

The Trumpeter

Asbury Towers Retirement Community



Celebrating January Birthdays

Residents

- 07 Sandy Turner
- 10 Joyce Johnson
- 13 Ron Clearwaters
- 17 Martha Collins
- 19 Florence Harlan
- 22 WT Watson
- 25 Margaret Flater
- 25 James Turpin
- 26 Eddie Jones
- 31 Linda Raines
- 31 Barbara Bergen



Staff

- 09 Corrine Trigg
- 14 Ashley Salsman
- 15 Lisa Smith
- 24 Jenn Roose
- 26 Sara Bousman
- 31 Tracy Mason

LIVE LIFE TO THE FULLEST

Physical, Occupational and Speech Therapy

As we continue to see “success stories” among residents participating in structured Rehab and our exercise class, we are reminded that age does not have defeat us when it comes to mobility and strength. Whether you live in one of our cottages, an apartment or our skilled facility, our Rehab program is there to help you, and not just when a major setback has occurred. Physical, Occupational and Speech Therapists all work together to help you overcome obstacles and accomplish normal tasks of daily living. Some of their services include:

Physical Therapy

Physical Therapists are the experts in the examination and treatment of musculoskeletal and neuromuscular problems that affect our ability to move the way we want and function as well as we would like to.

Balance, Walking and Transferring, Flexibility and Range of Motion, Strength, Pain Management, Motor Skills and Coordination, Joint Mobility

Occupational Therapy

Occupational Therapy uses goal-directed activity in the evaluation and treatment when our ability to function is impaired by normal aging, illness, injury or developmental disability. Treatment goals in OT include the promotion of functional independence and prevention of disability.

Activities of Daily Living including: Grooming, Bathing, Dressing, Eating, Toileting, Personal Safety, Upper Body Strength, Flexibility and Coordination, Pain Management, Walking, Transferring and Balance

Speech Therapy

Speech Therapy is the study, diagnosis, and treatment of defects and disorders of the voice and of spoken and written communication. Speech Therapist also evaluates and treats neurological and physical disorders and conditions caused by an injury or illness.

Communication: Cognitive Processing, Expressive Language, Receptive Language, Swallowing, Oral Motor Exercise, Hearing/Auditory Processing, Reading, Diet Modifications, Comprehension (verbal and written)

Talk with our Rehab team to see if you could benefit from therapy. Therapy can improve the quality of our lives by reducing subsequent illness and allowing us to live longer.



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JANUARY PERSONALITIES & CAREERS

Those born in the month of January are loyal, creative, calm, and attentive. They enjoy both learning and teaching, and they do not mind hard work. They are tidy and respectful of other peoples' personal space. When around others, they tend to be quiet and reserved. Social skills do not always come easily to people born this month—but math and analytical skills do. They are observers, and they sometimes focus on other people's flaws. January folks are true romantics, and they throw their whole heart and soul into relationships. They take pleasure in the simple things in life and love desserts. However, they are also very picky eaters.

Top career choices for those born during the month of January include politician, debt collector, artist, archaeologist, scientist, accountant, writer, professor, inventor, plumber, and jewelry maker.

January Birthstone:

The birthstone for the month of January is the garnet. This gem is a symbol of friendship, protection, and truth, and also denotes the second wedding anniversary. The name garnet comes from the Latin word granatum (which means "pomegranate"), as the stone resembles the rich red color and form of this fruit. Garnets come in a variety of colors, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Use any color of this stone in January to celebrate your favorite January birth or anniversary.

January Zodiacs

Capricorn (The Sea Goat) January 1–19

Aquarius (Water Bearer) January 20–31

NEW YEAR'S ONE-LINER

May all your troubles last as long as your
New Year's resolutions.

What's Lucky in January?

Lucky Colors: Gray and Blue

Lucky Day: Saturday

Lucky Numbers: 1 and 8

Lucky Letters: A and Z

Lucky Plant: Ivy

*"There are two seasonal diversions
that can ease the bite of any winter.
One is the January thaw.
The other is the seed catalogues."*

~Hal Borland

Front Office Update

Please remember to
turn in any new insurance
card, you receive for 2024
or any other updates
you might have.

If you are unsure just
contact Glee at the front office.



January's full moon, which occurs on January 25, is commonly known as the wolf moon. It received its name because, amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside early Native American Indian villages. Other names include "old moon" or "moon after Yule."



An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.

Totally Tubular



Spend January 3 celebrating the totally tubular invention of the drinking straw. On this day in 1888, Marvin Stone was issued the patent for his paper drinking straw. Prior to Stone's invention, people used straws made from blades of rye grass, but the rye imparted a grassy taste to the drink. His invention was a welcome improvement, but hardly original. Drinking straws were in use 5,000 years ago by the Sumerians, who employed straws that doubled as sieves. These drinking tubes were used to drink beer and would filter out solid particulates that were the by-product of fermentation. A gold straw inlaid with blue jewels was even discovered in a Sumerian tomb. Of course, most straws today are made of plastic, but the careless tossing of these single-use straws into the garbage has created an environmental mess. It seems that Stone's patent of a recyclable paper straw is more important than ever.

The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas,

as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Flying High

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with a more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."

Little Man with Big Success



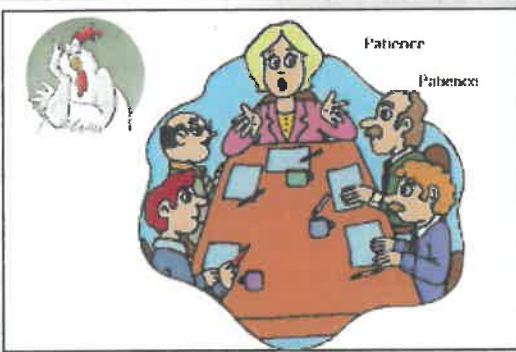
Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's

hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.

In the Good Old Days

In January 1920 (100 years ago): The average income was \$1,130. The average new house cost \$6,296. A loaf of bread was \$0.11, and a gallon of milk cost \$0.58. (\$1 in 1920 = \$13.21 today)

In January 1970 (50 years ago): The average income was \$11,106. The average new house cost \$26,600. A loaf of bread was \$0.24, and a gallon of milk cost \$1.32. (\$1 in 1970 = \$6.81 today)



January Food Committee will meet on January 8th at 10:30 a.m. in the Founders Lounge.

January Resident Council will meet on January 9th at 1:00 pm in Main Dining Room

Putting a Stamp on January
A Canadian Bluenose might sound like someone who's been out in the cold for too long, but it's the name of a stamp issued in Canada on January 8, 1929. It features an image of the Canadian schooner Bluenose, a celebrated racing ship, fishing vessel, and iconic symbol of Nova Scotia. The beautiful stamp is considered one of the most magnificent ever made and is worth a few hundred dollars.



WEEKLY EVENTS

Church Service every Sunday at 1:00 pm in the Lobby

Crafts every Tuesday at 1:00 pm in the Art Room

Vespers are on every Thursday at 6:00 pm in the Main

Bingo every Saturday at 1:30 pm in the Main Dining Room

JANUARY EVENTS HIGHLIGHTED

- 2nd Walmart Shopping Trip leaving the lobby at 10am
- 4th Tom Wright in Main at 1pm
- 4th Winter Social in Main at 2pm
- 8th Food Committee in Founders Lounge at 10:30 am
- 8th Let's Plan February in Main at 1:30 pm
- 9th Dollar Tree leaving lobby at 10:00 am
- 9th Resident Council in Main at 1pm
- 11th Out to Lunch to Fairway leaving at 10:30 am
- 12th Doug DeBaun in Main at 1pm
- 12th Friday Fun Day in Main at 2pm
- 16th Walmart Shopping leaving lobby at 10:00 am
- 17th Dan Brush in Main at 1pm
- 18th Lannie Ferguson in Main at 1pm
- 18th January Birthday in Main at 2pm
- 23rd Dollar General Trip leaving lobby at 10:00 am
- 23rd Night Bingo in Main at 6pm
- 30th Kroger Shopping leaving lobby at 10:00 am

These are just a few of our Daily Activities, please see Channel 2 or your monthly calendar for more information!



At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But

as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

Everyday Preventive Actions Can Help Fight Germs, Like Flu

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community.

For more information please visit, www.cdc.gov/flu

Electric Ahead of Its Time



In this era of electric vehicles, it seems that technology knows no boundaries. But on January 10, 1985, when inventor Sir Clive Sinclair

unveiled his newest invention, the Sinclair C5 electric vehicle, it was immediately dismissed as a failure. However, without the C5, who knows where electric vehicles and all their high-tech trappings would be today?

Clive Sinclair made his fortune inventing pocket calculators in the 1970s and home computers in the 1980s. He was such an important personality in England that he was knighted in 1983, the very same year he founded Sinclair Vehicles. Inventing an electric-powered vehicle had been Sinclair's passion since the 1950s. Interestingly, in America in 1912, electric cars outnumbered vehicles run by an internal combustion engine. But as the internal combustion engine became more efficient, electric model cars were rendered obsolete. Clive hoped to flip this trend with his C5, which was less a car and more of an electrically assisted pedal vehicle—kind of a souped-up recumbent tricycle with a battery-powered engine that went 15 mph and had a polypropylene shell. It was marketed as an alternative to both cars and bicycles, but it never took off. Out of the 14,000 manufactured, only 5,000 sold. Sinclair's invention became a notorious flop.

Fast-forward 32 years, and it seems the world may finally be ready for the C5. Sir Clive Sinclair's nephew Grant Sinclair has brought his revamped C5, called the Iris E-Trike, to a world full of bicycle lanes and environmental-awareness campaigns. Better yet, its top speed is 30 mph and it has a more powerful motor. Once again, it seems as if the target consumer is someone who wants the earth-friendliness of a bicycle wrapped in the comfort of an enclosed car. So is the world finally ready for the C5? Only time will tell. The first models of the C5 were made available at the end of 2017.

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere (revolutionary) – January 1, 1735
J.R.R. Tolkien (author) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Richard Nixon (president) – January 9, 1913
Julia Louis-Dreyfus (actress) – January 13, 1961
Vidal Sassoon (stylist) – January 17, 1928
Dolly Parton (musician) – January 19, 1946
Neil Diamond (singer) – January 24, 1941
Wolfgang Mozart (composer) – January 27, 1756
Jackie Robinson (ballplayer) – January 31, 1919

Gone for Good



Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from

the American political sphere, namely: *bigly*, meaning “a swelling or blustering manner,” and *post-truth*, meaning “a society where facts matter less than impressions.” There are also plenty of words related to social media and the Internet: *ghost*, which is “to abruptly end communication on social media,” and *listicle*, which is “a numbered or bulleted list created to attract views over the Internet.” Judges are ready to choose the worst of the lot come New Year's Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.