



# COTTONWOOD VILLA NEWSLETTER

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## THE MOST CREATIVE JOB IN THE WORLD

By: Rosemary Beddingfield

It involves love and caring, recreation, education, leadership, entertainment, handicrafts, art, cuisine, horticulture, literature, a sense of humor, intelligence, training, community relations, weekends & evenings, economics, maintenance, decorating, transportation, counseling, evaluating, enthusiasm, decision making, diplomacy, meetings, planning, purchasing, accounting, management, religion, psychology, hard work, daring creative thinking, theatrics, dexterity, music, physical fitness, patience and energy.

Anyone who can handle all these has to be someone special.

That someone is an ACTIVITY DIRECTOR!

## TOTALLY TUBULAR

Spend January 3 celebrating the totally tubular invention of the drinking straw. On this day in 1888, Marvin Stone was issued a patent for his paper drinking straw. Prior to Stone's invention, people used straws made from blades of rye grass, but rye imparted a grassy taste to the drink. His invention was a welcome improvement, but hardly original. Drinking straws were in use 5,000 years ago by the Sumerians, who employed straws that doubled as sieves. These drinking tubes were used to drink beer and would filter out solid particulates that were the by product of fermentation. A gold straw inlaid with blue jewels was even discovered in a Sumerian tomb. Of course, most straws today are made of plastic, but the careless tossing of these single-use straws into the garbage has created an environmental mess. It seems that Stone's patent of a recyclable paper straw is more important than ever.



## COTTONWOOD VILLA DATES TO REMEMBER

### Residents Birthdays

Virginia Lewis- 1/26

### Staff Birthdays

Annisa Carroll- 1/17

Mary Vansickle- 1/21

### Activities Professionals Week

January 21-27, 2018

Thank you  
Natalie!



## FLYING HIGH

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."



## RESIDENT COUNCIL MINUTES

The Cottonwood Villa Resident Council met on Tuesday, December 12th, at 10AM.

Natalie Leach facilitated the meeting. Seven residents were present. Feedback was received on the following departments.

Housekeeping- Good, no issues. Please get any stained clothes to the med aides or housekeeping as soon as possible, once the stain sets they cannot fix it.

Maintenance- Good, no issues.

Administration- Good, no issues.

Medication Aides- Good, no issues.

Bath Aides- Good, no issues.

Activities- Good, no issues. There are two volunteers for the High School scholarship: Luke Peters & Michaela Hobbs please welcome them when you see them around. They will be playing cards and visiting with you all. Look forward to the walking group going again within the first 2-3 months of the new year. It was also requested to have more trivia.

Kitchen- It was requested to have more veggies & more variety; less cheesy/casserole veggies and more just plain with butter. More eggs were also requested for Breakfast, scrambled are fine. They have been getting a lot of bacon in the mornings- 2 slices would be enough. It was also requested to have the oranges peeled as the slices are harder for some to eat.

There were no further comments.



## GUEST MEAL PRICES

Breakfast- \$5.50 (Adult) \$5 (Child)

Dinner- \$7.50 (Adult) \$6.50 (Child)

Supper- \$6.50 (Adult) \$6 (Child)

