

1701 13th Ave N.
Clinton, IA. 52732

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Postage
Information

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Street Number and Name
City, State ZIP Code

Christmas Crossing



It was nearly midnight on Christmas of 1776 when Revolutionary War General George Washington daringly crossed the freezing Delaware River to turn the tide in favor of the colonists. Washington had suffered numerous defeats, resulting in the loss of

many strategic locations, including New York City in the north. Washington's plan included three crossings of the Delaware. He led a division of 2,400 men to surprise a group of German Hessian soldiers gathered at Trenton. When Washington's force descended the next morning, the Hessians were caught unawares after a night of Christmas revels and were easily overwhelmed. When Washington's other two divisions of 3,000 men failed to make the rendezvous, he was forced to withdraw. While the victory was not particularly strategic, Washington's renown and the morale of the Continental Army grew.

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Aaron Rodgers (quarterback) – December 2, 1983
Walt Disney (animator) – December 5, 1901
Dave Brubeck (musician) – December 6, 1920
Emmett Kelly (clown) – December 9, 1898
Rita Moreno (actress) – December 11, 1931
Shirley Jackson (writer) – December 14, 1916
Betty Grable (actress) – December 18, 1916
Chris Evert (tennis pro) – December 21, 1954
Howard Hughes (magnate) – December 24, 1905
Clara Barton (nurse) – December 25, 1821
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948

Happening at Prairie Hills

DECEMBER 2018



Celebrating December

MARY JANE KRAMER
December 6th

JOANNE GOETZL
December 17th

DOROTHY LANGREHR
December 18th

LILLIAN MUSEL
December 20th

PAUL HAGENSON
December 27th

Christmas Day
December 25

MERRY CHRISTMAS

Waiting for the Sun

In the northern hemisphere, the winter solstice, on December 21, brings the longest night of the year. Due to the tilt of Earth on its axis, the north pole faces away from the sun. While the interminable darkness stretches on, in many cultures this is a time to celebrate the light and has been for centuries. In fact, the celebration of winter solstice predates the Christmas holiday.

Perhaps the most famous destination for viewing the sun during the winter solstice is at Stonehenge in England. This famous arrangement of massive stones was erected in prehistoric times and is perfectly aligned with sunset on the winter solstice. Scientists have concluded that this was a site of ancient ritual. Less famous is the massive burial mound and passageway at Newgrange in Ireland, dated to be older than the Pyramids. At sunrise on the winter solstice, the sun shines perfectly down the passageway to illuminate the innermost chamber. This is yet another instance where prehistoric peoples heralded the return of the light after the longest period of darkness.

Halfway across the world in Iran, Persians also celebrate the return of the light. On Shab-e Yalda, people gather to light fires to protect each other from the evil of the night. They feast and read poetry as they await the sunrise. The return of the sun is equated with the banishment of evil, the arrival of goodness, and the triumph of Mithra, the Sun God, over dark forces.

Japan, too, celebrates the return of the sun. Toji-sai marks the start of a new year, and it is when farmers traditionally welcome the sun as the source of their bountiful crops. As in Iran, bonfires are lit during the night to encourage the sun's return. It is then common to take baths scented with the yuzu citrus fruit, which is believed to foster good health and fortune. On the solstice, don't despair during the long night; instead, think of all those around the world who, perhaps like you, await the return of the sun.

Up Coming in December

December 1st- Christmas Caroling @ 11:00am

December 5th- Beacon of Hope Will Be here at 10:00 to make Christmas ornament's in the activity room.

December 11th- Outing to Eagle Point to see the Christmas Lights. We will leave around 6:00pm and will return around 8:00pm. There will be a sign-up sheet for all you would like to join.

December 17-20th

Monday- Pajama Day

Tuesday- Christmas Character Day

Wednesday- Ugly Sweater Day

Thursday- Wear your Christmas Socks/ or legging day

December 19th- Staff Resident Christmas Pizza Party.

December 20th- Christmas Shirt.



DECEMBER 22ND- DANCE FOR JOY WILL BE HERE AT 1:00PM TO PERFORM SOME DANCE ROUTINES FOR US ALL! PLEASE JOIN US IN THE LIVING ROOM TO WATCH THE KIDS!



Kris Trotter Meet Our New Manger

I'm so excited to be with Prairie Hills Clinton!

I bring over ten years of experience in Assisted Living and Memory Care. I promise to enrich the lives of our residents and their families.

Kris may be new to Prairie Hills but her expertise shines!

It's been awesome to see here energy at work within our community.

We are excited to have her experience here at Prairie Hills. She has already had such a big impact!

HAPPY BIRTHDAY TO KRIS ON DECEMBER 16th!!!

WE WISH YOU ALL A
VERY MERRY
CHRISTMAS AND HAPPY
NEW YEAR FROM YOUR
PRAIRIE HILLS
FAMILY



Making the Cut



Whether the snow is falling outside or not, you can provide some flurries of your own on December 27, Make Cut-Out Snowflakes Day. Paper snowflakes are

simple, easy-to-make decorations that instantly create a festive atmosphere. And like real snowflakes, no two are exactly alike! Simply fold a square piece of paper in half diagonally to make a triangle, fold it in half again to make another triangle, and then fold it into thirds. Next, use scissors to cut straight or wavy lines into the finished triangle. As you unfold your paper, you'll find a perfectly unique and symmetrical flake. The cutting of paper snowflakes was born with Japanese origami in the Far East. It is likely that the French mastered the art of cutting paper doll chains from Japanese origami, and snowflakes evolved from those dolls.