

Cumberland Trace  
1925 Reeves Road  
Plainfield, IN 46168

Postage  
Information

January 2019



## Assisted Living Newsletter

1925 Reeves Road Plainfield, Indiana 46168 (317) 838 – 7070 www.cumberlandtrace.us

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

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



### Outings in January

**Lunch at MCL**  
*January 4<sup>th</sup> at 11am*

**Shopping at Walmart**  
*January 11<sup>th</sup> at 12:30pm*

**Men's Breakfast**  
*January 15<sup>th</sup> at 8am*

**Shopping at Aldi's & Dollar  
Tree Avon**  
*January 16<sup>th</sup> at 12:30pm*

**Ladies Lunch at Cracker  
Barrel**  
*January 18<sup>th</sup> at 11:00am*

**Dinner at Texas Roadhouse**  
*January 23<sup>rd</sup> at 4:00pm*

**Shopping at Meijer**  
*January 25<sup>th</sup> at 12:30pm*

### Special Days in January

January 2<sup>nd</sup> Town hall & Dietary Meeting at 2pm

January 8<sup>th</sup> Painting with Tracy at 6pm

January 9<sup>th</sup> Music with Joe Clymer at 2pm

January 14<sup>th</sup> Veteran's Group at 1:30pm

January 15<sup>th</sup> Apple Pickers Musical at 10am

January 16<sup>th</sup> Music with Don White at 2pm

January 22<sup>nd</sup> Music with Dough Debaun at 2pm

January 25<sup>th</sup> \$ 5 Papparazzi at 11am (ML)

January 29<sup>th</sup> Apple Pickers Musical at 10am

### 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

### Birthdays in January

January 6<sup>th</sup> Juanita Paul

January 9<sup>th</sup> Betty Cole

January 15<sup>th</sup> Mildred Smith

January 20<sup>th</sup> Doris McCormick

January 21<sup>st</sup> Jean Davis

January 25<sup>th</sup> Kathleen Nadin

January 30<sup>th</sup> Karl Williams

## Management Team



Executive Administrator  
Tom Mullins



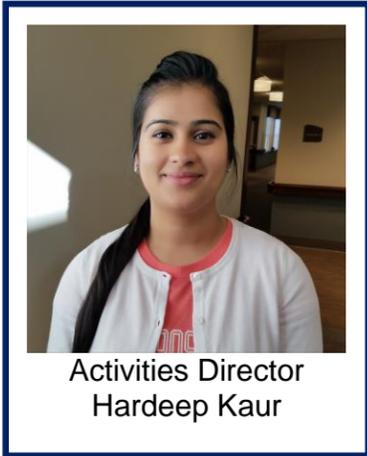
Assistant Administrator  
Trei Barnett



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

### A Birthday Mystery

Happy birthday to Sherlock Holmes, who is believed to have been born on January 6, 1854. Sir Arthur Conan Doyle, the creator of Sherlock Holmes, never explicitly stated the date of his fictional detective's birth, so how, exactly, have we arrived at this birth date?



The January 6 date was first asserted by Christopher Morley, a literary essayist and Sherlock Holmes superfan. Morley decided on the date after noticing Holmes' penchant for quoting Shakespeare's play *Twelfth Night*. He deduced that Holmes' birthday must fall on the twelfth night after Christmas, which is January 6. On that date in 1934, Morley arranged a meeting of the Baker Street Irregulars, a group of Sherlock Holmes fans and scholars who gathered together to enjoy all things Sherlockian over the course of a few days, including lectures, dinners, cocktail parties, and performances. Morley's group has included such esteemed members as Isaac Asimov, Franklin D. Roosevelt, and Harry S. Truman. The original Baker Street Irregulars appeared in various Sherlock Holmes stories. They were a band of street kids who aided Holmes in gathering tidbits of information. Sherlock Holmes scholar William S. Baring-Gould corroborates the January 6 date in a roundabout fashion. He points out that in Doyle's final Sherlock Holmes mystery, *The Valley of Fear*, Holmes awakes very cranky on January 7. Why is he cranky? He must have a hangover. Why a hangover? He was up late celebrating. What was Holmes celebrating? Baring-Gould postulates that it was his birthday. However, many attest that this is all rather shoddy detective work. Not everyone agrees that Sherlock Holmes' birthday is January 6. Many instead celebrate Holmes' birthday on December 2, the real-life birthday of Dr. Joseph Bell, the surgeon and professor after whom Sir Arthur Conan Doyle modeled his detective. Yet all agree on the year 1854, for in a 1914 tale, Holmes was described as 60 years old. Elementary, my dear.

### Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

### A Life in Words



Amazing. Stupendous. Astounding. Those are just a few ways to describe Thesaurus Day on January 18. This day commemorates the birth of Peter Mark Roget, who published the world's first thesaurus in 1852. Roget enjoyed making lists as a young boy but then moved on to a life of medicine and science. However, he never forgot his passion for words. In 1840, Roget retired from medicine and spent the rest of his life on his dictionary of synonyms, which he called *Roget's Thesaurus of English Words and Phrases Classified and Arranged so as to Assist in Literary Composition*. His thesaurus was originally organized not alphabetically, but by concepts like *Space*, *Matter*, *Intellect*, and *Existence*. His handy tome has never been out of print and has sold more than 40 million copies—a countless, innumerable, and multitudinous number.