

Merry Christmas!



It's that time of year again, although you wouldn't know it by the amount of cloud and rain we've had here in Melbourne! We could be set for a Northern Hemisphere Christmas, locked indoors, out of the cold and dark. Actually, the winter solstice in the northern hemisphere may have been the inspiration for the date of Christmas day. It marks the shortest day of the year, after which time the sun stays around a little bit longer each day, bringing new light and new hope.

Prior to the widespread Christianisation of Europe, this time was marked by the Pagan celebrations of *Natalis Invicti* and *Saturnalia*. *Dies Natalis Solis Invicti* translates to "the birthday of the unconquered sun". *Sol Invictus* was a Roman sun god, and this festival is a celebration that once again, he proves victorious as winter fades away.

Saturnalia was a period of seven days beginning on the 17th December in ancient Rome. During *Saturnalia* the normal order of things were reversed – old grudges were forgotten, masters served their slaves and schools and businesses were closed down. A mock king was elected from slaves and criminals, and he was given permission to behave in any manner he desired...that is, until his untimely execution at the end of the seven days.



In Scandinavia, the feast of *Juul* occurred during the winter solstice, and a log was burned on the hearth to symbolise the life-giving properties of the returning sun in honour of the Viking god, Thor. A small piece was kept to kindle next year's fire. In Europe, this Yule log was burned till nothing remained, and the ashes were strewn to fertilise the soil in the fields. In France, some ash kept under the bed protected the house from thunder and lightning.

Hannukka (the festival of lights) is a Jewish tradition that is still celebrated to this day. It originated when the Jewish reclaimed their second temple in Jerusalem after its' desecration by the Syrian king, Antiochus IV Epiphanes. According to legend, with one days worth of oil, candles were kept alight for eight days - just enough time to prepare more oil to keep the celebration going.

Brainteaser

After an exhausting Christmas Eve, Santa Claus settled down with a nice cup of eggnog with Mrs Claus, and recalled a curious event that had happened that night: "We travelled the skies far and wide. At one time, two of my delivery elves were standing on opposite sides of the sleigh. One was looking west and the other one east. And at the same time, they could see each other clearly."

How can that be possible?

**December
2010**



Christmas Activities and Entertainment

Christmas Santa Visit

On Sunday 12th December at 11:00 am all Levels.

Christmas Morning Melodies

On Tuesday 14th December at 11:00 am at the Clock tower Centre in Moonee Ponds.

Christmas Home Mass

On Thursday 16th December at 2:30pm Level 5 West with Rita & Fr. Francis from St Monica's Church.

Christmas Sing-a-long Bronwyn & Friends

On Sunday 19th December at 3:00pm Level 5 West Dining Room.

Christmas Carols

On Wednesday 22nd December at 10:30am – A special morning with the Weekday Singers' entertainment will be held in Level 2 foyer.

Christmas Day Special Lunch

On Saturday 25th December at 12:30pm all residents who have not gone out with family will be having a special Christmas Day Lunch.

Boxing Day Barbeque

On Sunday 26th December 12:30pm a Boxing Day BBQ will be held on Level 4 West terrace.

Thankyou!

to our residents and relatives for the numerous compliments we received at Ardmillan Place.

*Thank you
to all volunteers
for their
continued support
for
Ardmillan Place.*

*Merry Christmas
TO ALL !!!*



Just a reminder...

for residents to always sign out whenever they leave the premises and to sign back in upon returning.

Guests should also sign in and out at the books available at reception on each level.



December
2010

QUALITY AGED CARE

"The Art of Ageing Gracefully"



We wish a very happy birthday to residents who celebrate their birthdays in November and December

Elaine Doble, 5th November

Edwin Robins 9th November

Beverly Low 10th November

Vincenza Favazza, 14th November

John McCormack 15th November

Salvatore Catalano, 27th November

Ralph Coleman 9th December

Anna Lastrina 11th December

Carlo Viti 15th December

Frank Webb, 19th December

Clare Trewin, 26th December

Nancy Adams 31st December

Answer to Brainteaser

The elves were standing with their backs to the edge of the sleigh, so they were looking at each other. It does not matter where the sleigh is (of course that does not apply to the north and South Pole!)



In the News...

New Drug in the treatment Alzheimer's Disease

You may be already on it! At Dundee University in Scotland, scientist Susan Schweiger has proven an exciting link between a commonly prescribed drug and a slowed progression of the disease, and even its prevention in healthy people.



Susan Schweiger in her lab.

Metformin is a relatively cheap glucose lowering agent that is central to the medical management of many diabetics.

Clinical trials for new drugs can be a lengthy process and can cause a delay of up to 20 years from lab bench to Webster pack. Many elderly people are already taking metformin and it is known to be safe, so for this reason Professor Schweiger and her team may be able to fast-track metformin to the market for Alzheimer's Disease.

The inspiration for this development came to the Professor of molecular medicine as she was cycling to work one morning. This is a reminder that there is more than one thing you can do to keep the cogs turning in your head – exercise has long been known to be beneficial to cognitive function.

Source: The Herald Scotland, 24th November, 2010

Super Mamika at 91



Sacha Goldberger noticed his grandmother wasn't feeling the best. She was suffering from depression, and after a heroic life (she saved the lives of ten Jewish people by hiding them from the Nazis during World War

II before being forced to flee her homeland in Hungary), Sacha didn't believe loneliness and depression were a part of the life his grandmother Frederika deserved.

So the French photographer set about cheering her up. An extreme makeover transformed Frederika, 91, into her alter-ego "Super Mamika", and since then, Frederika has amassed a strong fan base through her escapades scaling buildings, riding on the wing of a plane and speeding along in her "Grandma mobile"... with a little bit of help from photoshop!

Source: The Telegraph (France) Dec 1, 2010