

A Christmas Poem

The snow is falling, soft and white,
Blanketing the world in light.
The air is filled with songs and cheer,
For Christmas Day is finally here.

Windows sparkle with twinkling glow,
Wreaths and garlands hang in a row.
Stockings dangle, ready to fill,
With treats and toys, a heartening thrill.

Children’s laughter fills the air,
Excitement everywhere.
Families gather, hand in hand,
Sharing joy across the land.

Candles flicker, fires burn,
Time for love and hearts to turn.
Cookies baked, and cocoa sweet,
Bringing warmth in every treat.

Let us cherish, let us sing,
The hope and joy that Christmas brings.
A time for giving, peace, and cheer,
Merry Christmas to all, and a Happy New Year!



December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

December 2nd - Carol Rethlefsen
December 15th - Nancy Williams

Resident Holiday Party

Friday, December 19th at 2PM



December 2025

Hastings Senior Health & Living
community news



ATTENTION FAMILIES

You’re warmly invited to join us for our Annual Resident Christmas Party on Dember 19th @ 2pm!

Please mark your calendars and plan to celebrate the season with us. Families are encouraged to attend and enjoy a cheerful afternoon filled with holiday music by Lori Ronchak, laughter, and good company.

We will be serving a festive assortment of snacks, appetizers, and beverages for everyone to enjoy. This is a wonderful opportunity to gather, make memories, and share the joy of the season with your loved ones.

We look forward to celebrating together! ✨

Celebrating December

- 12/1: Tree Decorating in the 2nd floor lounge @ 4:30pm
- 12/2: New Bus Open House at Park Ridge 3p-5p
- 12/3: Resident Council Meeting in 2nd floor lounge @ 3:30pm
- 12/5: XMAS Treat/Movie in 2nd floor lounge @ 7pm
- 12/6: XMAS Craft in 2nd floor lounge @ 10am
- 12/8: XMAS Cards in 2nd floor lounge @ 4pm
- 12/10: XMAS Light Tour @ 4:30PM (SIGN-UP REQ.!)
- 12/12: Pizza Luncheon @ 12pm (SIGN-UP REQ.!)
- 12/12: XMAS Line Dancers in 2nd floor dining room @ 2:15pm
- 12/12: Music w/ Homesteaders in 2nd floor dining room @ 4pm
- 12/14: Caroling Friends in 2nd floor dining room at 1:50pm
- 12/15: Cookie cut-outs in 2nd floor lounge @ 1:30pm
- 12/16: Jan’s School of Dance in Chapel @ 10:30am
- 12/16: Hot Cocoa Bar in 2nd floor dining room @ 3:15pm
- 12/17: Gingerbread House’s in 2nd floor lounge @ 1pm
- 12/17: XMAS Light Tour @ 4:30PM (SIGN-UP REQ.!)
- 12/19: Decorate Cookie in 2nd floor lounge @ 11am
- 12/19: Resident XMAS Party in 2nd floor lounge @ 2pm
- 12/19: Jingle Bell Jams in 2nd floor lounge @ 4pm
- 12/19: Grinch Movie/Social in 2nd floor lounge @ 7pm
- 12/22: Eggnog & Knock-Knock Jokes in 2nd floor lounge @ 4pm
- 12/23: Santa’s Cookies & Milk @ 3:15pm
- 12/24: XMAS Eve Quarter Bingo in 2nd floor lounge @ 10:30am
- 12/24: December Birthday Social in 2nd floor lounge @ 2pm
- 12/25: XMAS Storybook Reading in 2nd floor lounge @ 10:30am
- 12/31: Bingo Store in dining room @ 2:30pm
- 12/31: XMAS Light Tour @ 4:30PM (SIGN-UP REQ.!)
- 12/31: New Years Eve Trivia/Toast in 2nd floor lounge @ 7pm

New Bus Celebration

Date: Tuesday, December 2nd
Time: 3-5PM

Thanks to the generosity of so many- our dream of a new Hastings Senior Health & Living Bus has come true! Please join us for an open house celebration with festivities, refreshments, and a bus blessing!



The History of the Candy Cane

The candy cane is one of the most recognizable symbols of Christmas, but its history stretches back several centuries. Legend has it that in the late 17th century, a choirmaster in Cologne, Germany, wanted to keep children quiet during the long Christmas services. He asked a local candy maker to create sugar sticks bent into the shape of a shepherd's crook, representing the shepherds who visited baby Jesus. These early candy sticks were plain white and primarily served as a tool for teaching religious lessons.

By the 19th century, candy canes began appearing in the United States, where they became associated with the holiday season. The familiar red stripes and peppermint flavor were added over time, giving the candy its iconic appearance. The red stripes are often said to symbolize the blood of Christ, while the white represents purity, further connecting the treat to Christian traditions. Candy canes became a popular decoration, hung on Christmas trees and included in festive displays.

Today, candy canes are enjoyed around the world both as treats and decorations. While the original religious symbolism remains for some, many people simply enjoy their sweet peppermint flavor and festive design. From humble sugar sticks to colorful holiday icons, candy canes have grown to become a beloved part of Christmas celebrations, spreading joy to children and adults alike.



Chaplains Corner

Dear Residents & Family,

December has arrived, and with it comes the beauty of Advent! Advent and Christmas are the seasons I wait for all year long! Filled with hope, joy, and the quiet promise that God is drawing near, Advent invites us to slow down, breathe a little more deeply, and remember that even in the darkest days of winter, light is on its way.

A Season of Joy

Joy is an entire way of seeing our world! During Advent, joy often shows up in small, surprising places: a warm greeting in the hallway, a shared laugh over a puzzle, the sparkle of decorations going up. My hope is that you'll allow yourself to notice those moments of joy each day. They are gifts meant just for you.

A Time to Rest

This season can also be busy and emotional. Many of us carry memories of loved ones, traditions, and holidays past. Advent gently reminds us that rest is holy, too. Take time to sit quietly with a cup of cocoa, listen to your favorite carols, or close your eyes and let peace fill your heart. God meets us in the stillness just as much as in celebration.

Advent Devotionals Are Available

I have Advent devotionals ready for anyone who would like one. These short daily reflections offer comfort, encouragement, and a moment of calm each day. Please let me know if you'd like a copy, I would be honored to bring one to you!



A Community of Light

As we move toward Christmas, may you feel wrapped in the warmth of God's love and the kindness of this community. You are treasured. You are seen. And you are never alone.

I love spending time with each of you, whether it's to pray, reminisce, share a blessing, or simply enjoy a friendly conversation. If you'd like a visit—long or short—please just let me know. Jessie, my dog, the Joy Minister (may join us too, offering her own special brand of comfort and cheer.) Wishing you a December filled with peace, joy, and gentle rest.

With Love,

Chaplain Kate (and Jessie the Joy Minister)

Catholic Mass/Communion

Father M. Siebenaler
 Mondays @ 10:30AM in 2nd floor lounge

Ecumenical Service

Pastor Kate
 Wednesdays @ 10:30AM
 Sunday Dec. 21st @ 10:30AM

Our Saviors Lutheran Online Church Service

Sundays at 10:00 AM

Bible Study

Pastor Jim
 Tuesdays 2:00 PM in 2nd floor lounge

Daily Devotions

Pastor Kate
 Mondays @ 3 or 3:30 PM

Holiday Guidelines/ Rules This Season

PROPER DRESS:

When exposing your family member to the elements, please dress them warmly. Many resi-dents of our facility-do not have warm clothing here. They often need this for doctor's visit, ac-tivities and family outings. With the year end coming, perhaps now would be a good time to check their clothing to make sure it is the correct size and in good condition. All clothing and belonging need to be labeled. Please take home extra items not used.

HOLIDAY OUTINGS:

As you know, many of the residents go out to eat on the holidays. If you know you will be tak-ing your family member out, please inform the charge nurse twenty-four-hours (24) hours in advance so medications can be ordered and so meals can be canceled. Medications will be set up and ready to be picked up on that day. This will save time for everyone. Please make sure you sign out the resident at the desk in the resident's sign out book.

DIETS: Be aware of diet restrictions, sugar, and salt. Watch for hard to chew or swallow foods, nuts or hard candy. Some of our residents cannot have sugar, regular foods or regular liquids. Due to restrictions, please check with the nurse at the stations when bringing any food or candy.

**Have a safe and Happy Holiday
from all of us at Hastings Senior
Health and Living!!!**

This is just a reminder, if your loved one changes insurance or receives a new insurance card please bring a copy to Health Information so we may update our billing as well as our pharmacy.
Thank You!



Dear Families and Friends,

We wanted to take this opportunity to share some guidelines and suggestions about celebrating the holidays in our community. The holidays present many opportunities for families to spend extra time, visit, decorate, and bring gifts to their loved ones and sometimes the community at large. These special interactions are so important to residents and very much affirmed by staff. We do want to give you a few guidelines however to ensure that safety concerns for all residents are observed.

Decorations

Only UL listed decorations should be displayed in resident rooms, we request no large floor items in skilled care rooms, and no lights hung on curtains, furniture etc. If your resident or their roommate has memory, loss please consider plants that are safe if touched or accidentally ingested. No live trees or wreaths can be hung/displayed in resident rooms. If you have any concerns or questions about decorations, please check with your community Administrator or Director of Housing before displaying.

Food Items

Please do not give food to other residents without checking with staff for any possible allergies or other food restrictions this is very important as some residents have strong reactions that could result in hospitalization related to their diet restrictions. If you are leaving food for a family member, please make sure it is in an airtight container and properly stored per temperature and use by date.

Gifts

We would ask that you avoid gifts that have any type of heating, or cooling affect such as heated blankets, socks, aromatherapy products etc. If you are giving your resident a gift that has an electrical connection (iPad, new phone charger, alarm clock) please ensure it is inspected by our Maintenance Department and has an appropriate power receptacle in the room for its use. If you would like to give gifts to other residents please check with staff to avoid any possible related safety issues. You can also check with the Activity Department about possible gift needs for the community.

As a reminder staff **cannot** accept gifts, or gratuities of any kind, so please do not offer in any way. If you would like to honor the staff with a gift, a community fruit basket, box of candy, and magazine subscription for the breakroom are good examples of a gift that could be enjoyed by the entire community. Thank you so much for being an important part of your family member's life at this special time of year.

We wish you a wonderful holiday season and thank you for your continued support of our community!

