

Sierra Ridge Memory Care
3265 Blue Oaks Dr.
Auburn, CA 95602

Postage
Information



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Sierra Ridge Newsletter

December 2019

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Community News

Mission Statement

Sierra Ridge is committed to being the leader in providing quality personal service for our residents while honoring the experience of aging through our In the Moment program.

Upcoming Event!

Please come and join your loved ones for a **Holiday Lunch** On Friday, **20th of December** At 12 noon. We look forward to seeing you here!

Employee of the month!



Congratulations Mikayla!

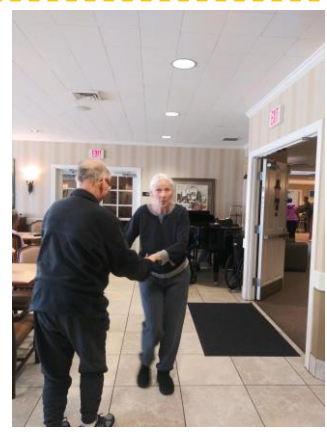
Thank you for your dedication and hard work!



Fun Photos



Joan decorating some pens.



Moe and Helen enjoying some dancing fun.



Trina enjoying lunch with Phyllis at one of our events.

Celebrating December!

Spiritual Literacy Month

Antarctica Day
December 1

St. Nicholas Day
December 6



Poinsettia Day
December 12

Winter Solstice
December 21

Hanukkah
December 22–30

Christmas
December 25



Spinning into the Season



Notable Quotable

“There must be quite a few things that a hot bath won’t cure, but I don’t know many of them.”

~ Sylvia Plath, poet

As the holiday season approaches, children gravitate to toy store windows to stare longingly at the wonders on display. Rarely do spinning tops make children’s wish lists anymore, yet these toys are some of the oldest known to human civilization. A clay top discovered by archaeologists in Iraq’s ancient city of Ur dates back to the 35th century BC—that’s nearly 6,000 years ago! A wooden top dated to 1300 BC was found in King Tut’s tomb. During the medieval era in Europe, *parish tops* measuring eight inches high and weighing two pounds were kept in town squares for play, exercise, and competition. Cultures all over the world have fashioned tops from whatever materials they have on hand, including fruits, nuts, seeds, and seashells. What makes these toys so fascinating and enduring? It’s not just their simplicity, but the way they seem to defy gravity as if by magic.

Every spinning top is an experiment in physics. The toys

remain upright thanks to angular momentum. In fact, precision balanced tops spun perfectly upright would spin forever if there were no friction between their points and the surface. However, this hasn’t stopped engineers from trying to build a top that could conquer the laws of physics.

Traditional tops are still hand-built using a lathe and a discerning eye. The best handmade tops can spin for several minutes and even hours. New technologies now allow perfectly balanced tops to be made using top-of-the-line materials. These tops cost thousands of dollars and may spin for hours. One top called LIMBO recently broke the world record by spinning for 27 hours, 9 minutes, and 24 seconds. Hidden inside LIMBO was a battery, flywheel motor, motion sensor, and a computer chip designed to monitor the top’s stability and correct the motion of the spin. LIMBO demonstrates how far engineers will go to defy gravity.

Rub-a-Dub-Dub



On December 5, skip your worn-out shower routine and sink into a bath for Bathtub Party Day! There’s something indulgent about reclining in a bathtub full of bubbles. What is more, using bath salts can transform a bath into a therapeutic experience. *Balneotherapy*, or immersion in mineral-laden water or mud, has been a medical remedy for

millennia. Today’s bath salts made from Epsom salt or other minerals can have remarkable effects of reducing stress, relieving aches and pains, reducing skin irritations, and improving circulation. Add a few candles and some relaxing music, and you have suddenly transformed your bathroom into a world-class spa.

The Season of Sugar and Spice

December is full of holidays celebrating cookies. The week of December 16–20 is Cookie Exchange Week, the 4th is Cookie Day, and the 12th is Gingerbread House Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and gifting sweets have been winter solstice traditions for hundreds of years.

It was during the Middle Ages that dessert became an important part

of winter solstice feasts. This was due to an influx of exotic ingredients, including spices like cinnamon and nutmeg. Wealthy families added these ingredients to their pantries, and their cooks created new and wonderful cookies. It became a sign of great wealth to send gifts of baked sweets.

One of the oldest and most popular cookies was *springerle*, the anise-flavored cookie that originated in Germany in the 15th

century. *Springerle* is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. Ginger was an exotic spice traded from China to Europe during the Middle Ages. It wasn’t until the 16th century that the gingerbread house became popular thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made of candy.



Notable Quotable

“In the cookie of life, friends are chocolate chips.”

~ Salman Rushdie, author

The Cookie Crumbles

Can you match the traditional holiday cookie to its country of origin?

- | | |
|------------------|------------|
| 1. Lebkuchen | A. Sweden |
| 2. Pepparkakor | B. Austria |
| 3. Linzer | C. Denmark |
| 4. Pebber Nodder | D. Germany |

ANSWERS: 1. D, 2. A, 3. B, 4. C

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude.

Researchers recently explored how writing a thank-you increases one’s sense of well-being. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always

well received. Researchers believe that thank-you notes are an important type of social glue linking people together. Their study showed that self-consciousness should never stop us from giving thanks.

