



**Notable Quotable**

“Laughter is America’s most important export.”

- Walt Disney, animator



**December Birthdays**

- Bette Midler – December 1, 1945
- Walt Disney – December 5, 1901
- Dave Brubeck – December 6, 1920
- Eli Whitney – December 8, 1765
- Rita Moreno – December 11, 1931
- Nostradamus – December 14, 1503
- Dave Clark – December 15, 1942
- Ty Cobb – December 18, 1886
- Joe Paterno – December 21, 1926
- Humphrey Bogart – December 25, 1899
- Maggie Smith – December 28, 1934
- Tiger Woods – December 30, 1975
- Donna Summer – December 31, 1948

**Resident Birthdays:**

- Fernando G. 12/1
- Dora L. 12/4
- Lilia H. 12/11
- Marquita W. 12/12
- Alberta L. 12/13
- Joyce B. 12/15
- Sylvia P. 12/18
- Patricia N. 12/27
- Lisa R. 12/28



**Iceland’s Yule Lads** *continued from pg. 1*

steals leftover smoked lamb; and Candle Beggar, who steals candles. These Yule Lads arrive to fill a good child’s shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying.

In olden days, the Yule Lads—the offspring of two ogres—were joined on Christmas Eve by the Yule Cat,

a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinsson, a top elf researcher and headmaster of Iceland’s Elf School, says that 54% of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many Icelanders still fret over their arrival each December.

**When Brown Is Best**

On December 4, it’s time to add a new color of footwear to your shoe closet—it’s Wear Brown Shoes Day. Most men play it safe when dressing and opt for black shoes. Black is versatile and goes with most any outfit. But sometimes black just won’t do, and brown shoes are the perfect finishing touch.

When choosing a pair of shoes, one must always first consider the colors of the outfit. Are you wearing a smart, suave ensemble for a night out in the city? You may want to play it safe and follow the maxims “No

brown in town” or “No brown after six.” Black is likely best. But are you wearing earth tones like khaki, tan, or green? Then dare to go brown. Brown even pairs well with varying shades of red, white, and navy. Are your shoes brown suede? Brown brogues? Antique brown patina oxfords? As you can see, brown shoes can be just as fancy as black. So on December 4, don’t play it safe. Ditch the black, take a fashion risk, and wear a pair of brown shoes. If you’re particularly stylish, pair those brown shoes with some colorful shoelaces.

**Brush Country**

December 2017



Brush Country Nursing and Rehabilitation  
6500 Brush Country Rd  
Austin TX 78747  
512-892-5774

**Celebrating December**

Music W/ Stewart  
At 10am the 4<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>

Dr. Jin Meet & Greet  
5pm on the 5<sup>th</sup>

Music W/Tony  
At 10am the 7<sup>th</sup>, 11<sup>th</sup>, 21<sup>st</sup>.

Christmas Social W/ Hot Coco  
At 3:30 on the 10<sup>th</sup>

Resident Council  
11am on the 12<sup>th</sup>

Family Christmas Desert Council  
6pm on the 12<sup>th</sup>

VFW Christmas Party  
At 2:30 on the 13<sup>th</sup>

New Years Eve Social W/DJ Chris  
The 29<sup>th</sup> at 2:30

**Iceland’s Yule Lads**

Children eagerly anticipate the arrival of Santa Claus on December 25, but in Iceland children await no fewer than 13 different Santa Claus-like visits. Beginning on December 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White’s dwarves, have unique names and personalities and get into unique mischief. According to the National Museum of Iceland, they are: Sheep-Cote Clod, who disturbs sheep; Gully Gawk, who steals foam from buckets of cow’s milk; Stubby, who steals food from frying pans; Spoon Licker, who licks batter from spoons; Pot Licker, who licks food

from unwashed pots; Bowl Licker, who steals food from under the bed; Door Slammer, who stomps around the house and keeps everyone awake; Skyr Gobbler, who eats up all the Icelandic yogurt; Sausage Swiper, who steals sausages; Window Peeper, who peers into windows and sometimes steals things he finds inside; Door Sniffer, who has a big nose and steals baked goods; Meat Hook, who

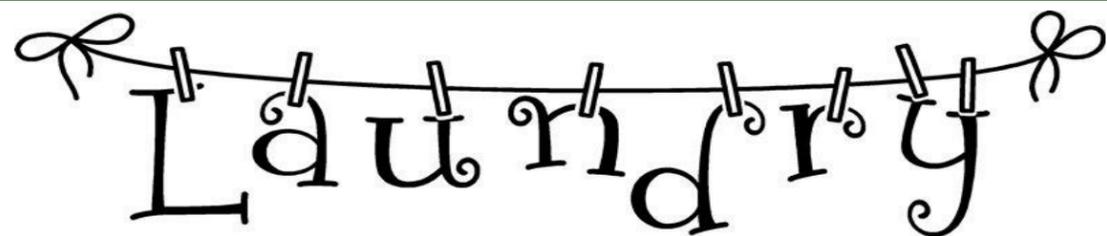
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**Surviving the Holidays: You’re invited!**

Brush Country will be hosting an event on December 9<sup>th</sup> at 3pm to honor those we have lost and remember the joys they brought to us. The group will focus on ways to get through difficult times during the holidays and find new joys around us. We will hear from our guest speaker, David Luna. He will share with us his perspectives on grief as they relate to the holidays and give us his best advice for how to Survive the Holidays in times of grief.





## From Social Services:

Hello families and loved ones! Thank you to everyone who made it out to our Thanksgiving Extravaganza. It was a pleasure to see everyone and I know the resident's loved it. We had a full house and it was beautiful.

**I'd like to take a moment and address the laundry situation.** Thank you to everyone for being vigilant and patient during this time. Thank you to the families who have donated time and energy pairing socks. One area of concern is that we have quite a few clothing items without names on them. In an effort to return these items to their rightful owner, on December 4th we will be putting these items out in the small room at the end of Bluebonnet Blvd (hall 200). These items will be available to you at any time of day until December 15th. Please feel free to go through these items to look for your loved ones lost clothing. After December 15th these items will be given to a local charity.

Some tips to make sure your loved one's clothing items are being returned.

- 1) Make sure your loved one's items are labeled in a space on the garment that is easily seen. Sometimes clothing might not make it back to a resident because it is labeled in a place that isn't easily seen. Some of the easiest labels to see are ironed on by the collar. (You can get 100 labels on Amazon for around \$20.00.)
- 2) Labels are not fool proof. They fade and can fall off. Make sure that every few months you are relabeling your loved one's clothes. Some of the clothing that is unidentified has a few marks, but they are no longer legible.
- 3) Please remove clothing items that your loved one no longer wears, no longer fits, and or/ has holes or rips in it. We have identified a few of these garments and will try to help you identify garments for your loved one that are beyond repair. We want to make sure your loved one is clothed in rip-free and stain-free clothing.

**Again, thank you to everyone for your help and support.** We are thankful for our family's involvement in their loved one's life. We are thankful for our families that help make our facility feel like a community of support and togetherness. We are thankful for the smiles, donations, and time our families give to us. We are thankful for YOU!!

## Sticky Business



*80% of the world's supply of maple syrup comes from Canada.*

Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in the form of sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs."

This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped, and the sap is drunk fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once.



*Moisture evaporates quicker from an unmade bed, making it more hygienic than a made one.*

## The Meaning of Messy

December 21 is the shortest day of the year in the northern hemisphere, so why bother making your bed when you'll soon be back under the covers? That was the rationale behind fifth-grader Shannon Barba's appeal to the U.S. Congress asking to make Don't Make Your Bed Day an official holiday. Perhaps Barba doesn't appreciate what making a bed in the morning reveals about

an individual's personality. Some psychologists claim that those who make their beds set a positive tone for the rest of the day. Bed-makers are organized go-getters. What about those who don't make their beds? These people are not necessarily unorganized, but instead enjoy not knowing what happens next. They enjoy surprises that bring excitement and energy to the day.



*Please join us in Welcoming Dr. Jin!*



*Dr Chun Jin*

*Please join us for a Meet and Greet in our Parlor at Brush Country Nursing and Rehabilitation. We will be celebrating the newest addition to our team, Dr. Jin. All families, friends and other members of our interdisciplinary family are invited to attend.*

*Wine and light refreshments will be served.*

*Tuesday, December 5<sup>th</sup>, 2017  
5-7pm*