

■ THE GRAND TIMES ■

DECEMBER'S HOLIDAY HIGHLIGHTS

- December 2**
 11 A.M.
 Casino Trip with Dan
- December 4**
 3 P.M.
 December Birthdays
 & New Resident Party
- December 9**
 4 P.M.
 Wine & Cheese
- December 15**
 5:30 P.M.
 Friends & Family
 Holiday Potluck plus...
 a Visit from Santa
- December 18**
 4:30 P.M.
 Eldridge's Hometown
 Holiday featuring...
 the Silvertones
 & Rum Cake
- December 21**
 5 P.M.
 Christmas Lights
 Bus Tour
- December 31**
 4-6 P.M.
 "Puttin' on the Ritz"
 Prime Rib & Shrimp
 Supper

FROM THE MANAGER—

HE IS HERE...

Those words ring so true for me this Christmas. As we prepare for the celebration of Jesus' birth, I celebrate the birth of my first grandchild. My son and daughter-in-law, Matthew and Jama Fahrenkrog, brought a beautiful baby boy into the world on November 19. Dominic Matthew Fahrenkrog weighed 8 lbs., 5 oz. and was 21" long at birth. He has dark silky hair and the longest fingers and toes. Daddy and Mommy are very tall, so chances are that Dominic will be as well!

I have a new appreciation of what my parents went through when I had my children! The hours we were waiting in the family room were excruciating. But finally, I looked up and saw my 6' 7" son striding down the hall with a huge grin. I jumped up from my chair and kissed him, feeling relief wash over me. Matthew said, "He is here!" and he held his fist thumb up with a footprint of the tiny boy on his hand. I just happen to have a picture of that in my office. The joy was incredible.

*You all told me
 how life changing
 this would be—
 how captivated
 I would be
 by the wonder
 of his birth.*



He would not give us any details saying, "just wait til you meet him." We floated down the hall on the cloud of happiness, each sucking in our breath when we laid eyes on that miracle. A gift from heaven—this sweet, round bundle. Dominic was immediately alert, eyes open, squinting at the light, jumping at any new noises. I thanked God for the gifts he had given all of us with this blessed birth.

You all told me how life changing this would be—how captivated I would be by the wonder of his birth. I listened to your words. I watched your faces transform as you talked about your beloved grandchildren. You were so right! I am changed forever with the arrival of this sweet baby boy. He is hope, he is joy, he is a miracle. His birth is so appropriate for the beginning of this holiday season—the celebration of Jesus' birth...

Joni—Grand Haven Manager

NOTES FROM THE NURSE

The holiday season is here. It is time to celebrate the season and enjoy your family and friends. Remember the “little things” are truly little things. Be grateful and enjoy the wonderful “true” gifts in your life!

If you will be traveling during the holidays, please let the universal workers know when you will be gone. If we med-manage you, we can have your medications ready in advance.

Grand Haven is almost full. It takes universal workers quite a bit of time to accommodate all of the requests for cares and medications. They try very hard to please everyone and stay on schedule but sometimes it is difficult to meet everyone’s needs. Please be patient. If we are running behind schedule, we are caring for other members of the Grand Haven family.

During this cold and flu season, our office has been full most of the day. Please keep in mind we must operate like an emergency room and care for those in emergency or more serious situations first.

Have a healthy December!

*Teresa and Jane—
Health Care*

DID YOU TAKE THE GARBAGE OUT?

Lets all work together to keep Grand Haven smelling like Grand Haven. We will gladly take out your garbage every day if you set it outside your door.



Thank You!

TIPS TO PREVENT HOLIDAY STRESS & DEPRESSION

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.
- **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and family will understand if you can't participate in every activity.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.



SOS—SPOTLIGHT ON SENIORS

Florence Benshoof



Florence Benshoof is our featured senior for December. Florence was born in New Ulm, Minnesota on April 14, 1916, to wonderful parents, Arthur and Elsa Lange. Her dad ran a creamery for a living. She had one older sister, Hulda. Her best memories growing up include spending time with her Grandma Sophie who lived through the New Ulm Massacre. Florence had a Boston Bull Dog named Topsy as a child. She will never forget the year the Christmas tree caught on fire from the candles they used as decorations. After putting out the flames, the family threw the tree out the door and went to get a new one.

Florence loves children so it was no surprise when she decided to become a teacher. She loved exposing them to the beauty of learning and music. She taught 4th-6th grades and junior high language. She touched many children's lives in her 40 years of teaching. She also met her husband, Howard, while teaching. He was the superintendent at the school where she taught. They married and had 4 children. Are you ready for this? Florence has 17 grandchildren, 41 great grandchildren and 2 great-great grandchildren. Her husband passed away in 1999. Florence loves her family more than anything and her family is what she is most proud of.



Her incredible musical talents started early. Her first performance at the theater was when she sang "Peggy O'Neill" at only six years of age. Besides music and her love of playing the piano, she also enjoys gardening, animals and reading. She loves to travel around the world in books and truly enjoys the beauty of this magnificent world.

As a little girl, Florence grew up in Wall Lake, Iowa. In her early years, Florence and Howard lived in Dallas Center and Johnston, Iowa. From 1950-1982, they lived on a farm near Norwalk. From 1982-1992, they lived on a farm near Winterset, Iowa. Florence loved living in the country even though she was born in a small town. Before moving to Grand Haven in July of 2007, they lived in DeWitt for 15 years.

"COMPANY'S COMING!"

We will have some holiday visitors this month...

- **December 5 at 12:30 P.M.**
Tina's Dance Studio
- **December 6 at 5:00 P.M.**
Corner Stone Baptist Church Children's Choir
- **December 13 at 1:00 P.M.**
Chord Busters
- **December 19 at 5:00 P.M.**
First Baptist Church Choir

A Friendly Reminder

WE LOVE YOUR DOORWAYS!

However, please make sure that decorations and throw rugs don't become a hazard to your neighbors passing by.

Thank You!

May we have your **ATTENTION?**

THIS MONTH'S REQUIRED
FIRE DRILL IS SET FOR

**THURSDAY,
DECEMBER 31**

AT 2:00 P.M.

DON'T BE TOO ALARMED!



— P L E A S E —
see Patti
to pick up a new
telephone book.



DECEMBER BIRTHDAYS & ANNIVERSARIES

If you were born from November 22-December 21, you are a Sagittarius, the Archer. A Sagittarian is a truth-seeker, an intellectual and needs a lot of room to roam for exploration.

If you were born from December 22-January 19, you are a Capricorn. They are very independent because they know their capabilities and therefore they rarely trust others to finish details, they like to do it all themselves.

- Andy Williams (singer) December 3, 1927
- Geneva Siefers****December 4, 1921**
- Gerald Rushton** **December 4, 1920**
- Ellen Burstyn (actress) December 7, 1932
- Kirk Douglas (actor)December 9, 1916
- Bob Barker (game show host)December 12, 1923
- Melvin Sarver****December 12, 1921**
- Marcella Eckermann****December 18, 1912**
- Aaron & LaVonne Fruechtenicht** **December 18, 1960**
- Larry Hudson** **December 22, 1927**
- Dale Rathje****December 23, 1924**
- Humphrey Bogart (actor) December 25, 1899

WHO'S NEW?

We would like to welcome the new residents joining our Grand Haven family.

- Phyllis Dumar**
- Marvel Jackson**
- Geneva Linington**
- Norm & Inez Mohr**

We are delighted to have you all with us and hope you feel right at home.

Our sympathies to the families of those with recently passed away

- Georgia Erps*
- Cal Clark*
- Maxine Jennings*
- Don Gruwell*



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