, she worked as a counselor, sang with the Chapel Choir and was a member of the Marching band as a Majorette. She taught Kindergarten and First grade for 25 years in Lutheran Schools in Toledo, Ohio; Butler, Pa.; Saginaw, Mich.; and Parma, Ohio.

Nancy met her husband, Dan, while attending Chapel at Capital University. Dan was the President of the Student Body. Dan and Nancy were married in 1956. He became a Lutheran Pastor, and they moved to Monroe, Mich. She loved every part of being a Pastor's wife. They have three children, Sherrill, David and Angela, and six grandchildren.

They retired to Lakeside, Ohio, and in 2004, they moved to Pataskala to be close to their youngest daughter. Before moving to Amber Park, Nancy became the Bible Study leader at Hosanna Lutheran Church and still visits her friends from the Women's club. She enjoys playing cards, painting with watercolors and singing in the choir at Epiphany Lutheran Church.

Often, you may find Nancy reading the newspaper to a fellow resident in the Activity Room. Nancy is our current Resident Council President and brings a lot of knowledge and enthusiasm to our community.

Congratulations again, Nancy, for receiving our January 2019 Resident of the Month Award.



JANUARY
2019

Birthdays

Jeannette
Hampton, 3rd

Steve Skowronski, 4th

Shirley Wollenberg,
5th

Nancy Sander, 7th

Ruth Kreachbaum,
29th

Locations

Activity Room, AR

Back Patio, BP

Chapel, CH

Dining Room, DR

Fireplace, FPL

Front Porch, FP

Library, LB

Out of Building, OOB

Windsor Room, WR

Interested in
volunteering at
Amber Park? Contact
Kate Van Ormer,
our Activities
Coordinator, today
at 614-834-3113.

“The beginning
is the most
important part of
any work.”

—Plato

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 1		2	3	4	5
	10:30 Exercise Happy Hour, AR 11:00 Candid Conversations with Cantrell, AR 2:00 Candy Bar Bingo, AR 3:00 New Year's Celebration Discussion, AR 4:00 Rummikub, AR 7:00 Pastor Doug, DR		10:30 Exercise with Friends, AR 11:00 Brain Fit, AR 1:45 Bible Study with Pastor Steve, CH 3:30 Crafts with Kate, AR 6:00 Hand and Foot, AR	10:00 Bank Run & Shopping Trip, OOB 2:00 Cooking with Kate, AR 2:30 Getting to Know: Resident of the Month, AR 3:00 Welcome Party for New Residents, AR 4:00 Game Day You Choose!, AR 6:30 Euchre, AR 	9:30 Seton Catholic Service, CH 10:30 Balloon Blast, AR 2:00 Health Talk with Tracy, AR 6:30 Hand & Foot, AR 	10:00 Mary Kay Spa Day, WR 10:30 Exercise, AR 2:00 Scenic Drive, OOB 4:00 Triominos, AR 6:30 Euchre, AR 
9:00 Epiphany Lutheran & Seton Catholic, OOB 6 10:30 Reynoldsburg Methodist Church, CH 11:00 Painting Nails, AR 2:00 Snack Bingo, AR 3:15 Painting Nails, AR 4:00 Game Day You Choose, AR 6:30 500 Rummy, AR	7 10:30 Chair Volleyball, AR 11:00 Brain Fit, AR 2:00 Crafts with Amy, AR 4:00 Game Day, You Choose!, AR 6:30 Enjoying Our Winter Wonderland, AR 	8 10:30 Exercise Happy Hour, AR 2:00 Candy Bar Bingo, AR 4:00 Rummikub, AR 7:00 Pastor Doug, DR	9 10:30 Exercise with Friends, AR 11:00 Brain Fit, AR 1:30 Pickerington Library, AR 1:45 Bible Study with Pastor Steve, CH 6:00 Hand and Foot, AR	10 10:00 Hubbies in Heaven, CH 10:00 Bank Run & Shopping Trip, OOB 2:00 Cooking with Kate, AR 4:00 Game Day You Choose!, AR 6:30 Euchre, AR	11 9:30 Seton Catholic Service, CH 10:30 Balloon Blast, AR 2:00 Afternoon Movie, AR 4:00 Scott Steelman, DR 6:30 Hand & Foot, AR	12 10:30 Exercise, AR 2:00 Scenic Drive, OOB 4:00 The Ark Church Activity (Bird Houses), AR 6:30 Euchre, AR
13 9:00 Epiphany Lutheran & Seton Catholic, OOB 11:00 Painting Nails, AR 2:00 Snack Bingo, AR 3:15 Painting Nails, AR 6:30 500 Rummy, AR	14 10:30 Chair Volleyball, AR 11:00 Brain Fit, AR 2:00 Crafts with Amy, AR 4:00 Wade Jones, DR 6:30 Cards and Games, AR	15 10:30 Exercise Happy Hour, AR 11:00 Pickerington Senior Center Potluck, OOB 2:00 Candy Bar Bingo, AR 4:00 Rummikub, AR 7:00 Pastor Doug, DR	16 10:30 Exercise with Friends, AR 11:00 Brain Fit, AR 1:45 Bible Study with Pastor Steve, CH 3:30 The Birthday Bash with Fair Hope, AR 6:00 Hand and Foot, AR	17 10:00 Bank Run & Shopping Trip, OOB 2:00 Hawthorn Express "Full Steam Ahead" Party, AR 4:00 Game Day You Choose!, AR 6:30 Euchre, AR	18 9:30 Seton Catholic Service, CH 10:30 Balloon Blast, AR 2:00 Afternoon Movie, AR 4:30 Steve Fisher, DR 6:30 Hand & Foot, AR	19 10:30 Exercise, AR 2:00 Scenic Drive, OOB 4:00 Triominos, AR 6:30 Euchre, AR
20 9:00 Epiphany Lutheran & Seton Catholic, OOB 11:00 Painting Nails, AR 2:00 Snack Bingo, AR 3:15 Painting Nails, AR 4:30 Rick Barr, DR 6:30 500 Rummy, AR	MARTIN LUTHER KING JR. DAY 21 10:30 Chair Volleyball, AR 11:00 Brain Fit, AR 2:00 Crafts with Amy, AR 4:00 Game Day, You Choose!, AR 6:25 Cards and Games, AR	22 10:30 Exercise Happy Hour, AR 2:00 Candy Bar Bingo, AR 4:00 All Aboard for Germany, AR 7:00 Pastor Doug, DR	23 10:30 Exercise with Friends, AR 11:00 Brain Fit, AR 1:30 Pickerington Library, AR 1:45 Bible Study with Pastor Steve, CH 3:00 Don Coe, AR 4:00 Hawthorn Express: Berlin, AR 6:00 Hand and Foot, AR	24 10:00 Bank Run & Shopping Trip, OOB 11:30 Oktoberfest Crown Making, AR 2:00 Cooking with Kate, AR 4:00 Hawthorn Express: Munich, AR 6:30 Euchre, AR	25 9:30 Seton Catholic Service, CH 10:30 Balloon Blast, AR 2:00 Afternoon Movie, AR 4:00 Hawthorn Express: Hamburg, AR 6:30 Hand & Foot, AR	26 10:30 Exercise, AR 1:30 Oktoberfest, DR 4:00 German Fun and Games, AR 6:30 Euchre, AR
27 9:00 Epiphany Lutheran & Seton Catholic, OOB 11:00 Painting Nails, AR 11:00 Brunch, DR 2:00 Snack Bingo, AR 3:15 Painting Nails, AR 6:30 500 Rummy, AR	28 10:30 Chair Volleyball, AR 11:00 Brain Fit, AR 2:00 Crafts with Amy, AR 4:00 Game Day, You Choose!, AR 6:30 Pet Pals, AR	29 10:30 Exercise Happy Hour, AR 2:00 Candy Bar Bingo, AR 4:00 All Aboard for France, AR 7:00 Pastor Doug, DR 	30 10:30 Exercise with Friends, AR 11:00 Brain Fit, AR 1:45 Bible Study with Pastor Steve, CH 4:00 Hawthorn Express: Paris, AR 6:00 Hand and Foot, AR	31 10:00 Bank Run & Shopping Trip, OOB 2:00 Hawthorn Express: French Riviera, AR 4:00 Game Day You Choose!, AR 6:30 Euchre, AR		



Beating the Winter Blues

If the dark dreary days have you longing for the warm days of summer, you are not alone. So many of us feel those “winter blues.” There are strategies to help reverse those feelings.

It is important to eat foods that increase our Vitamin D. During the winter months, our vitamin D levels can drop due to the lack of sunlight and that can cause fatigue, back and muscle pain, depression and frequent illness. Foods that help increase vitamin D are fruits, vegetables, whole grains and eggs. Adding

foods such as tuna and salmon are helpful because the omega-3 fatty acids can boost your mood.

Regular exercise and laughter increase endorphin production, which reduces the

perception of sadness and provides a clearer state of mind. Coming to exercise in the activity room or gathering with friends for a craft, cards or activity can increase endorphin release and improve your mood.

Getting enough rest is vital to your health and well-being. Your body needs time to rest and rejuvenate. Going to bed at the same time is very important to keep your body and mind in rhythm.

Engage in activities with friends, and enjoy this lovely time of year building friendships and brightening each others' lives. Let Kate know if you have a special talent or hobby you would like to share with other residents.



Nancy Sander and Imogene Morbitzer enjoying the newspaper together.

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. During the area's long winters, townspeople carved the clocks using logs from the forest, then sold their creations in the warmer months.

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 two or three weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.

Various styles of cuckoo clocks can now be found, but genuine handcrafted ones from the Black Forest region are still prized favorites.





Holiday Cheer

This year has been an exceptional year since we have had the opportunity to meet new friends and spend time with old friends. Our Pickerington neighbor's generosity and friendship mean so very much to us. Our thanks goes out to the many volunteers, family members, clubs and local churches who have supported us throughout the year. We love you and appreciate you all.

We hope you had a Merry Christmas and Happy Holidays.

Amber Park Assisted Living Residents, Staff and Management



FairHope Welcome Party



Betty Freese with Reese from Pet Pals



We made ornaments with Amy.



Families from C3 Church sang Christmas Carols to us.

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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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