

## Fighting the Holiday Blues



It can be a difficult time of year for anyone. Whether it is the first year without a loved one, seasonal affective disorder, or having a lack of purpose in your life; there are ways to

help. One way to help is to think about a support group to have a like minded group of people who have gone through something similar as to what you have. We have one at Martin Luther Campus for caregivers, and would love to have you join us. We also have great volunteers opportunities available. Do you feel a loved one may need more social interaction? Why not try out our Adult Day Club. We offer free trials for anyone interested.

## Care Giver Support Group

Are you providing care and support for a loved one with dementia? Do you want to connect with others who know what you're going through? If you are looking for a comfortable and safe place to share the many barriers and challenges that come with caring for your senior parent or family member, our group may be a great fit for you! We meet at the Martin Luther Care Center every **1st and 3rd Wednesday of the month at 11:15am – 12:15pm in the Pondview Meeting Room.** Martin Luther Campus offers many resources for not only residents, but their family and loved ones.

Caregiver Support Group helps give you the tools you need to effectively care for your family member, while also caring for yourself. Current members refer to the group as an extended family that share experiences, information, and tips with each other. We are always looking for new members to share our wealth of knowledge with. Come join us every other Wednesday at Martin Luther Campus.

### Megan Szymik- LSW, Director of Social Services Martin Luther Campus

Please call 952-948-5153 with any questions. The program is free & open to the public.

## Toys for Tots

We are having a toys for tots drive with the last day to bring toys being December 17<sup>th</sup>. For those of you not familiar with the US Marine Corps Reserve TFT program, here are some specifics:

The **mission** of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

The primary **goal** of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.

The **objectives** of Toys for Tots are to help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources – our children; to unite all members of local communities in a common cause for three months each year during the annual toy collection and distribution campaign; and to contribute to better communities in the future.

## Looking to Volunteer?

*You can make a difference in the lives of our residents! At Martin Luther Campus, you can use the spirit of service in a number of meaningful ways.*

- Escort residents to on site activities
  - Serve food or drinks at one of the many social functions
  - Visit, play games or read with seniors
  - Escort seniors on one of our outings
  - Work in the gift shop
  - Entertain with your unique skill or talent
- Please contact Sally at 952-948-5173 or [speter31@fairview.org](mailto:speter31@fairview.org) if you are interested. **Thank you for sharing your time and talent**

# Martin Luther Campus

1401 East 100<sup>th</sup> Street | Bloomington, MN 55425 | 952.888.7751



## Celebrating December

**Write a Friend Month**

**Bingo Month**

**Safe Toys and Gifts Month**

**Eat a Red Apple Day**

*December 1*

**International Volunteer Day**

*December 5*

**Hanukkah**

*December 12–20*

**Look for an Evergreen Day**

*December 19*

**Christmas Day**

*December 25*

**Make Cut-Out**

**Snowflakes Day**

*December 27*

## Holiday Parties are Upon Us!

We are in the swing of the holiday season so whether you are at Meadow Woods for the December 1<sup>st</sup> party to the holiday services we hold at the care center on the 5<sup>th</sup>, here is the list of celebrations we are having. We are so happy to have you be in part of the celebration!

### December Holiday Festivities

**1<sup>st</sup> @ Meadow Woods 5 PM** – Home for the Holidays Party for families and residents, RSVP required.

**5<sup>th</sup> @ Martin Luther Care Center 7PM** – Christmas Service in the Chapel.

**7<sup>th</sup> @ Meadow Woods 7 PM** – Christmas Service in the Chapel

**9<sup>th</sup> @ Martin Luther Care Center Great Room 10:30 AM** – The Minneapolis Community Youth Ensemble

**14<sup>th</sup> @ Martin Luther Care Center Great Room 2 PM** – Toys for Tots Event

**15<sup>th</sup> @ MLCC Great Room 2 PM** – “The Classical and Jazzy Nutcracker” by OboeBass

**18<sup>th</sup> @ Great Room 2 PM** - Campus and Creekside Club's Holiday Party with families and caregivers is on December 18 at 2pm in the Great Room.

**20<sup>th</sup> @ MLCC Great Room 2 PM** – White Christmas

**22<sup>nd</sup> @ MLCC Great Room 2 PM** – Holiday Bingo

**25<sup>th</sup> @ Everywhere/All Day** – Merry Christmas!

**28<sup>th</sup> @ MLCC Great Room 2 PM** – New Year's Party with Eric Thomas

## Christmas Tradition Origin Stories

### **Saint Nicholas**

The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas.

It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best known of the St. Nicholas stories is that he saved three poor sisters from being sold into slavery by providing them with a dowry so that they could be married. Over the course of many years, Nicholas's popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6.

This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.

### **Christmas Tree**

Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians brought decorated trees into their homes. Some built Christmas pyramids of wood and decorated them with evergreens and candles if wood was scarce. It is a widely held belief that Martin Luther, the 16th-century Protestant reformer, first added lighted candles to a tree. Walking toward his home one winter evening, composing a sermon, he was awed by the brilliance of stars twinkling amidst evergreens. To recapture the scene for his family, he erected a tree in the main room and wired its branches with lighted candles.

### **Wreath**

The wreath has significant meaning for the season. Its circular shape represents eternity, for it has no beginning and no end. From a Christian religious perspective, it represents an unending circle of life. The evergreen, most frequently used in making wreaths, symbolizes growth and everlasting life.

## Other Holiday Traditions

### **Diwali**

Diwali is five-day festival of lights celebrated by Hindus around the world in the fall.

### **Hanukkah**

Hanukkah is an eight-day commemoration in Judaism marking the rededication of the Temple by the Maccabees after their victory over the Syrians.

### **Ramadan**

Ramadan is a month of daily fasting during daylight hours for Muslims that culminates in the holiday of Edi al-Fitr.

### **Kwanzaa**

Kwanzaa is a seven-day celebration of African heritage and culture.

### **Chinese New Year**

The Chinese New Year marks the end of winter and the start of spring.

### **Santa Lucia Day**

Is an ancient Swedish festival during which blond-haired girls wear crowns of green leaves studded with lighted candles.

### **Winter Solstice**

Is the first day of winter and the longest night of the year, is also celebrated with festivals, decorations and ancient ceremonies that honor nature.

### **Three Kings Day**

Is also known as Epiphany, which marks the day the three kings arrived to visit the newborn Christ child. This day is most commonly marked with festivities in Hispanic countries and cultures.

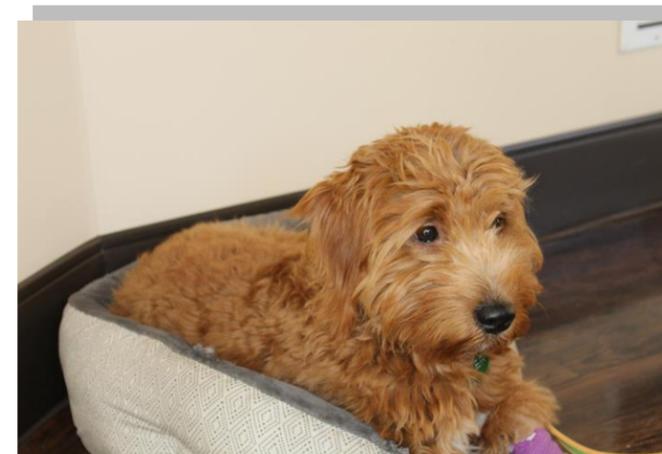
## How to make your Resolutions Stick

Make your resolutions follow the SMART model: specific, measurable, achievable, results-focused, and time-bound.

1. Make Resolutions Manageable.
2. Break Up the Goal.
3. Question Your Motives.
4. Ask for Help.
5. Keep It Interesting.
6. Hold Yourself Accountable.
7. Think Outside the Box.
8. Reevaluate Resolutions Often.

## The Healing Power of Puppy Paws

This is Piper, he is a frequent visitor of the Martin Luther Campus. You might have seen him and think "oh what a cute dog", but do you know there is healing that is happening inside of many of the patients that Piper interacts with on a daily basis? She isn't the only animal that walks these halls, we have Cashew the kitten, Therapy dogs such as Gideon the comfort dog, as well as bunnies, birds, and an army of adorable animals that are brought in by families to cheer up people. There is a reason why therapy animals are becoming more popular. Say hi to the next pup you see and feel the healing begin!



## My Two Cents with Penny



"Hey Penny, Any tips for making that fresh spruce tip top?"

*Doesn't Penny always have her two cents ready for you? Two things is all I will say today. One, is that I love love LOVE a fresh Christmas tree. Heading to the lot to find just the right one, the smell that permeates the whole house and the finding of pine needles for months to come. Take that tree out when it starts to try up. The second thing is drilling a whole in the bottom of the tree will not make it drink more or retain more water, so quit wasting time under the tree and go buy a present to put under it instead!*

Want to stay up to date on everything happening at Martin Luther Campus? We keep all activity calendars updated on our website.

[www.MartinLutherCampus.com](http://www.MartinLutherCampus.com) Make sure to also like us on Facebook! We love working with seniors and would love to have you be part of our joy this and every season!