

Reflections in the Park

Menorah Park of CNY Hodes Way 4101 E. Genesee St. Syracuse, N.Y. 13214 (315) 446-9111



**Celebrating December
Bingo Month**

Safe Toys and Gifts Month

World Aids Awareness Day
December 1st

Full Moon

December 3rd

**International Volunteer
Day**
December 5th

Hanukkah
December 12th –20th

Christmas Day
December 25th

New Year's Eve
December 31st

Hanukkah Hype

Falling within the heart of the December holiday season, Hanukkah is often considered one of Judaism's most significant holidays, on par with Christmas. However, while Hanukkah is proudly celebrated every December, its significance is just one of many misconceptions regarding this holiday.

Perhaps as a result of the Christmas frenzy of presents, feasts, parties, and traditions, Hanukkah has adopted its own decorations, menorahs, gifts, "Hanukkah bushes," and even ugly sweaters. Hanukkah, in truth, is not one of Judaism's six major holidays whose celebration is commanded by the Torah. Hanukkah's only real decree is to light candles for eight nights. Everything else is window dressing.

Others contend that Hanukkah commemorates a fight for religious freedom, when the Maccabees retook their religious temple from the Syrian King Antiochus, who wanted to establish a Greek system of rule. Scholars argue that many Jews actually welcomed the Greek culture's emphasis on reason, wisdom, art, and modernization of faith. The Maccabees did not reclaim the temple to oppose the Greeks, but rather in defiance of the Jews who sided with the Greeks. According to Albert Baumgarten, professor of Jewish history at Bar-Ilan University in Israel, Hanukkah remembers an internal battle between religious fundamentalists and reformers.

Central to Hanukkah is the miracle of the oil, when one night's worth of sacred oil burned for eight nights. It is for this reason that the eight candles of the menorah are lit. However, there is no firsthand account for such a miracle happening in the first or second book of Maccabees. Any explanation of this miracle came much later, in an overlooked Talmudic tract explaining the proper way to light menorah candles. The miracle of the oil is based on this single mention.

The Lyric of the Nation



While not everybody appreciates the fine lyricism of poetry, governments all around the world acknowledge the importance of this art form by nominating *poets laureate*, poets who are expected to compose poems for important national events and occasions.

In recognition of their patriotic contributions, December 20 is Poet Laureate Day.

The term *laureate* refers to the crowning of poets and other heroes with laurel leaves, a practice which began in ancient Greece. The notion of nominating a poet laureate regained popularity during the 1300s in Renaissance Italy when Albertino Mussato was made the poet laureate of Padua. Mussato was a poet, historian, and statesman who acted as an ambassador between Padua in Italy and the court of Henry VII, the King of Germany and Emperor of the Holy Roman Empire. Mussato's works and influence were deemed so important to the legacy of Padua's politics that he was officially appointed poet laureate, the first such appointment made after the Greeks.

Nowadays, governments all over the world appoint poets laureate. In general, these poets strive to increase the appreciation of poetry among the citizenry and many of them work within a nation's national library as a consultant in preserving poetry. The position in the United States has been filled by Archibald MacLeish, Gwendolyn Brooks, and today by Juan Felipe Herrera. In England, the title has been bestowed upon Geoffrey Chaucer, William Wordsworth, Alfred, Lord Tennyson, and today by Dame Carol Ann Duffy. In Canada, poets must be able to write in both English and French. Canada's current laureate is Michel Pleau. While the honor of being poet laureate is always temporary, the service these poets provide is timeless. According to England's Carol Ann Duffy, "Poets sing out human music for us."

Our New Bistro is now OPEN at Menorah Park!

The Jim & Arlene Gerber Bistro in the Abraham Shankman Wellness Pavillion at Menorah Park is now open for Kosher breakfast, lunch, and dinner for Residents, families, visitors, and the public.

Come and enjoy our meal and a la carte selections, as well as our refreshing drinks at the new Fox's Den Sports Bar!

To order ahead, call (315) 446-9111 ext 255

****BISTRO GIFT CARDS AVAILABLE**

A GREAT GIFT FOR THE HOLIDAYS!!!**

December Birthdays

Please wish a very happy December birthday to the following Residents:

Barbara K. 12/12
Rita L. 12/13
Sylvia L. 12/23
Barbara M. 12/24
Bruce S. 12/26

Hanukkah Celebrations At Menorah Park!

Please join us for Holiday Happenings in December:

Klezmer Band performance, Tues. Dec. 5th, 7pm 1st floor

Spirit of Syracuse Performance, sponsored by K&A
Weds., Dec. 6th, 7:15 pm 1st floor

Pearl Harbor Tribute, Thurs., Dec. 7th, 4 pm, 2nd floor

Hanukkah Luncheon, Tues. Dec. 12th at noon,
Auditorium

Little Jazz Trio Band, Fri. Dec. 29th, 10:30 am, 1st floor

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Hodes Way
4101 E. Genesee St.
Syracuse, NY 13214

Notice from Admission and Finance

Family members and Health Care Proxys:

Please note that **new Medicare numbers** will be issued in April of 2018, please bring in the Resident's new Medicare numbers and issued cards, so Admissions and Finance can input the information for your loved one.

Any questions, please contact:
Toni at extension 112,
Or Beth at extension 136.
Thank you for your assistance

WORDS OF WISDOM FROM OUR NURSE PRACTITIONER:

It's Flu Season again!

The flu season is approaching and we should take measures to protect our seniors from getting the flu and other respiratory illnesses. Those people 65 years and older are at high risk for serious complications from influenza, especially those in long term care facilities.

Influenza is a contagious respiratory illness caused by a virus. It can cause mild to severe illness and sometimes lead to death. The flu season on average lasts about 13 weeks but has been ranging up to 19 weeks in the past years.

People can spread the flu to others up to 6 feet away. Most healthy adults may be able to infect others beginning one day **before** symptoms develop and up to 5-7 days **after** being sick. Children pass the virus on longer than 7 days and symptoms start 1-4 days once the virus has entered the body. In other words you can pass the flu on to someone before you know you are sick!

You can help prevent the flu by taking simple measures:

- Get the flu vaccine (it takes 2 weeks for antibodies to develop in the body and provide protection)
- Wash hands frequently
- Stay away from those who are sick
- Stay home if you are sick

The Flu comes on suddenly with signs and symptoms of:

- Fever or feeling feverish/chills (not everyone has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (tiredness)

These symptoms can last a few days up to 2 weeks. The elderly and those who are medically fragile may have atypical signs and symptoms of the flu and may not have a fever.

When one of our residents is suspected of the flu, a nasal swab is done. The resident is placed on standard and droplet precautions (gown, gloves and mask) until confirmed by the lab. If the test is positive precautions are continued, and treatment with antiviral medication is started. All residents are treated empirically with the antiviral medication as well. The case is reported to the health department. We do restrict floors from mingling for 1-2 weeks, due to the chance of spread among the residents, staff and visitors.

Please: if you are sick stay home. Your loved one will understand. Stay healthy and get a flu shot!

Beverly Mosher RN BSN MSN FNP

December Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Bette Midler (entertainer) – December 1, 1945
Dave Brubeck (musician) – December 6, 1920
Eli Whitney (inventor) – December 8, 1765
Rita Moreno (actress) – December 11, 1931
Dave Clark (musician) – December 15, 1942
Ty Cobb (ballplayer) – December 18, 1886
Barbara Billingsley (actress) – December 22, 1922
Humphrey Bogart (actor) – December 25, 1899
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948

Keep Your Footing



Scotland's Hogmanay is one of the world's greatest New Year's celebrations. *Hogmanay* is the Scottish word for the last day of the year. In Scotland,

the celebration of Hogmanay was traditionally even more important than Christmas. The most important ritual of Hogmanay is the practice of *first-footing*, which begins immediately after midnight. This entails being the first person to cross over a friend or neighbor's threshold. Any first-footer must arrive bearing symbolic gifts of salt, coal, shortbread, whiskey, and black bun. Another ritual is *redding the house*, which involves cleaning the home and hearth, and then "reading" your fortune on the hearth's ashes. No Hogmanay is complete without singing "Auld Lang Syne," composed by Scotland's own national poet Robert Burns.