

December 2019

LORIEN ELKRIDGE

7615 WASHINGTON BLVD, Elkridge MD 410-579-2626



Celebrating December

Cookie Month
LORIEN ELKRIDGE
Christmas & Holiday
Cookie Social
December 19th @ 2:00pm.
2nd Floor Dining Room

St. Nicholas Day
December 6

Hanukkah
December 22–30

Christmas
December 25

Kwanzaa begins
December 26th

**Please view our Lorien
Elkridge December
Calendar for the numerous
Christmas and Holiday
visitors and events.**

LORIEN ELKRIDGE THANKFUL GATHERING 2019



Lorien Elkridge Administration team hosted our **Thankful Gathering** a yearly event for our residents & their families. Everyone enjoyed appetizers, holiday desserts served by our Admin. team and music by TMT Duo.



A little sugar, a lot of fun
We're having a cookie & treats swap
So please plan to come!
Bring your favorite cookies or treats
to share. (homemade or bakery)

LORIEN ELKRIDGE Christmas &
Holiday Cookie Social
December 19th @ 2:00pm.
2nd Floor Dining Room



MIRACLE ON 34th STREET Each year, the 700 block of 34th Street in Hampden lights up with holiday decorations, one-of-a-kind sculptures, and more lights than you could imagine. The tradition started in 1947 by a couple, Bob Hosier and Darlene Hughes, who both loved decorating their homes for Christmas. As the decorations grew, the street attracted more attention until it became a can't-miss holiday attraction. Thousands of visitors are drawn to the Miracle on 34th Street between Thanksgiving and early January each year.



The Season of Sugar and Spice



December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is

Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

Radio City Splendor

On December 27, 1932, at the height of the



Great Depression, Radio City Music Hall opened in New York City. The theater was the pet project of billionaire John D. Rockefeller Jr. He envisioned a performance venue for the masses,

an Art Deco masterpiece where rich and poor alike could see the highest-quality entertainment. One year after opening, Radio City debuted its *Christmas Spectacular*, featuring the high-kicking Rockettes on its Great Stage. The stage measures over 100 feet long and 60 feet wide, and was constructed to resemble a setting sun. Since its opening, over 300 million people have passed through its doors to enjoy movie premieres, stage shows, concerts, and more. Radio City Music Hall remains the largest indoor theater in the world today.



Christmas Village in Baltimore's Inner Harbor

The village, which returns for the seventh year in a row, transforms the western edge of the Inner Harbor into a festive carnival and holiday market. Its design and appearance evoke the traditional Christmas markets of Germany, whose roots go back to the Middle Ages. Last year's village attracted an estimated 150,000 or more revelers throughout its near-month-long run.

The European influence comes through in many of the festival's offerings, which mirror those held in the town squares of Nuremberg, Stuttgart and other German cities every winter. Vendors peddle a mix of foods, beer, crafts, clothes and other goods from inside small wooden huts. A heated tent features a biergarten (beer garden) where patrons can sip Hofbräuhaus beers during breaks from holiday shopping at one of the many surrounding vendors. The most obvious new addition to this year's Baltimore village is a take on a traditional pyramid, a 30-foot-tall wooden structure from Germany with a carousel of supersized Nutcracker dolls on one level, a propeller at the top and other festive ornamentation throughout.

December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

Monica Seles (tennis star) – December 2, 1973
Walt Disney (animator) – December 5, 1901
Marie Tussaud (artist) – December 7, 1761
Sammy Davis Jr. (entertainer) – December 8, 1925
Bobby Flay (chef) – December 10, 1964
Frank Sinatra (entertainer) – December 12, 1915
Beethoven (composer) – December 16, 1770
Ray Romano (actor) – December 21, 1957
Clara Barton (nurse) – December 25, 1821
Tiger Woods (golfer) – December 30, 1975

Generosity on Tap



On December 31, 1759, Irishman Arthur Guinness signed a 9,000-year lease at £45 per year for the St. James' Gate brewery in Dublin. The brewery still operates today as one of the largest in the world. Guinness beer is famously known for its dark stout, but Guinness himself was much more than a successful brewer. He was a philanthropist deeply committed to improving social welfare. He ensured that working conditions at his brewery meant that both workers and their families were offered health insurance, meals, high wages, pensions, and even a free beer after a long day's work. Guinness also donated to local charities offering the poor affordable health care, while he preserved Gaelic arts and culture and advocated for religious tolerance. Despite his wealth, fame, and generosity, only one portrait exists of Arthur Guinness, yet his signature appears on every bottle of his self-named brew.