

Inspirations Senior Living
931 Honeysuckle St.
Pahrump, NV 89048

Postage
Information



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Spinning into the Season

As the holiday season approaches, children gravitate to toy store windows to stare longingly at the wonders on display. Rarely do spinning tops make children’s wish lists anymore, yet these toys are some of the oldest known to human civilization. A clay top discovered by archaeologists in Iraq’s ancient city of Ur dates back to the 35th century BC—that’s nearly 6,000 years ago! A wooden top dated to 1300 BC was found in King Tut’s tomb. During the medieval era in Europe, *parish tops* measuring eight inches high and weighing two pounds were kept in town squares for play, exercise, and competition. Cultures all over the world have fashioned tops from whatever materials they have on hand, including fruits, nuts, seeds, and seashells. What makes these toys so fascinating and enduring? It’s not just their simplicity, but the way they seem to defy gravity as if by magic.

Every spinning top is an experiment in physics. The toys remain upright thanks to angular momentum. In fact, precision balanced tops spun perfectly upright would spin forever if there were no friction between their points and the surface. However, this hasn’t stopped engineers from trying to build a top that could conquer the laws of physics.

Traditional tops are still hand-built using a lathe and a discerning eye. The best of these handmade tops can spin for several minutes and even hours. New technologies now allow precise and perfectly balanced tops to be made on computerized machines using top-of-the-line materials. These tops cost thousands of dollars and may spin for hours. One top called LIMBO recently broke the world record by spinning for 27 hours, 9 minutes, and 24 seconds. How was this feat achieved? Hidden inside the top was a battery, flywheel motor, motion sensor, and a computer chip designed to monitor the top’s stability and correct the motion of the spin. While LIMBO is not technically a top but a gyroscope, it is a demonstration of how far engineers will go to perfect this simple toy in an attempt to defy gravity.

Management Team



Janessa Becker
Executive Director

Arleen Koontz
Sales Director

Laura Billman
Wellness Director

Danielle Tuck
Business Office Manager

Lisa Gilbo
Life Enrichment Director

Jessie Abney
Food Service Director

Maintenance Director
Bill Brown

Generosity on Tap



On December 31, 1759, Irishman Arthur Guinness signed a 9,000-year lease at £45 per year for the St. James’ Gate brewery in Dublin. The brewery still operates today as one of the largest in the world. Guinness

beer is famously known for its dark stout, but Guinness himself was much more than a successful brewer. He was a philanthropist deeply committed to improving social welfare. He ensured that working conditions at his brewery meant that both workers and their families were offered health insurance, meals, high wages, pensions, and even a free beer after a long day’s work. Guinness also donated to local charities offering the poor affordable health care, while he preserved Gaelic arts and culture and advocated for religious tolerance. Despite his wealth, fame, and generosity, only one portrait exists of Arthur Guinness, yet his signature appears on every bottle of his self-named brew.

December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

Resident Birthdays

Ella C.	12/2
Timothy K.	12/5
Dottie C.	12/10
Ron M.	12/10
Frank C.	12/18

Employee Birthdays

Catherine D.	12/19
Kimberly G.	12/25

December Activity Highlights:



Tuesday, December 3rd - Don Marcum Sings Love Songs at 3PM – Activity Room



Wednesday, December 4th – Trip to Dollar Tree at 3:00 PM



Thursday December 5th – Happy Hour – Silver & Gold Bob – 3PM – Activity Room



Friday, December 6th – Resident Counsel Meeting – 10AM – Activity Room – All Welcome



Friday, December 6th – Gold Town Casino – 1 PM



Thursday, December 12th - Health Talk – Dining as we age -1 PM – Activity Room



Thursday, December 12th Twilight Productions perform at Resident Ugly Sweater Christmas Party – 2:30 PM – Dining Room



Friday, December 13th – Bingo Extravaganza w/Lunch – 10:30 – 1:00 – Activity Room



Tuesday, December 17th - Bowling or slots at the Pahrump Nugget – Leaves at 1PM



Wednesday, December 18th – Coffee w/the ED – 10AM – Bistro



Wednesday, December 18th, Golden Glam Girls - 2:30 – Dining Room



Wednesday, December 18th – Down Beat Music Lab Kids Choir – 6:00 PM – Activity Room

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.



Thursday, December 19th – Happy Hour w/Troy Steele & Rick – 3 PM -Activity Room



Friday, December 20th – Activities Meeting 10 Am – Activity Room – All are Welcome



Friday, December 20th, New Chinese Restaurant at 11:45 AM



Thursday, December 26th – Happy Hour Trivia – 3PM – Activity Room



Friday, December 27th – Lunch at The Roadhouse – 11:45 AM



Tuesday, December 31st – New Year's Eve Party – 7:30 – 9:30 – Activity Room



Chitter Chatter from the E.D.'s Desk

What holiday traditions did you have as a kid? Did you go Christmas Caroling? Have a holiday meal with all the relatives? Maybe watch the fireplace with hot cocoa in hand? The holidays bring special memories from the past, and it can be challenging as traditions change and we are in new surroundings. We are so excited to spend the holidays with you, and to finish 2019 making new memories and traditions. This past year has been so wonderful to get to know everyone, and I look forward to spending 2020 making even more memories with you.

Have a wonderful holiday season,
Janessa Becker



GOOD FRIENDS MAKE GOOD NEIGHBORS

Refer a friend and **EACH** of you will receive a **\$1000*** rent credit!

*Referred resident must complete a full 30 days of residency

Reminders: Please remember that the Walmart bus ONLY goes to Walmart on Tuesday's and Thursdays. If you would like to go to another store, please have the concierge schedule it in the transportation book.

Also, if you do want to go to Walmart make sure that you sign up early at the concierge desk as they fill up fast.

Thank you

Radio City Splendor



On December 27, 1932, at the height of the Great Depression, Radio City Music Hall opened in New York City. The theater was the pet project of billionaire John D. Rockefeller Jr. He envisioned a performance venue for the masses, an Art Deco masterpiece where rich and poor alike could see the highest-quality entertainment. One year after opening, Radio City debuted its *Christmas Spectacular*, featuring the high-kicking Rockettes on its Great Stage. The stage measures over 100 feet long and 60 feet wide, and was constructed to resemble a setting sun. Since its opening, over 300 million people have passed through its doors to enjoy movie premieres, stage shows, concerts, and more. Radio City Music Hall remains the largest indoor theater in the world today.