

REGENT PARK

REHABILITATION & HEALTHCARE

WE BRING *Elegant Care* TO LIFE

Put Dry Skin to Rest

The dry air from indoor heating systems can cause itchy skin and chapped lips. Tend to both by keeping a bottle of body lotion and a tube of lip balm on your nightstand and apply them before bedtime. Your skin and lips will soak up the moisture while you sleep.

Logic Problem

A bookshelf holds several books. If one book is the fourth from the left and the sixth from the right, how many books are on the shelf?

Card Games Can Boost Your Brain

Whether you're bidding in bridge or building a run in rummy, playing cards can have a hand in exercising your gray matter. Studies show card games—especially challenging ones, such as bridge, pinochle and canasta, which require strategy, concentration and math skills—may help reduce the risk of cognitive decline. Doctors say engaging in these types of games is one way to keep the brain's neural pathways stimulated. Players also benefit from the enriching social interaction that comes from a group activity.



December 2015



Hot Cocoa and Health

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body's levels of serotonin, which produces endorphins and can banish a bad mood.

A Classic Talent

Dec. 13 is the birthday of Dick Van Dyke, the actor known for movie classics such as "Mary Poppins" and "Chitty Chitty Bang Bang" and the TV series "The Dick Van Dyke Show" and "Diagnosis: Murder." Van Dyke was born in West Plains, Mo., in 1925.

Practice Playfulness

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

Blue Beauty

The birthstone for December, turquoise is a gemstone that has been prized for thousands of years for its brilliant blue-green color.

A copper aluminum phosphate, turquoise forms in a host rock when copper-rich water encounters certain minerals, creating a chemical reaction. Copper gives the stone its unique blue hue. Turquoise with higher iron content will appear greener in color, and the presence of zinc produces a yellowish tint.

Turquoise gets its name from the French word for the country Turkey, where Europeans originally believed it came from. However, the earliest known turquoise-producing countries are Iran and Egypt, which have large turquoise deposits. Ancient Persians believed the blue stone represented the sky and often used turquoise to decorate palaces and places of worship.

Today, the U.S. is the world's largest producer of turquoise, the majority coming from Southwestern states. Turquoise is a popular gemstone used in jewelry, especially combined with silver.

Turquoise is relatively soft, so it can scratch easily.



Winter Bird-Watching

Not all birds fly south for the winter. Watch for these feathered friends this season:

Northern cardinal. Because they do not migrate, northern cardinals are a common sight in many backyards, making them a symbol of winter. The male cardinal is easily recognized by his bright red plumage. Both males and females have a prominent head crest, but the female's feathers are gold with a slight reddish tinge.

Downy woodpecker. The tap-tap-tapping you hear from this little bird—the smallest woodpecker in North America—is most likely a courtship song to attract mates, especially if heard in late winter. These birds have black wings with white spots, a white chest and back, and a patch of red (in males) or black (in females) at the back of the head.

Chickadee. Curious and cheerful, the Carolina chickadee makes its home throughout the Southeast. These birds are mostly gray, with a black and white head. The similar black-capped chickadee is found in northern states and has a lighter body and whitewashed wings. Both types make the familiar "chick-a-dee-dee-dee" call.

Merry Melodies

Along with decorations and get-togethers, music is an essential part of the holiday season. Take note of the stories behind some standards you've been hearing and singing for years.

"Jingle Bells." James Lord Pierpont, a church organist, wrote this rousing song in 1857 for a Thanksgiving service. Originally titled "The One Horse Open Sleigh," its upbeat melody and catchy chorus invoke an iconic image of winter fun.

"Deck the Halls." Known for its festive "fa-la-la" refrain, this tune's melody dates back to 16th century Wales. In 1862, lyricist Thomas Oliphant created English lyrics that focused on the decorations and merriment of the holiday season.

"Let It Snow." It was a hot summer day in 1945 when the hit songwriting duo of Sammy Cahn and Jule Styne wrote this love song about a couple homebound by a blizzard. Short but sweet, it was a hit with postwar America.

"Silver Bells." The sights and sounds of the city are featured in this sentimental ballad. It was performed as a duet by Bob Hope and Marilyn Maxwell in the 1951 movie "The Lemon Drop Kid."



Happy Birthday

- Sandra Woodin.....2nd
- Mary Suter.....8th
- Zemora Killian.....12th
- Viola Burgardt.....13th
- Beverly Newton-Carnes..20th
- Mary Wineinger.....22nd
- Marvin Williams.....24th
- RuthAnn Rees.....29th
- Gayla Eaglin30th
- William Middleton.....30th

RESIDENT COUNCIL

MEETING



DECEMBER 28TH @ 11AM

PET THERAPY



DECEMBER 15TH @ 2PM

BELMONT LIVING ROOM

Special December Days

- 1st National Pie Day 
- 4th Santa Wish List Day 
- 17th National Maple Syrup Day
- 23rd Egg Nog Day 
- 30th National Soda Day

REGENT PARK

REHABILITATION & HEALTHCARE

Christmas Party

Sunday December 20th

2:00 – 4:00 PM

In the Town Center

~Dessert Bar~ Appetizers ~Hot Apple Cider~

With A Special Appearance from:

SANTA



OUTINGS

- 8TH CHRISTMAS LIGHT OUTING 6:30PM
- 9TH CHRISTMAS LIGHT OUTING 6:30PM
- 9TH LUNCH 10:00AM @ CRACKER BARREL
- 15TH CHRISTMAS LIGHT OUTING 6:30 PM
- 16TH CHRISTMAS LIGHT OUTING 6:30 PM
- 16TH NIFTY NUT HOUSE @ 10 AM
- 30TH LUNCH 10:45AM @ FIRE BIRDS

NEW YEARS EVE PARTY

2:00 PM

IN THE TOWN CENTER

RING IN THE NEW YEAR WITH
SOME TASTY TREATS & A
BEVERAGE OF YOUR CHOICE





THANK YOU EAST HIGH JROTC!

NOVEMBER BIRTHDAYS

CARRIAGE CROSSING
YODER, KS.



THANK YOU AGAIN
TO ALL OF OUR VETERANS!



CRAFT TIME... AUTUMN MOBILES



NOVEMBER
FUN



Sugar and Spice

Whether in the form of a miniature cottage or a lifelike figure wearing a smile, gingerbread is a favorite treat during the holidays.

The Greeks developed the first known gingerbread recipe in 2400 B.C., but gingerbread as we know it today—a cake-like cookie primarily made of ginger and molasses or honey—originated in Europe during the Middle Ages. Cut and decorated to look like animals and flowers,

these treats were so popular at medieval festivals that the events came to be known as gingerbread fairs.

Gingerbread houses originated in Germany, gaining momentum after the 1812 publication of the Brothers Grimm fairy tale “Hansel and Gretel,” which featured an edible candy cottage.

Then there’s the jolly gingerbread man. While an iconic figure in American culture, thanks to a folk tale published in 1875 about a living gingerbread boy on the run from hungry pursuers, he actually has royal roots. Queen Elizabeth I often had cookies made in the likenesses of visiting dignitaries.

‘Here’s Looking at You, Kid’

Humphrey Bogart was born Dec. 25, 1899. Celebrate this star of the silver screen with some of his most famous films.

“*The Maltese Falcon*” (1941). In this mystery thriller, Bogart plays Sam Spade, a cool and cynical San Francisco private detective. Critics say it was a career-defining role for Bogart and launched him to leading man status.

“*Casablanca*” (1942). This legendary film set in Morocco during World War II gave Bogart his first turn as a romantic lead and the memorable lines he’s known for, including, “Here’s looking at you, kid.”

“*To Have and Have Not*” (1944). As the owner of a charter boat in Martinique, Bogart’s character reluctantly takes a job helping the French Resistance and falls for a sultry American drifter, played by Lauren Bacall in her film debut. The co-stars met during filming and later married.

“*The African Queen*” (1951). Bogart won a best actor Oscar for portraying a coarse riverboat captain who’s teamed with a prim English missionary (Katharine Hepburn) in this “opposites-attract” romantic adventure set in Africa during World War I.

Wit & Wisdom

“A warm smile is the universal language of kindness.”
—William Arthur Ward

“That best portion of a good man’s life: his little, nameless, unremembered acts of kindness and of love.”
—William Wordsworth

“The words of kindness are more healing to a drooping heart than balm or honey.”
—Sarah Fielding

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”
—Princess Diana

“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”
—Scott Adams

“Kindness and politeness are not overrated at all. They’re underused.”
—Tommy Lee Jones

“One who knows how to show and to accept kindness will be a friend better than any possession.”
—Sophocles

“Kindness, I’ve discovered, is everything in life.”
—Isaac Bashevis Singer



Order Up!

Every day, 50 million people eat at fast food restaurants across the country. Take a look at when and where some of the most popular chains took their first orders.

Year	Restaurant	Location
1921	White Castle	Wichita, Kan.
1930	KFC	Corbin, Ky.
1940	McDonald's	San Bernardino, Calif.
1951	Jack in the Box	San Diego
1953	Burger King	Jacksonville, Fla.
1960	Hardee's	Greenville, N.C.
1962	Taco Bell	Downey, Calif.
1965	Subway	Bridgeport, Conn.
1969	Wendy's	Columbus, Ohio

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