

January 2023

Normandy Connection

The Normandy Care Center, 22709 Lake Rd. Rocky River, Ohio 44116, (440) 333-5400



Leadership Team

Administrator
Emily Connolly

BOM & Billing
Jeanne Kucinski, Lynn Rhoades

Dietary Manager
Kathy Halderman

Director Of Nursing
Fabian Mediavilla

Facility Rehab Coordinator
Tom Palcisco

HR Director
Paula Mulder

Housekeeping & Laundry
Liz Eisom

Life Enrichment Director
Cindy Hadley

Medical Records
Lisa Boggs

MDS
Kim Kinney

Social Service Directors
Ginny Moes, Rya Laurel

Staffing Coordinator
Jamesha Lopez

Unit Manager
Gia Falbo
Cindy Oliver



Resident of the Month! Janice Kemp

Meet Janice Kemp, our resident of the month for January. Seen here sporting the tie-dye T-shirt she made for our Woodstock party, and holding one of the many beautiful crafts she has created here, Janice is a beloved part of our Normandy family.

She was born in Cleveland Ohio at Metro Hospital in 1954, she and her four siblings, Annette, Georgia, Lynn and Richard, were raised in Cleveland by her parents who hailed from Alabama and Mississippi.

She graduated from Glenville High in Cleveland, and studied two years at Tri-C college before entering the workforce. Starting off with factory work, she soon found her niche in retail sales and management at several retail shops in the area. She loves working with people and was very popular with the customers with whom she worked.

She has 3 children, Angela, Yvonne and Vanessa. She has 15 grandchildren and 9 great-grandchildren!

She loves crafting, card making, jewelry making, and says she learned to paint here at the Normandy. She came to us in July of 2019, and actively participates in the creative activities offered here.

She loves to play bingo and her likes include people, food, old movies, clothes and shoes, and the rhythm and blues group "After 7".

Congratulations, Janice, on being our January Resident of the Month!



Use It or Lose It

The third Saturday in January is Use Your Gift Card Day, a reminder to use those valuable presents before they are misplaced or lost forever. Gift cards were born in 1994 when the luxury department store Neiman Marcus first manufactured and sold them. But it was Blockbuster Video that mass-marketed the gift card in 1995. Prior to the gift card, gift certificates were popular, but they were too easily counterfeited. With a new era of computer tracking, gift cards would be virtually impossible to forge.

Of course, gift cards have their own share of problems. They were touted to be “as good as cash,” but stores ran into trouble when they declared old gift cards expired after just a year of unuse. Today, federal laws govern the use of gift cards, including mandatory expiration dates of five years after the card is issued. The convenience of gift cards and their universal purchasing power, however, often overrule any inconveniences. They remain the ultimate last-minute gift idea.



Bobblehead Mania



In the 1960s, baseball teams began giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn't children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some are amassing bobblehead collections worth thousands! Some bobbleheads from the 1960s are worth \$10,000. Bobbleheads are so popular they have their own holiday on January 7.



Fun In December!!



Resident Birthdays

Ljubica Mohieddine 1/2
 Angela Hancock 1/3
 Roberta Holliday 1/14
 Jacqueline Gullo 1/21
 Brenda Corley 1/25
 Donna Mobley 1/29

Staff Birthdays

Akur Achuiel 1/1
 Elvira Pendavinji 1/4
 Nkemdilim Onugha 1/7
 Ana Rosario 1/8
 Bryan Flanagan 1/8
 Linda Bucher 1/18
 Linda Vannice 1/19
 Jamesha Lopez 1/20
 Tyrell Pettiford 1/22
 Rita Jones 1/24
 Njideka Ezeanya 1/24

Hopping into the New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.



Sharon Pozo 1/7 (20 yrs)
 Taisha Camacho 1/22 (5 yrs)
 Stephanie Johnson 1/26 (28 yrs)

The Road to Adulthood

The transition from childhood to adulthood is never easy, and many cultures have coming-of-age rituals to mark this passage. In Japan, the second Monday of January is Coming of Age Day, a national holiday to celebrate and congratulate all who have turned 20 years old within the past year.

Turning 20 is a cultural milestone in Japan and means that young men and women can now legally drive, smoke, consume alcohol, and gamble. But adulthood means far more than these allowances. Adulthood brings with it the burden of new societal responsibilities and expectations. The weight of independence is heavy, and ceremonies and celebrations are designed to lighten the burden.



Every municipality in Japan holds a ceremony at a local city hall, gym, or community center. The new adults wear fabulous kimonos, sure to look their best for their special day. A mayor or special guest

delivers a speech declaring them legal adults. After all the photographs and congratulations, families may venture to a shrine to pray for success and good health. And then it is off to celebrate, where the new adults enjoy their first legal drink of alcohol with their families.

Coming-of-age ceremonies are part of several cultural traditions. Thirteen-year-old Jews celebrate bar and bat mitzvahs. Hispanic cultures celebrate *quinceañeras*, marking a 15-year-old girl's transition from girlhood to womanhood. American girls hold Sweet 16 parties. Sixteen-year-old Amish youth enjoy the rite of passage known as *Rumspringa*, where they formally join the Sunday night singings that are so important for courtship. Some choose to leave the Amish community to experience the world beyond.

In all of these instances, coming-of-age ceremonies serve to assist children in their journey to adulthood and to feel supported by their parents, peers, and community.

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Isaac Asimov (author) – January 2, 1920
 Zora Neale Hurston (author) – January 7, 1891
 Elvis Presley (singer) – January 8, 1935
 Max Roach (drummer) – January 10, 1924
 Jeff Bezos (tech magnate) – January 12, 1964
 Regina King (actress) – January 15, 1971
 Dolly Parton (singer) – January 19, 1946
 Benny Hill (comedian) – January 21, 1924
 Etta James (singer) – January 25, 1938
 Paul Newman (actor) – January 26, 1925
 Jackie Robinson (athlete) – January 31, 1919

Bearable Traditions



The first Monday after Twelfth Night, marking the end of the 12 days of Christmas, is Plough Monday, a day when ploughmen traditionally blackened their faces with soot to disguise themselves and carried a decorated plough door-to-door looking

for alms, shouting "Penny for the ploughboys!" Work was generally scarce in the winter, and the handouts helped the farmers survive. The Tuesday after Plough Monday brought the Straw Bear Festival, when one of the ploughboys was dressed head to toe in straw to look like a bear. The bear was led through town on a chain and made to dance for gifts of money, beer, or food. It seems the ploughmen wanted to stretch their revels into a two-day affair. The straw bear may come from old harvest festivals, where "Old Man Winter" was driven away to prepare for the planting season.