



Place
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SEDGWICK PLAZA
A GRACE MGMT COMMUNITY
2455 N. Woodlawn Blvd.
Wichita, KS 67220
316.687.3741



The Season of Sugar and Spice

December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice is celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in Germany in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. Like anise, ginger was considered both an exotic spice and a medicine. Recipes for ginger cookies came to Europe from China during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy.

REFER A FRIEND AND IF THEY MOVE IN BEFORE December 31, 2019

You could get up to \$1,000.00* off your rent!!!

GOOD FRIENDS MAKE GREAT NEIGHBORS



You know first hand how fun and relaxing life can be at Sedgwick Plaza for you or your loved one. Wouldn't it be nice to share that same excitement with your friends?

As our way of saying “thank you” for choosing to tell your friends about **Sedgwick Plaza** you will receive a **\$1,000.00*** rent credit when your friend moves into **Sedgwick Plaza** and lets us know you referred them!

For more information, stop by the front desk or give us a call today at (316) 687-3741. Your friends will thank you and we do too!

**In order to receive the rent credit, the referred resident must move in and complete a full 30 days of residency and only have the one referral source.*



Christmas Trivia

- 1.In the song “Frosty the Snowman,” what made Frosty come to life?
- 2.What Christmas decoration was originally made from strands of silver?
- 3.Who played George Bailey in the Christmas classic “It’s a Wonderful Life?”
- 4.What Christmas beverage is also known as “milk punch?”
- 5. One of Santa’s reindeer shares a name with a famous symbol of Valentine’s Day. Which reindeer is that?
- 6.What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
- 7.In 1981, Bob and Doug McKenzie released their own version of a classic Christmas song. Which song is that?
- 8.What animated 2004 film is about a train that carries kids to the North Pole on Christmas Eve?
- 9.In Charles Dickens’ “A Christmas Carol,” what was Mr. Scrooge’s first name?
- 10.What Bing Crosby song is the best-selling single ever?

Answers on page 6

Happy Birthday!

December Birthdays



Residents

- Doris Stinnett- 12/5
- Joel Blome – 12/7
- Tom Garland – 12/9
- Kenneth Merchant – 12/16
- Elfrieda Shellenberger – 12/24
- Opal Kuhlman – 12/26
- VFBJ Red – 12/27
- Martha Bradley – 12/28
- Duane Harms – 12/28
- Deborah Franklin – 12/30
- Fran Fletcher – 12/31



Employees

- Amanda Reyes 12/2
- Doug Boswell 12/3
- Cierita Thomas 12/05
- Raina Clayton 12/08
- Tonya Dahl 12/10
- Mary Rygg 12/11
- Shawn Donahue 12/12
- Kelcy Dawn Barger 12/15
- Alexis Davis 12/16
- Mary Swan 12/27
- Maggie Wittum 12/17
- Thurston Rodgers 12/31
- Jana Rea 12/31



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? Is it their simplicity or the way they seem to magically defy gravity?

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 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. 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 are going to perfect this simple toy in an attempt to defy the laws of gravity.



Trivia Answers

1. An old silk hat

2. Tinsel

3. Jimmy Stewart

4. Eggnog

5. Cupid

6. The Nutcracker

7. The Twelve Days of Christmas

8. The Polar Express
9. Ebenezer

10. White Christmas

Plaza Salon Hours

~Manicurist (every other)
Monday 10:00am - 3:00pm
~Hair Stylist & Manicurist
Thursday 8:00am - 3:00pm
~Hair Stylist
Friday 9am - 3:00pm
Call to schedule your next
appointment!
Donna 316-655-2741
Linda 316-680-8481
Shondi 316-285-4945
~Massage Therapist~
Monday & Wednesday
10am-2pm Kirk Haney,
316.687.3741

Upcoming Events

- ◇ 12/01 Sunday Drive w/ Anthony
- ◇ 12/03 Rick Aiken and Medicare PartD Enroll
- ◇ 12/04 Gammon Elementary Christmas Carols
- ◇ 12/05 Michelle Bible
- ◇ 12/06 Christian Academy Singers
- ◇ 12/09 Young at Heart Glee Club
- ◇ 12/10 Resident Council
- ◇ 12/11 Asst Living Light Tour
- ◇ 12/17 Veterans Breakfast
- ◇ 12/18 Wine Wednesday and Christmas Light Tour
- ◇ 12/19 Brunch and Learn W/ Zoo
- ◇ 12/31 Food Fanatics Georges French Bistro

Sedgwick Plaza

Resident Council

November 12, 2019

At 2:30 pm. Rich Langholz called the meeting to order. Larry Mitchell led the group in prayer. Rich led the group in the Pledge of Allegiance.

Paula presented the monthly report for Terri Greaves. Several cameras have been installed around the outside of the building and the garage. Several offices have screens allowing them to watch over the area. They retain the files for a period of time in the event someone has a complaint about damage to an auto, etc. For viewing later. With a very busy season, remember to call early to reserve an appointment to use the car. City inspections for our new remolding have been done. State Fire Marshal and KS Dept on Aging inspections to be done later this week. Possible begin taking move-ins to the new edition Nov. 25th. Waiting for KDA approval on the AL dinning before moving back in there. Thanksgiving guest meals will be \$7 per person. Let the front desk know of guest to expect that day. Save the date Dec. 12th Holiday and Open house party.

Pat Walker informed Paula that she was tired of not having hot water and would be looking for another place to live if it was not fixed in one weeks’ time. There were several that complained about the water situation and electrical problems. Paula made a list of those to give to Terri and Eric.

At 2:45 pm. Rich introduced Helen Perrin as our resident of the month. Helen shared a bit about her life, always lived in Sedgwick County. She attended East High School, then went to WSU for a teaching certificate. Enjoyed teaching in several local schools/ Married Jack Perrin raised a family, all of which were here for her recent 90th birthday party. At the age of 22 with a small child Helen developed Polio/ was in isolation. After dismissal everything in her room had to be burned: cards, flowers etc. Later at the age of 55 she went to Tech School/ worked with her husband for 10 years. She has had a wonderful life and loves Sedgwick Plaza.

Rich explained that we would be electing new officers in Dec. and asked for nominations for president. Rich Langholz was nominated by Cathie Webster.

Pat Walker was nominated for Secretary by Helen Perrin. No other nominations were given.

Rich Asked for all the veterans to stand for recognition. These were applauded. Someone shared that these are the lucky ones because they came home, thinking of those that did not come home. Rich asked if there were anything else anyone wanted to mention. Roberta Gill suggested the dietary should get more pies, so they didn’t run out before they got to serve her. John Hungate asked how often we received a report of expenses of the departments etc. A: Never have a report. The suggestion was to ask for the report to be shared with the residents.

Kelcy our sales director shared that each department prepared a budget annually that had to be granted by corporation. Terri spends all of October getting the budgets planned and thought that this could be shared. John Hungate asked if when projects were being planned, they could give us an idea to what and when things would happen. A: We received the info before this addition started, before John and Julie had moved in. Kelcy shared that Terri asks for a wish list from each Department. Cathie W. expressed her appreciation for getting the washing machine near her back to working. Helen P reminded us that we need to notify the staff about any problems we are having.

Kelcy shared that the Veterans breakfast will be handled by her department now and asked for information on what the Vets would like for the program, or to see or do. They want it to be a beneficial meeting.

Delva P suggested that possibly we could use an Advisory Council made up of two people from each floor, to report to Terri any problems on their respective floors. After much discussion Delva made a motion to table this subject for the next month. A vote of residents carried.

Several residents mentioned needing a 2nd microphone so all could hear. Rich asked for a motion to adjourn. Eva C made the motion that Boris seconded. The meeting adjourned at 3:30 pm.

Secretary

Pat Walker