

ANNUAL HOLIDAY PARTY

MESSAGE FROM MARY BAKEWELL

Hi Everyone,

I had a great time and fantastic food at the potluck. It was very nice visiting with everyone and Thanks to everyone for your concerns about how hard I have been working lately. I have to get the job done, but I also have to Thanks to the caretakers for all the extra work on their parts and especially Don and Carol for all the extra hours. Thanks Kevin for hosting pot luck and all your work cleaning up and setting up. I really appreciate all you do.

I am really Happy to announce (I know most of you already know) that George is going to come back as Manager at CCM. He is already doing the pool and decided that he just needed a little more work to keep himself busy while Roberta is watching the grandsons. I hope he is not just doing it because he feels sorry for me also. Thanks George for stepping up to the plate. I know it is going to be just great and we will be full again very soon.

Have a Very Blessed and Merry Christmas and Happy New Year and enjoy the family over the Holidays.

Mary

Mark your calendars! Our annual Christmas party will be held in the Club Room on Tuesday, December 11th. Gathering will begin at 4:30 and our catered dinner will be served at 5:30. Entertainment will follow the dinner. Be sure to sign up in the lobbies, sign up sheets are up and getting filled fast. Hope to see you all there!

WELCOME BACK GEORGE

Hello everyone,

SURPRISE! SURPRISE! I wish I could read minds when everyone reads that I am the new CCM manager. I can just imagine things like: **WHAT????, REALLY!!!!!!!, IS HE CRAZY?????**

Since we left in mid August, yes, it took awhile for us to get settled in our new home; but now, I am beginning to get a little bored. (Sponge Bob and Dora cartoons were getting a little old.)

Then I heard L&M Management was looking for another manager. I told Roberta I would like to apply for the position. She said, **"IT IS JUST GOING TO BE YOU, I AM ALREADY BUSY ENOUGH WATCHING OUR TWO GRANDSONS"**.

Well, I gave this position a lot of thought over Thanksgiving week while we were visiting Roberta's relatives. I already know the building well, and will only

need some training on the office duties. So I stopped by and talked with Mary on Thursday and now, I will see all of you on Monday.

I enjoyed the many friendships I made while living there; and look forward to meeting all those I haven't met as of yet. Stop by and say HI or I am sure I will see you around the complex sometime in the near future, while making my rounds checking the buildings. See you Monday or at the Christmas party on the 11th!

George

DECEMBER BIRTHDAYS

12/1	Mary Jo Segar	#215
12/04	Susan Woods	#203
12/04	Gery Brack	#218
12/14	Tony Prigge	#333
12/15	Norah O'Toole	#225
12/16	Margie Marshall	#121
12/16	PaulineDonaldson	#310
12/16	Brenda Urquhart	#134
12/27	Hugh Cosgrove	#331

DECEMBER POT LUCK AND NEW YEAR'S EVE PARTY

For this month only we will have the Pot Luck on Thursday, December 27th at 5:30 PM. We will be done in plenty of time for Bingo at 7:00.

On the last Monday of the month, December 31, we will have a New Year's Eve Party, starting at 8:00 PM. Please bring a snack to share and anything you would like to drink to bring in the NEW YEAR. Kevin and Kathy Ericson will host both events and will provide the champagne at 11:00 PM for the early to bed people and again at Midnight to bring in the New Year for those that can last the night. Remember there is no driving home. If you decide to go out to dinner early and want to arrive later, feel free to do so. The more the merrier. HAPPY NEW YEAR TO ALL!

REMINDERS:

MAINTENANCE:

Any maintenance EMERGENCY can be reported after hours by calling the office number, 651-451-2633. Note: We always try to answer the phone rather than let it go to a machine. So please respect our off hours and call only for maintenance items of an EMERGENCY nature. If you should get a recording for some reason, you can also dial our emergency beeper at 612-640-1948. (Just punch in your number after the beep.) For health emergencies, PLEASE CALL 911.

Out of respect for our on-call staff, please report only those repair items that cannot wait until the next business day i.e., emergency items only. If you have any routine maintenance, please fill out a

maintenance request slip. Maintenance requests can be found outside the office door. Written requests help assure repairs “don’t fall between the cracks!”

SNOW REMOVAL:

Winter is here and we must all remember to move our vehicle after the driveway and east and west parking lots have been cleared, to the east and west side lots, so the parking area in front of the building can be cleared. Once the main driveway section of the lot has been done, they will come back later in the day to plow the balance of the parking area of the lot.

Please be reminded that if you wish to have a Christmas tree in your apartment, it must be ARTIFICIAL per your lease. If you must have the smell of real trees, a wreath may be allowed but you must bag it coming in and out of the building. If you drop any needles, you must be the one to clean them up. Please remember this rule is for the safety and well being of ALL OUR RESIDENTS.

GOING AWAY? Please notify the office if you plan to be gone for an extended period. If there is an emergency, we must have a contact person or phone number to contact you.

ITEMS TO GIVE AWAY: If you have something you would like to give

away, please do not leave it in the lobby area. Items to give away should be put on the table in the laundry room. If they do not disappear in one week please remove and give to the Goodwill or your favorite charity. Thanks for your cooperation!

MAIL PACKAGES. Please be reminded that it is a federal offense to tamper with mail that doesn’t belong to you. Be sure to check the name on a package before taking it.

BUILDING ENTRY: Please do not let anyone into the building that is not there to see you. This is for your safety and the safety of your fellow residents. Thank you!

AIR CONDITIONERS: During the winter season, we ask that you turn off your air conditioner unit in your apartment at the circuit breaker. Thanks for your cooperation.

YOU CAN CHOOSE YOUR OWN NEIGHBORS!

We are renting apartments as people leave but we would rather have YOU choose your own neighbors rather than us!

Choosing you own neighbors is easy! Just give the Country Club Manor office the name and number of someone you think might be looking for a nice apartment. That’s all there is to it. Or

you can give the office number (451-2633) to your friend. In the latter case, please make sure they mention your name early in their conversation with the office.

If you have a friend who would like to take a look, just have them call the Country Club Manor office and we'd be happy to set up a showing with them. When your friend signs a lease and moves into Country Club Manor, you will receive two \$100 certificates of appreciation to use towards your rent.

Our hat's off to all of you who have already helped us out and please feel free to send a few more of your friends out way! You'll help them find a nice place to live while helping CCM attract "pre-qualified" residents.

We have a very nice 2 BR facing the golf course available at the moment.

SOMETHING FOR THE FUNNY BONE

A lady lost her handbag in the bustle of Christmas shopping. It was found by an honest little boy and returned to her. Looking in her purse, she commented, "Hmmm...That's funny. When I lost my bag there was a \$20 bill in it. Now there are twenty \$1 bills."

The boy quickly replied, "That's right, Lady. The last time I found a lady's

purse, she didn't have any change for a reward."

People in a park came across a man playing chess against a dog. They were astonished and said, "What a clever dog!"

But the man quickly protested, "No, no. He's not that clever. I'm leading by three games to one."

What do you call Santa's helpers?
Subordinate Clauses.

Why do bagpipers walk when they play?

They're trying to get away from the noise.

Blessed are those who can give without remembering and take without forgetting.

REMINDER: DARTS & INTERIM HEALTHCARE

Be sure to stop by the Club Room for the free blood pressure clinic. We would also hope to see more of you attend the Darts educational meetings. Now with winter arriving, remember if you would like to take a trip out shopping, Darts will arrange a bus to and from for a day outing. Darts has so much to offer for seniors. In fact, "its more than a bus."

1st week of the month on Thursday at 3:00 p.m. is 'Ask a nurse'

and “Blood Pressure” clinic. Stop down to the club room and visit with your neighbors at the same time.

2nd week of the month on Wednesday from 1:00 – 3:00 p.m. Kathy, our service coordinator will be on-site in the CCM office to answer any questions or concerns you may have. Feel free to stop by and visit if you have any questions.

TIME FOR A TRIP?

A Few of our residents recently returned from a trip to Branson and enjoyed every minute of it.

Don’t forget Sunshine Travel Company has trips planned for the winter. Check out the bulletin boards for details. If you don’t see anything you would like, give them a call and see if they would be interested in planning a trip. If they have enough interest they will plan a trip any where.

CCM’S MANY ACTIVITES

EVERYDAY OF THE WEEK, “THERE’S ALWAYS SOMETHING GOING ON”

- **Saturday Morning Coffee and Donuts:** Every Saturday morning we have coffee and donuts in the club room from 9-11:00 am. Kathy and Kevin Ericson cater this delightful

event. This is a great way to get to know your neighbors. You do not need to commit every Saturday. If you can make it this Saturday, but have to miss the next three, that’s no problem. This is not like a golf or bowling league where you must attend every week . . . or not at all! Please stop by when you get a chance and join in the fun.

- **POTLUCK:** Don’t forget potluck on Thursday evening December 27th at 5:30 PM in the club room. Kathy and Kevin are (again) your gracious hosts. In November we had a great turn out and some great food and we had such a good time. Please encourage your friends and neighbors at Country Club Manor to join us. Another great way to meet other residents and taste some great food at the same time. Hope to see you there.



- **Poker Club:** Every Monday at 1:00 PM in the club room. Please call Jim Long at 455-4893 for further information.
- **CCM AEROBICS:** Every Monday afternoon at 1:00 p.m. in the pool (and Saturday at 10 a.m.)
- **“Happy Hour”:** Every Tuesday 4 to almost 6. Bring your own wine or whatever else you would like to drink. You should not

- need a designated driver unless you can't walk.
- **Bridge Club:** Every Tuesday at 7:00 PM to 9:30 PM in the club room - sign up in the lobby of either building. Call Gerry Brack at 455-8531 for further information.
 - **Game Night:** Every Wednesday at 7:00PM. to 9:30 PM. Bring a game, deck of cards, snack to share, or just come and join the fun. Coffee will be served and a pop machine is available in the pool room. If you want something else to drink, feel free to bring it with you, Some games will be provided.
 - **BINGO NIGHT:** Every Thursday from 7—9 PM you get 3 cards for a quarter per game. Carol always provides a snack at 8 PM so come join in on the fun, you might get lucky and win.
 - **MOVIE NIGHT:** Most Fridays (Watch the Bulletin Boards) Take in one of the many movies from Pat Wacker's DVD collection... or bring your own. Sit back and enjoy our home theater in the Club Room beginning at 7:00 pm.
 - **CCM AEROBICS:** Every Saturday at 10:00 am. (as well as Mondays at 1 PM) Aerobics is a good way to exercise without putting the stress on bones and joints that walking and other

exercise can do. Everyone agrees our leader, Jared Fuller, is the greatest instructor ever! Best of all, it's all totally FREE! The only cost is that if you DON'T attend, your good health will suffer. So please come on down and visit your neighbor while losing a pound or two! Everyone is welcome!

- **THIS MONTH ONLY: A NEW YEAR'S EVE PARTY** will be held on Monday night December 31st starting at 8:00 PM. Bring a snack to share. Kevin and Kathy Ericson will host this event.

HEALTHY WAYS WITH FOOD

Two teaspoons vinegar in a glass of water with each meal will take an inch from your waist in two months.

Whenever possible, replace white sugar with honey. It is composed of two sugars: dextrose for immediately available energy and levulose for slower acting energy. Between them, they make up the perfect, easy to digest, energy food.

Cut down on the use of sugar, without even trying! Simply replace the sugar bowl with a shaker of sugar. Everyone will automatically use less!

Cranberry juice is helpful if you have a bladder infection. Drink at least two glasses a day.

Vitamins and minerals are concentrated in dried fruits and vegetables. For example, one tablespoon of dried parsley has more vitamin C than a serving of orange juice! Saves space, too! A peck of apples will fit into a quart sized jar, a large zucchini in a pint container, and arm loads of greens in a small bowl.

Use herbal tea in place of liquid in breads and muffins for interesting flavors.

Potassium is as necessary to the nervous system as calcium is to the bones. A daily sprinkle of paprika on food will ensure getting sufficient amounts of this nutrient.

Heat is a natural, safe sedative. A warm drink can slow your system. Pulse, breathing, temperature and blood pressure are all affected.

Use music to alter moods and help you to direct your thoughts into pleasant paths. This is much healthier than bottled tranquilizers!

Niacin is a natural tranquilizer. It also helps to lessen the pain of arthritis, calm aggressive feelings and relieve insomnia.

Take one tablespoon corn oil with each meal to relieve hay fever, asthma and migraine headaches.

Extra calcium in the diet is a cure for gum disease, jagged nerves and leg cramps.

Pain associated with shingles is relieved by patting afflicted areas with one aspirin, dissolved in three tablespoons hand lotion.

Cold sores will heal fast if treated with the amino acid, lysine.

Evening primrose oil (contained in the plant's tiny seeds) is very healing for skin eruptions.

Reoccurring colds and sinus problems are treated best by taking vitamin A regularly.

Vitamin E is great for healing both the inside and outside of the body. Taken internally it eases arthritic pain. It is healing when applied to skin troubled by shingles, athlete's foot, boils, poison ivy or warts.

RECIPE CORNER

Peanut Butter and Jelly Cookies

½ cup packed brown sugar
¼ cup natural creamy peanut butter
¼ cup dark corn syrup
3 tablespoons butter or stick margarine, softened
1 large egg
2 teaspoons vanilla extract

1 1/3 cups all purpose flour
2 tablespoons cornstarch
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup granulated sugar
Cooking spray
1/4 cup grape or other flavored jelly or jam

Beat first 4 ingredients at medium speed of a mixer until well-blended. Add egg; beat well. Beat in vanilla. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through salt), stirring well with a whisk. Add flour mixture to sugar mixture; beat well. Cover; freeze 30 minutes or until firm. Preheat oven to 375 degrees. Shape dough into 24 balls; roll in granulated sugar. Place 1 inch apart on baking sheets coated with cooking spray. Press thumb into center of each cookie, leaving an indentation. Spoon about 1/2 teaspoon jelly into center of each cookie. Bake at 375 degrees for 12 minutes or until lightly browned. Cool 2 minutes on pans. Remove from pans, and cool completely on wire racks. Makes 2 dozen

BIRTHDAY CELEBRATION

I thought this was very nice and thought you would enjoy it! Mary

You are cordially invited to a Birthday Celebration!

GUEST OF HONOR: Jesus Christ

DATE:: Every Day. Traditionally, December 25 but he's always around, so the date is flexible.

TIME: Whenever you're ready. (Please don't be late, though, or you'll miss out on all the fun!)

PLACE: In your heart...He'll meet you there. (You'll hear him knock.)

ATTIRE: Come as you are...grubbies are okay. He'll be washing our clothes anyway. He said something about new white robes and crowns for everyone who stays till the last.

TICKETS: Admission is free. He's already paid for everyone. He says you wouldn't have been able to afford it anyway, it cost him everything he had. But you do need to accept the ticket.

REFRESHMENTS: New wine, bread, and a far-out drink he calls "living water", followed by a supper that promises to be out of this world.

GIFT SUGGESTION: Your Life. He's one of those people who already has everything else. He's very generous in return though. Just wait until you see what he has for you!

ENTERTAINMENT: Joy, Peace, Truth, Light, Life, Love, Real Happiness, Communion with God, Forgiveness, Miracles, Healing, Power, Eternity in Paradise, Contentment, and much more!

Hope to see you there!

ON-CALL DECEMBER

December 1 - 6

Craig and Judy #128

December 7 - 13

Jim and Darlene #126

December 14 - 20

Don and Carol #220

December 21 - 27

Kevin and Kathy #107

December 28 - 31

Craig and Judy #128

SURPRISING PLACES GERMS GROW

The common lack of knowledge about where germs are found constitutes a significant health problem, says Dr. Gerba, because it gives people a false sense of security.

His studies have unearthed some surprising discoveries....

Germs love moisture, and the kitchen sink is just about the germiest place in the house. It's more contaminated than the toilet bowl if you flush it every time. Always hang up that dish rag and replace it often.

Phone receivers are another contaminated surface found in the home. Wash it off with Alcohol often.

Under the toilet seat harbors lots of germs. Clean it weekly.

Germs grow and spread in cloth hankies. Use disposable tissues only.

Use disinfecting wipes to clean highly contaminated surfaces such as phones, remotes and computer keyboards and monitors.

Practice proper hygiene by frequently washing your hands with soap and water frequently. If soap and water are not available use an alcohol-based hand sanitizer such as Purell. These are especially good because they kill the bacteria on the skin instead of just washing them down the drain.

One final note: This is the stripped down version of the Newsletter. Lee is out of town, crossing the ocean on a friend's boat and I just took over his job, and I just can not do pictures and color. Thanks for your understanding! Mary