

PARKSIDE PRESS

December

Allouez Parkside Village

2011

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Happy Holidays from Allouez Parkside Village

Thoughts from Tina and Hannah

November is over and we have all expressed to each other our many blessings. We made a beautiful Thankful Tree which was displayed in the front entrance. We are now ready to tackle December, we have started to make ornaments for our tree and our choir practices will begin. We will need help putting up our winter village, decorating, wrapping gifts and doing a little baking, so all residents are welcome to join in the fun. Remember stringing popcorn and cranberries as a kid and drinking hot cocoa while the Christmas music plays, cutting the tree, making our list for Santa? The excitement was everywhere, and crossing off the days on the calendar until Christmas. Grandparents reminding you about the true meaning of Christmas and not to forget it. Well, we know at Allouez Parkside Village, and by talking to all of you, - you know and live the meaning of Christmas.

Tina and Hannah



Scenes from November.....





Karen's Korner

What happened! Christmas is almost here already. I am still full from Thanksgiving! I have been checking the newspaper and doing a little shopping, looking for my Christmas cards from last year that I bought at the end of the season. I don't want to be late.

Thank goodness for grandchildren and great grandchildren. They are the reason for the season. But most of all thank God for letting us be a part of this wonderful season. Let us remember to include all of our friends in our prayers. We need to thank God for allowing us the privilege and joy of this sacred time of year.



Joke of the Month



Q: Why couldn't the kid see the pirate movie?

A: It was rated AARR!

Are you a real health *nut*? A simple holiday staple can make you one!

Did you know that **Almonds** erase a headache! Just a handful of almonds give you the same pain-killing power as two aspirin – without the stomach upset! Both aspirin and almonds contain salicylates, natural chemicals that reduce inflammation and block pain signals. And because they're so full of vitamin E, they calm the nervous system, reduce muscle tension and help relax blood vessels to improve circulation to the head.

Chestnuts roasting on an open fire.....Chestnuts stave off stress! Boiled, roasted or raw, chestnuts aren't just delicious; they're also the only nut that contains vitamin C, a nutrient proven to ease stress. In fact, when researchers gave the vitamin to volunteers before they delivered an anxiety-provoking speech, their stress levels plunged nearly 20% in 15 minutes! Another reason to indulge: Chestnuts are the nut lowest in fat and calories!

Walnuts rev your recall ability! You know fatty fish like tuna and salmon are high in brain-boosting omega-3s, and guess what: Walnuts contain even more of these fatty acids – with absolutely no worries about possible toxins like mercury! Just a quarter-cup – about one handful – contains more than 2 g., the daily amount recommended to help keep your mind sharp and prevent Alzheimer's and even depression! In fact, research links low omega-3 intake to reduced short-term memory.

Do you feel like digging into a slice of gooey pecan pie! **Pecans** can lower cholesterol! The sweet and tasty pecan can lower your "bad" LDL cholesterol by 16.5%, according to one study. Credit goes to its amply supply of vitamin E, plant sterols and beta-sitosterol, a cholesterol-lowering compound. And here's some surprising news: While you might not think of pecans as a superfood, research has just reported that pecans have a higher antioxidant content than any other nut – and almost any other food!

Peanuts! Get your peanuts! Peanuts put the brakes on aging! You've probably heard of resveratrol, the age-defying flavonoid found in red wine and purple grape juice – now you can add peanuts to that list! Study-proven to stave off age-related cell damage, resveratrol also boosts blood flow to the brain by 30%, reducing the risk of stroke and dementia. And with more than 30 vital nutrients packed in them, peanuts boast a higher antioxidant content than carrots, beets or apples! The healthiest way to eat them? Roasted! Researchers say the heat increases their antioxidant content by up to 22%!

So this holiday season, whether you are roasting chestnuts on an open fire; putting out walnuts and peanuts at holiday parties; or digging into a slice of gooey pecan pie – it seems that delicious nuts and the holidays go hand in hand, and that's good because nuts are some of the healthiest foods around. I have included a wonderful recipe for Sugared 'n Spiced Nuts.

Merry Christmas,

Paula

SUGARED 'N SPICED NUTS

3 cups pecan or walnut halves, or a combination of half pecans and half walnuts

1 cup sugar

1/3 cup water

3 teaspoons cinnamon

1/2 teaspoon salt

1/2 teaspoon cloves

1 1/2 teaspoons vanilla

Heat oven to 275 degrees. Spray cookie sheet with nonstick cooking spray. Spread pecans or walnuts on sprayed cookie sheet. Bake at 275 degrees for 10 minutes.

Meanwhile, in medium saucepan, combine all remaining ingredients except vanilla; mix well. Bring to a boil. Cook 2 minutes, stirring occasionally.

Remove saucepan from heat. Add vanilla and pecans or walnuts; mix well. Spoon nuts onto foil or parchment paper. Separate with fork. Cool 30 minutes. Store in tightly covered container in cool, dry place.

Notes: You can prepare these tasty nuts ahead and store in a covered container at room temperature for up to three days.

Another fun serving suggestion: Enjoy these nuts in a salad of mixed greens and fruit. Toss the salad with a fruity dressing such as a raspberry vinaigrette.



'Twas The Night Before Jesus Came'

written by Unknown Author

**'Twas the night before Jesus came and all through the house
Not a creature was praying, not one in the house.
Their Bibles were lain on the shelf without care
In hopes that Jesus would not come there.
The children were dressing to crawl into bed.
Not once ever kneeling or bowing a head.
And Mom in her rocker with baby on her lap
Was watching the Late Show while I took a nap.
When out of the East there arose such a clatter.
I sprang to my feet to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash!
When what to my wondering eyes should appear
But angels proclaiming that Jesus was here.
With a light like the sun sending forth a bright ray
I knew in a moment this must be THE DAY!
The light of His face made me cover my head
It was Jesus! returning just like He had said.
And though I possessed worldly wisdom and wealth,
I cried when I saw Him in spite of myself.
In the Book of Life which He held in His hand
Was written the name of every saved man.
He spoke not a word as He searched for my name;
When He said "it's not here" my head hung in shame.
The people whose names had been written with love
He gathered to take to His Father above.
With those who were ready He rose without a sound.
While all the rest were left standing around.
I fell to my knees, but it was too late;
I had waited too long and thus sealed my fate.
I stood and I cried as they rose out of sight;
Oh, if only I had been ready tonight.
In the words of this poem the meaning is clear;
The coming of Jesus is drawing near.
There's only one life and when comes the last call
We'll find that the Bible was true after all!**

**The Beauty Salon
At Allouez Parkside Village now offers
gift certificates.**

**Please contact a staff member for this
great gift idea.**



December Birthdays

Donna B. 12/12

Charlotte L. 12/24



Here is another edition from our story telling sessions. The picture was of a young boy eating cookies and licking his finger. A dog is watching him.

The boy is eating out of the dogs dish, or the dog wants the boy's food. The boy is drinking a coke. The boy's name is Georgie Porgie and the dog's name is Lucky. The dog is listening to the boy smack and lick his fingers. The family is not around. They may be grocery shopping for dog food or more cookies. They could be eating dinner. Mom and Dad could be out doing chores. He might be eating a Kalache made by his mom. He is hiding from his dog. He's not in trouble yet because he is only caught by the dog and not by his mom yet. The dog and boy get along and at the first chance the dog will lick the boy's face and the dog will say something. The dog is being bribed. When the boy grows up he will be chubby and a good cookie eater. He will also be a ball player and a taste tester. He will have a good career.



Caregiver Support Group

Location: Allouez Parkside Village

1901 Libal Street, Green Bay WI 54301

Date : Every 1st Wednesday of Each Month

Time: 6:00Pm

Phone : (920) 430-8500

Contact: Lorrie or Amy for further information

Email: lorrie@allouezparksidevillage.com

amy@brillion-west-haven.com

Everyone is welcome.

This Caregiver Support Group is a structured gathering of caregivers,

family and friends of persons with Dementia who meet to discuss issues related to Alzheimer's disease and related disorders. Support groups are confidential. What is said within the group, stays within the group.

Alzheimer's Association 24/7 Helpline:

(800)-272-3900 Alz.org

The Alzheimer's Association's

Sponsored Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.



What Christmas Means To Me.....

Tillie – Christmas is family

Irene – Christ was born

Joe P. – A beautiful day like any other

Millie – Shopping

Dottie – Birth of Christ, time to be good to family and friends

Charlotte – Get together with the kids and watch the little ones.

Orby – For children to get toys

Frank P. – Big Catholic holiday

Dorothy – Santa Claus is coming to town

Lorraine – Too much to do

Jean – Holiday

Henry – Holiday

Gen – Lots and lots of whatever Santa Claus gets you

Bernice – A lot of excitement and kids happy

Joe H. – Christ was born





Please join us for our
Christmas Party on Thursday,
December 22nd at 6:30PM.

We will share songs, laughter,
food and refreshments. Please let
us know if you will be able to

- attend and the number of
people in your party.

*Though absent you are always here,
Loved, missed, and very dear.
We know you won't come back its
true but someday we will come to you.*



We will never forget you Martin. We hope you are singing 'The Ring of Fire with Johnny right now!