

**Garden Crest Convalescent
Hospital and Residential Care
Facility**
909 N. Lucile Avenue
Los Angeles, CA 90026

Postage
Information



The Resident

December 2010

Garden Crest Convalescent Hospital & Residential Care Facility



You Are Invited.....

The holidays are here. It is amazing how time goes by so fast. **We would like to cordially invite you to come celebrate this holiday season with your loved ones. We will be holding two grand holiday parties. Garden Crest Residential Care Facility will hold their party on Friday, December 17th, 2010 at 2:00PM in the**

Residential Care Facility's dining room and Garden Crest Skilled Nursing Facility will be holding their party on Monday, December 20th, 2010 at 2:30PM in the main dining room. Both parties will have great entertainment and amazing food compliments of Garden Crest. Please be sure to bring your family and friends to celebrate with

your loved ones. Santa was invited as well, and although it is a very busy season for him, he may pop in for a visit. We hope you can make it to the party. In the past, we had great fun during this season and assure you that this year will be the same. No need to RSVP, just come and be merry.

See you soon !!!

Season's Greetings from Us to You

During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible, and in this spirit we say,
simply but sincerely,

Thank You and Best Wishes for
the Holiday Season and a
Happy New Year



December Birthdays

If you were born from December 1-21, you are a Sagittarius, the Archer. If you were born from December 22-31, you are a Capricorn, the Goat. Sagittarians are some of the luckiest people. Their positive attitudes, creative imaginations, and big hearts make them a joy to be around. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

George Custer (general)	Dec. 5, 1839
J. Paul Getty (tycoon)	Dec. 15, 1892
Jane Austen (author)	Dec. 16, 1775
Edith Piaf (singer)	Dec. 19, 1915
Humphrey Bogart (actor)	Dec. 25, 1899
Robert Ripley (Believe It or Not)	Dec. 25, 1890

Happy Birthday to our residents: Chun-Kwai, Aiko, Jerome, Chris, Carolina, Ping and Jiro.

Food of the Gods

On December 13, come in from the cold and drink your chocolate hot because it is Cocoa Day! Cocoa drinking began with Mayans and Aztecs of Ancient Mexico. Unlike the hot chocolate enjoyed today, these ancient peoples drank their cocoa cold, often mixed with wine and chili peppers. It was the explorer Hernando Cortez who brought cocoa back to Europe, where the Spanish began drinking it hot and sweet.

As chocolate spread throughout Europe and rose in popularity, it took on solid forms such as chocolate bars, cakes, and rolls. In 1753, the Swedish scientist Carolus Linnaeus renamed cocoa *theobroma*, which was a Greek word meaning "food of the gods." He sure got that right!



The First Christmas Card



The sending of greeting cards at Christmas began in the Victorian era. Though wood engravers produced prints with religious themes in the European Middle Ages, the first commercial Christmas and New Year's card is believed to have been designed and printed in London, England in 1843. John Callcott Horsley (1817-1903), a British painter, designed the very first Christmas and New Year's card

at the suggestion and request of his friend Sir Henry Cole. In 1843, 1,000 of these Christmas cards were placed on sale in London. They were printed in lithography and hand-colored. The Christmas card showed a family party in progress, beneath which was the greeting, "A Merry Christmas and a Happy New Year to You." The price was one shilling each.

Notable Quotable

"The practice of putting women on pedestals began to die out when it was discovered that they could give orders better from there."

~ Betty Grable (Born December 18, 1916)

Cover Up Your Ears!

"Baby, it's cold outside" may have been the phrase running through 13-year-old Chester Greenwood's head one cold December day in 1873 in Farmington, Maine. To protect his ears while ice-skating, he made loops of baling wire and, with his grandmother's help, padded the ends with beaver fur.

In the beginning, his friends laughed at him. However, when they realized that he was able to stay outside skating long after they had gone inside freezing,

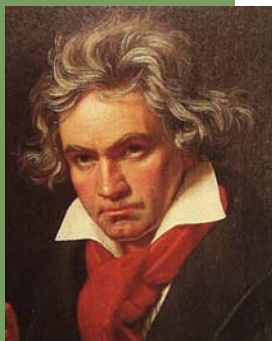
they stopped laughing. Instead, they began to ask Greenwood to make ear covers for them, too.

At age 17, Greenwood applied for a patent. For the next 60 years, Greenwood's factory made earmuffs. Greenwood went on to create more than 100 other inventions. In 1977, Maine's legislature declared December 21 "Chester Greenwood Day" to honor a native son and his contribution to cold weather protection.



Classical Master

One of the most famous composers of classical music, Ludwig van Beethoven was born on December 17, 1770. By age 26, Beethoven had become one of the world's most influential composers, despite being almost completely deaf. He suffered from a severe ringing in his ears, which affected his ability to hear his orchestras or even hold conversations with friends. There is a famous story about the premiere of his *9th Symphony*, one of the best known works of classical music. After the symphony had ended, he was told to turn around and face the audience, which was applauding wildly. He had been unable to hear the orchestra he was conducting and was now unable to hear the applause. Overcome with emotion and thanks, he wept.



Happy Hanukkah !!!

Hanukkah חנוכה also known as the **Festival of Lights**, is an 8 day Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE. Hanukkah is observed for eight nights,

The festival is observed by the kindling of the lights of a very special candelabrum, the nine-branched Hanukiah, one additional light on each night of the holiday, progressing to eight on the final night. The Hanukiah consists of 9 branches. An extra light called a shamash, "attendant" or "sexton" is also

lit each night for the purpose of lighting the others, and is given a distinct location, usually above or below the rest. The "shamash" symbolically supplies light that may be used.



Easy Fruitcake

- 1 cup all-purpose flour
- 1 cup sugar
- 1 tsp. baking powder
- 1/4 tsp. salt
- 4 eggs
- 1 cup candied pineapple (cut in chunks)
- 1 cup red and green cherries
- 3 cups shelled Brazil nuts
- 1 tsp. vanilla or rum flavoring

Line two 9"x5" pans with foil and grease well. Mix fruit and nuts in a large bowl. Sift together flour, sugar, baking powder, and salt. Add to fruit and nuts. Beat eggs well and stir in flavoring. Add egg mixture to floured fruit and nuts. Mix well. Spoon into pans. Bake at 350°F for 1 hour. Cool for 10 minutes, then remove and cool on wire racks. When cool, wrap in foil or plastic wrap.

"There is only one fruitcake in the world, and people keep sending it to each other."

~ Johnny Carson

Fruitcake Trivia

The first record of fruitcake dates back to Roman times. Raisins, pine nuts, and pomegranate seeds were added to barley mash to make a sort of granola bar. During the Middle Ages, the fruitcake was closely related to the nut harvest. Each year, after the harvest was completed, a "harvest" cake was assembled.

Besides nuts, fruits, and honey, spices were added to the list of ingredients. The cake was saved until the harvest the next year. That next year, they would eat the old fruitcake, hoping it would bring them another successful harvest.

The early Egyptians put fruitcakes in their

tombs. They considered their version of the fruitcake an essential food for the afterlife. Also, Queen Victoria once received a fruitcake for her birthday. She stored it in the closet for a year before eating it as a sign of restraint, moderation, and good taste.

