



ANTHOLOGY
SENIOR LIVING

Safety first at all our events: Temperature screening & safety protocols will be in place. Masks are required.

We Give Thanks for Community

We will be hosting our third annual Christmas Dinner on December 16th beginning at 3:30 p.m. in the afternoon with a cocktail hour featuring entertainment for us followed by a lovely plated meal from Chef Shawn with a dessert cart for all to choose from after your meal. We understand this year's dinner will be a little different than years past due to COVID restrictions; however, we hope you all are as excited as we are to host you for a beautiful celebration with our neighbors in the community. We do need everyone to make reservations for the dinner. We have reservations slated every 30 minutes starting at 4:00 p.m. You will do this with the hostess in the dining room.

Please remember to take advantage of both our wonderful garden patio with its fireplace and heated balcony on the 2nd floor to continue your festivities with everyone during this event. Our cocktail hour will last from 3:30 until 5:30 with a maximum of 2 drinks per resident. Merry Christmas to all of our wonderful residents, families and friends!

A Note from the Executive Director

I love this time of year because it feels like there is magic and happiness in the air. I am sure that all of us could use a little bit of both after the challenges of 2020. While our holiday celebrations will look a little different, I am still grateful that we will get a chance to celebrate together. Thanks to technology it is easier than ever to stay connected with loved ones. This year I challenge each of you to think of outside-the-box ways to celebrate the season and keep traditions alive! As always, please let me know if you have any suggestions or concerns. ~Anastasia



Celebrate the Start of the New Year with our Countdown to Noon!

On Thursday, December 31st from 11:00 a.m. to 1:00 p.m., we will host our annual *Countdown to Noon* including a champagne brunch with WYOU's DJ Deano in the Bistro on the first floor and entertainment in the dining room on the third floor with plenty of confetti and poppers!

Chef Shawn will create a wonderful brunch menu for all to enjoy and the Engagement Team will serve up Cranberry Mimosas and glasses of champagne as we toast to a healthy and safe new year. Details on the menu to come!

Please wear your Sunday best, the theme is is always gold for luck, as we celebrate the start of a wonderful new year together and be ready to share your new year's resolutions. Will you vow to stop drinking orange juice after you brush your teeth, maybe watch more kitten videos on YouTube, or even take more mid-day naps?! The possibilities are endless!! Ring in the New Year with panache at Anthology of Louisville, we can't wait to welcome 2021 in style!

A Season of Sugar & Spice

December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice and Christmas traditions in families around the world for hundreds of years.

The winter solstice is celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts.

This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends 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. Anise, also called aniseed, was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries.



Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. Like anise, ginger was considered both an exotic spice and a medicine. Recipes for ginger cookies came to Europe from China during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy.

Today, most American households bake a variety of cookies, mostly sugar, and sprinkle them with colorful sugar and icing in preparation for cookie trading games and for Santa, of course! What are some of your favorite cookie recipes? Did your family bake springerle cookies at Christmas? Did they decorate colorful gingerbread people?



Anthology's Approach to Virtue

No one experiences dementia alone. We're here to help you navigate this journey with compassion and respect. Together with our dedicated caregivers, we provide your loved one with the comprehensive care they need and the engaging life they deserve in a protective environment. We believe you'll think of this next chapter as a meaningful continuation of your loved one's story and an opportunity to share experiences, new and old. Our team engages with residents and their families on a daily basis in a genuine way, learning all they can about family history, careers, hobbies and values to foster close-knit communities.



Meet Your Neighbor, Mary K

Born in Louisville, KY to Rosalee and Alexander, Mary grew up on Taylorsville Road in the country with one sister, Jean, and together they attended school at St. Francis of Assisi and later Sacred Heart Academy. Mary continued onto college to study economics at St. Mary's in South Bend, IN, right next door to famed Notre Dame University, also her favorite sports team (Onward to Victory!).

She later met her husband, Robert, at a wedding and the rest is history, raising 4 children: Janice, Cathy, David, and Rick. They often vacationed to Florida together and to Montgomery, AL. The boys all played football at Trinity High School and the girls played field hockey at Sacred Heart Academy.

They love to attend all of the summer Catholic picnics, something to look forward to in the middle of the winter, and enjoy St. Joe's picnic the best with family and friends.

Mary loves fruits of all kinds so of course her favorite dessert would be the famed *Charlotte Russe* cake, a wonderful European dessert that can be served hot or cold but always includes a sponge cake or cookie mold with a fruit puree or custard filling. Sounds like we need to talk to the Chef about this delicious ice box cake.

When asked what her best piece of advice was for growing old gracefully, she responded, "keep eating a lot of fruit!" It keeps you young and hydrated. Sounds like a plan. Marv!

Astrologically Speaking...

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac.

Sagittarius cherish freedom as their greatest treasure and are learned healers whose higher intelligence forms a bridge between Earth and Heaven.

Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame. It is one of the four cardinal signs and said to be ruled by the planet Saturn.

HAPPY
December
BIRTHDAY

Happy Birthday to our residents!!

Joann "Jody" P - December 8th

Judy P - December 16th

Albert "Bud" O - December 21st

Garnetta H - December 21st

Robert "Bob" R - December 27th

Other Famous Birthdays...

Lou Rawls – December 1, 1936

Bette Midler – December 1, 1945

Stone Phillips – December 2, 1954

Walt Disney – December 5, 1901

Sammy Davis Jr. – December 8, 1925

Kirk Douglas – December 9, 1916

Rita Moreno – December 11, 1931

Frank Sinatra – December 12, 1915

Dick Van Dyke – December 13, 1925

Irene Dunne – December 20, 1898

Ray Romano – December 21, 1957

Ava Gardner – December 24, 1922

Solve the December Trivia!

1. Which popular Christmas beverage is also called "milk punch?"
2. Kwanzaa begins on December 26th, but what day does it end?
3. According to "The Dreidel Song", from what material is the dreidel made?
4. Who penned *A Christmas Carol*?
5. What was issued in 1997 to commemorate Kwanzaa?
6. How many ghosts show up in *A Christmas Carol*?
7. Hanukkah is also known as the festival of what?
8. What are the three traditional Kwanzaa colors?
9. What are all the names of Santa's reindeer?
10. Who all starred in *White Christmas*?



December Snow by William Belcher Glazier

Fall thickly on the rose-bush,
O faintly falling snow!
For she is gone who trained its branch,
And wooed its bud to blow.
Cover the well-known path-way,
O damp December snow,
Her step no longer lingers there,
When stars begin to glow.
Melt in the rapid river,
O cold and cheerless snow!
She sees no more its sudden wave,
Nor hears its foaming flow.
Chill every song-birds music,
O silent, sullen snow!
I cannot hear her loving voice,
That lulled me long ago.
Sleep on the Earth's broad bosom,—
O heavy, winter snow!
Its fragrant flowers and blithesome birds
Should with its loved one go.

Love is...



...at the heart of Christmas.

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