

Cumberland Trace  
1925 Reeves Road  
Plainfield, IN 46168

Postage  
Information



Assisted Living Newsletter

1925 Reeves Road Plainfield, Indiana 46168 (317) 838 – 7070 [www.cumberlandtrace.us](http://www.cumberlandtrace.us)

Name: \_\_\_\_\_

Apt #: \_\_\_\_\_



Outings in December

**Shopping at Walmart**  
*December 7<sup>th</sup> at 12:30pm*

**Men’s Breakfast**  
*December 11<sup>th</sup> at 8am*

**Lights at the Brickyard**  
*December 13<sup>th</sup> at 6:00pm*

**Lunch at Sal’s**  
*December 14<sup>th</sup> at 11:00am*

**Indiana Historical Festival**  
*December 17<sup>th</sup> at 12:30pm*

**Beef & Boards**  
*December 21<sup>st</sup> at 11:00am*

**Ladies Lunch at Metro  
Dinner**  
*December 27<sup>th</sup> at 11:00am*

**Shopping at Kroger**  
*December 28<sup>th</sup> at 12:30pm*

Special Days in December

- **December 3<sup>rd</sup> Homemade Wreath Sale**  
**Main Lobby 10am**
  - **December 4<sup>th</sup> The Apple Pickers**  
**Musical Groups (L) 10am**
- **December 5<sup>th</sup> Dietary & Town Hall at 2pm (CH)**
  - **December 7<sup>th</sup> – Tim & Jay at 2pm (CH)**
    - **December 10<sup>th</sup> Christmas Carols**  
**PHS Orchestra (Bistro) 5pm**
- **December 11<sup>th</sup> - \$5 Paparazzi Accessories**  
**11am Main Lobby**
- **December 12<sup>th</sup> – Christmas Dinner Party**  
**at 5pm**
  - **December 18<sup>th</sup> – The Apple Pickers**  
**Musical Group (L) 10am**
- **December 19<sup>th</sup> – Don White (CH) at 2pm**
  - **December 20<sup>th</sup> – Christmas Party**  
**& Dirty Santa 2pm Civic Hall**
- **December 31<sup>st</sup> – Continettes Ladies Dance**  
**Group & New Year Party (Bistro) 6:30pm**

December Birthdays

**Kay Palmer**  
**December 6<sup>th</sup>**  
**Lee E. McClellan**  
**December 28<sup>th</sup>**

Your family is our family

At Cumberland Trace, you’ll see our family-first philosophy shine through in all that we do to make the living experience truly special. You’ll see it in our thoughtfully designed, comfortable suites and welcoming gathering spaces – and in the variety of services, amenities, and engaging activities we offer residents and family members. You’ll feel the warmth of being part of our family of residents and staff. We welcome family visits and always appreciate the family’s participation, suggestions and concerns. Because we share a common goal – the well-being and happiness of each person we serve – we go the extra mile to ensure the senior living options and health care services we offer meet everything from lifestyle desires to a wide range of personal needs. It all contributes to optimal quality of life for our residents receiving assisted living support, rehabilitative care, long-term skilled nursing care or specialized memory care.

Community Amenities  
Include:

- The Bistro Restaurant- Style Dining
- The Colonnade Private Dining Room
- Civic Hall Community Center
- Prewitt Theater
- The Fitness Connection
- Clark’s Creek Library
- Beauty Salon/ Barber
- Welcoming Lounges and Living Rooms
- Inviting outdoor Courtyards
- Modern, fully equipped therapy gym
- Wi Fi throughout the community



## Management Team



Executive Administrator  
Tom Mullins



Assistant Administrator  
Trei Barnett



Resident Services  
Director  
Misty Cummings



Director of Nursing  
Nikki Osborne



Activities Director  
Hardeep Kaur



AL Clinical Director  
Jordan Stream



Food Service  
Director  
Jeff Whitaker



Environmental Service  
Director  
Frances Hollinsworth



Maintenance Director  
Scott Munroe

## Home for the Holidays

The sweet and spicy smell of gingerbread is a clear indicator that the holiday season is in full swing. By the time Gingerbread House Day arrives on December 12, you may have already indulged in eating this seasonal treat.



Gingerbread, made with ginger root, is believed to have originated in East Asia, where ginger was originally cultivated. It is believed that ginger and gingerbread were introduced to Europe after the Crusades of the 11th century. Gingerbread was adopted most heartily in Germany, where monks perfected their heart-shaped *lebkuchen* cookies. These cookies were first made as unleavened honey cakes, made in the same fashion as communion wafers. With the introduction of ginger, German bakers transformed *lebkuchen* into their beloved gingerbread. In 1487, Emperor Friedrich III presented the 4,000 children of the city of Nuremberg with gingerbread cookies shaped to his likeness.

The shape of gingerbread was not limited to hearts, faces, and people; miniature houses made of the cookie were also common. This is why a gingerbread house figured so prominently in the tale *Hansel and Gretel*, first published by German folklorists and brothers Jacob and Wilhelm Grimm in the 19th century. What better way for a witch to lure two children into her home than to build a home out of Germany's favorite cookie? Through this tale, the Brothers Grimm spread the popularity of making gingerbread houses beyond Germany.

It may be surprising that one of the most enduring holiday traditions was popularized by the tale of a witch attempting to eat two children by luring them into her gingerbread house. But the religious significance of gingerbread has deeper roots than *Hansel and Gretel*. Perhaps it stems from the development of gingerbread by German monks. Or the use of gingerbread in religious ceremonies. Whatever the reason, warm, spicy gingerbread has become synonymous with the Christmas season.

## The Invention of Clean

Many of us have good reason to thank Josephine Cochrane, for she invented the first automatic dishwasher on December 28, 1886. Cochrane was the daughter of an engineer and wife of a successful merchant and politician. In 1870, Cochrane and her husband moved into an Illinois mansion, where she hosted elaborate dinner parties served on heirloom china. Wishing to prevent damage to her precious china, Cochrane set about designing an automatic dishwasher in a shed behind her home. Wire compartments measured specifically to hold her unique collection of plates, cups, and saucers were fit into a wheel that revolved inside a copper boiler. A motor turned the wheel while hot soapy water rained down on the dishes. Cochrane took her invention to the 1893 Chicago World's Fair, where she won the highest prize. Just four years later, she bought a factory for her new company and provided dishwashers to many of Illinois' most prestigious hotels and restaurants—and sweet relief to the world's homemakers.

## Making the Cut



Whether the snow is falling outside or not, you can provide some flurries of your own on December 27, Make Cut-Out Snowflakes Day. Paper snowflakes are

simple, easy-to-make decorations that instantly create a festive atmosphere. And like real snowflakes, no two are exactly alike! Simply fold a square piece of paper in half diagonally to make a triangle, fold it in half again to make another triangle, and then fold it into thirds. Next, use scissors to cut straight or wavy lines into the finished triangle. As you unfold your paper, you'll find a perfectly unique and symmetrical flake. The cutting of paper snowflakes was born with Japanese origami in the Far East. It is likely that the French mastered the art of cutting paper doll chains from Japanese origami, and snowflakes evolved from those dolls.