

Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.



To some, letter writing might seem like a lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of “you scratch my back, I’ll scratch yours” exchange that highlights the enduring value of saying thank-you.

Leave it to the experts at Hallmark to offer tips on writing the perfect thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn’t have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you’d like to say. Be sure to spell the person’s name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, or *Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.



**Orv Berg- 8<sup>th</sup>**  
**Ivan Reiten- 11<sup>th</sup>**  
**Dani Hogate- 17<sup>th</sup>**  
**Deb Hoffman- 26<sup>th</sup>**  
**Jean Johnstad- 29<sup>th</sup>**  
**Jim Davis- 29<sup>th</sup>**  
**Sig Langerud- 31<sup>st</sup>**

Dial a Smile

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings probably don’t know the real meaning of Ding-a-Ling Day. According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois. Hyle believed that city dwellers needed to be friendlier to one another. His solution was to spread cheer through the telephone lines. The mission of the club was to pick up the phone and dial a friend you haven’t seen or spoken to in a long time. Why the name *Ding-a-Ling*? Hyle looked up the word and found the meaning to be “one who hears bells in his head.” The name stuck, and so did his heartwarming method of “ringing” up old friends.



December 2025

YOUR LETTERHEAD

Name of your community | Address | Phone number | Other information

Celebrating December

Bingo Month

Spiritual  
Literacy Month

Safe Toys and Gifts Month

Antarctica Day  
December 1

Mutt Day  
December 2

Lost and  
Found Day  
December 12

Hanukkah  
December 14–22

IFCM World Choral Day  
December 14

Christmas  
December 25

Boxing Day  
December 26

Kwanzaa  
December 26–January 1

New Year’s Eve  
December 31

Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it’s a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph’s search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you’ll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king’s ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings’ Day), when children wake to find gifts left by the Magi. It’s a joyful reminder that in Mexico, Christmas is more than just one day—it’s a whole season of togetherness, laughter, and celebration.





## When Krampus Comes to Town



December 4 is Santa's List Day, but throughout December, children worldwide will be wondering whether old St. Nick has counted them as *naughty* or *nice*. Of

course, most fall somewhere in the middle. But tell that to Krampus. In the alpine villages of Europe, December 5 is celebrated as *Krampusnacht*, or Krampus Night. It's the eve before Saint Nicholas Day, and—says cultural historian Stefanie A. Babb—it's the night when a creature called Krampus (half Bigfoot, half devil) searches for all the children who've been naughty. This long-haired beast is thought to be Santa's twin brother and helper. The clanking chains and bells around his waist announce his arrival. The punishment for the naughty depends upon the child's degree of naughtiness. Some children are given coal or bundles of birch. But the naughtiest are said to be thrown into a sack and carried away to the Krampus' lair, where they're eaten for dinner.

Modern-day *Krampusnacht* activities involve men and women donning elaborate goatskin costumes and exquisitely carved wooden masks. Photographer Alan Taylor has traveled throughout the Alps—from Italy to Austria and Germany—capturing groups of people parading the streets in their terrifying costumes while dragging chains and carrying flaming torches. It's a common sight for homes to be decorated year-round with bundles of the Krampus' birch, painted gold, to remind children to remain well-behaved. There's even a horror movie that tells the tale of this devil beast.

It's the "nice" children who enjoy the big payoff on December 6, Saint Nicholas Day. It's named for the fourth-century bishop of Myra, famed for his secret gift-giving. Lucky children awake to find gifts and sweets, breathing a sigh of relief that there's a whole year before Krampus returns.

## Shades of Calm

Looking for that perfect gift for someone on your "nice" list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon's Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford's intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

## Ringin' Through History

Everyone singing "Jingle Bells" this holiday season may be surprised to learn it's a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song's 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors' passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.



## Resolutions with a Twist



The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the "buy nothing" challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikTokker shared how she gamified her goals using a bingo card—mixing easy "base goals" and tougher "stretch goals," and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting "no lists" instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

## Quiet Wins the Day

We live in the Digital Age, where computers allow us access to vast amounts of information and copious social networking. It's a nearly endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. As we know, an endless stream of candy is bad for our health.

What better way to ring in the new year than with No Interruptions Day on December 31? Research conducted by Mark and her colleagues shows that work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

## Cable Cars That Could



San Francisco's cable cars are recognized the world over. The modern three-line system debuted on December 22, 1957, when car No. 51 rang its bell, exited the Washington-Mason cable car barn, and pulled onto Washington Street.

But the story of San Francisco's famous cable cars really began when Andrew Smith Hallidie witnessed a horse struggling to carry a horse-drawn tram up a slippery, steep cobblestone street in 1869. Hallidie conceived a system using thick steel cables powered by massive steam engines. The trams would grip cables embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down San Francisco's steep city streets. It's a system that has changed little from its first incarnation in the 1800s. Today, cable cars endure as a symbol of hilly San Francisco and a romantic slice of California history.



## A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk).

Papers will be in an envelope with your name on it.

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- No plastic bags of any kind in recycling bins, these are not allowed by our service provider and results in contamination charges for the facility.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

### FSL WIFI

**Username:** FSL Family  
**Password:** Smiles@843!

## New Neighbors

Cathy Wilson- 107  
Alvin & Lynn Witt- 225



In our home, Love, Laughter, and Friendship are always welcome.

## Employee Anniversaries

Makayla Perry - December 10<sup>th</sup>  
1 year

Terry Vos - December 19<sup>th</sup>  
1 year

Chloe Eisert - December 27<sup>th</sup>  
2 years

Olivia Bauer- December 28<sup>th</sup>  
4 years

*Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.*



## Helpful Phone Numbers for Seniors

<b>Buckham Memorial Library</b> 334-2089	<b>Meals on Wheels</b> 800-277-8418 ext. 328
<b>Fashions on Central</b> 334-9242	<b>Rice County Public Health</b> 332-6111
<b>Faribault City Hall</b> 334-2222	<b>Rice County Social Services</b> 332-6115
<b>Faribault Community Center</b> 334-2064	<b>Senior Companion Program</b> 330-1867
<b>Faribault Senior Center</b> 332-7357	<b>Senior Dining</b> 332-7680
<b>Hiawathaland Transit- bus system</b> 866-623-7505	<b>Senior LinkAge Line</b> 800-333-2433
<b>Veterans LinkAge Line</b> 888-546-5838	<b>Social Security</b> 800-772-1213

## FEELING LONELY?

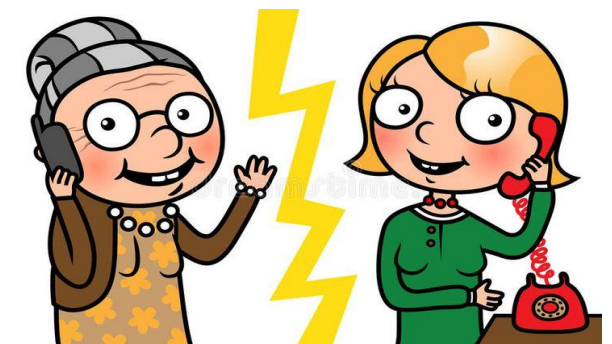


## Senior Friendship Line 800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



## Contact Us

**Main Line: 507-331-6510**

**Fax: 507-331-7252**

### Office Hours:

**Monday-Friday  
8:00am-4pm**

### Executive Director

**Sarah Valentyn (LALD): 507-331-6521**

[sarahv@faribaultseniorliving.com](mailto:sarahv@faribaultseniorliving.com)

### Assisted Living Director

**Heather Tesch (LALD): 507-331-6517**

[heathert@faribaultseniorliving.com](mailto:heathert@faribaultseniorliving.com)

### Nursing Office:

#### Director of Clinical Services

**Calista Vos (RN, BSN): 507-331-6520**

[calistav@faribaultseniorliving.com](mailto:calistav@faribaultseniorliving.com)

#### Assistant Director of Clinical Services

**Alyssa Moravec- (RN, BSN) 507-331-6512**

[alysam@faribaultseniorliving.com](mailto:alysam@faribaultseniorliving.com)

### Resident Coordinator

**Rachel Byrne- (TMA) 507-331-6511**

[rachelb@faribaultseniorliving.com](mailto:rachelb@faribaultseniorliving.com)

### Maintenance Manager

**Pat "Nezzy" Nesburg**

[patn@faribaultseniorliving.com](mailto:patn@faribaultseniorliving.com)

### Office Coordinator

**Jenafer Jensen**

[office@faribaultseniorliving.com](mailto:office@faribaultseniorliving.com)

### Activities Coordinator

**Donna Boyer**

[activities@faribaultseniorliving.com](mailto:activities@faribaultseniorliving.com)

## **FSL Monthly Blood Pressure Clinic**

Friday, December 19<sup>th</sup>

10:30-11:30a

Lounge

Come see our nursing team to have  
your vitals and weight checked!!



## **General Store Update**

Please bring bills no larger than  
\$10.00 to the general store, as we  
cannot break these larger bills.



**"Sometimes the best  
Christmas present  
is remembering  
what you've already got."**

—CATHY GUISEWITE



## **LAUNDRY ROOM ETIQUETTE**

Laundry Rooms are available  
for residents to use. These are  
a shared space. Please be  
respectful of others and their  
laundry.

- Place your room number magnet on the machines you are using.
- Once machine is operating leave alone until complete
- Please remove clothes in a timely manner so that everyone has a chance to use the machines.
- After using dryers, please clean out the lint traps.
- If someone's laundry has been sitting for a long while, please ask a staff member for assistance, you may also go to apt of items in machine and ask them to move items.



Thank you for being kind &  
courteous!

## **Dining Information**



## **Kitchen (Main Line)**

**507-331-6515**

- Please call the Kitchen main line **minimum two hours in advance** if you are requesting a meal, making any changes or having a guest.
- If you would like to request a menu alternative or smaller portions, please fill out a menu and place in the black wire basket near the Dining Room or call the kitchen a minimum three hours in advance.



**The Loft Salon on 3<sup>rd</sup>**  
(Open by Appointment)

**Salon #: 507-331-6519**  
**Kathryn #: 507-838-0492**

Hello, from Kathryn!  
Set up your hair, manicure,  
or Pedicure Services!

*Please let the salon know  
if you will not be coming  
to your hair appointment.*



**Date(s):** 4th Tuesday of the month  
**Time:** 5:30—7:00 p.m.  
**Location:** Buckham West Commons  
507-332-7357

Are you helping an elder with daily living activities? Then you are a caregiver. Join us on the 4th Tuesday of the month at Buckham West ~ 19 Division St. W. in Faribault for conversation with other caregivers. Open to all; no charge.



**With colder temperatures coming, here are a few tips for heating in your apartment!!**

1. Keep heat around 70-75, turning the thermostat up further than this could actually overheat the system and cause it to shut down
2. Make sure all windows are shut and locked, if you need assistance, please ask staff for help.
3. Do not run heat and air conditioning at the same time, this is counterproductive and bad for the heating system.
4. Do not use oven as a heating source, if your heat does not seem to be working, please let a staff know.
5. To reset heat, turn thermostat all the way down, and then back up until you hear a click (usually around 70).



## **What is there to do at Faribault Senior Living?**

As the weather gets cooler, we will be spending more time indoors.

***Take a tour of the building and get to know what there is to offer!***

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

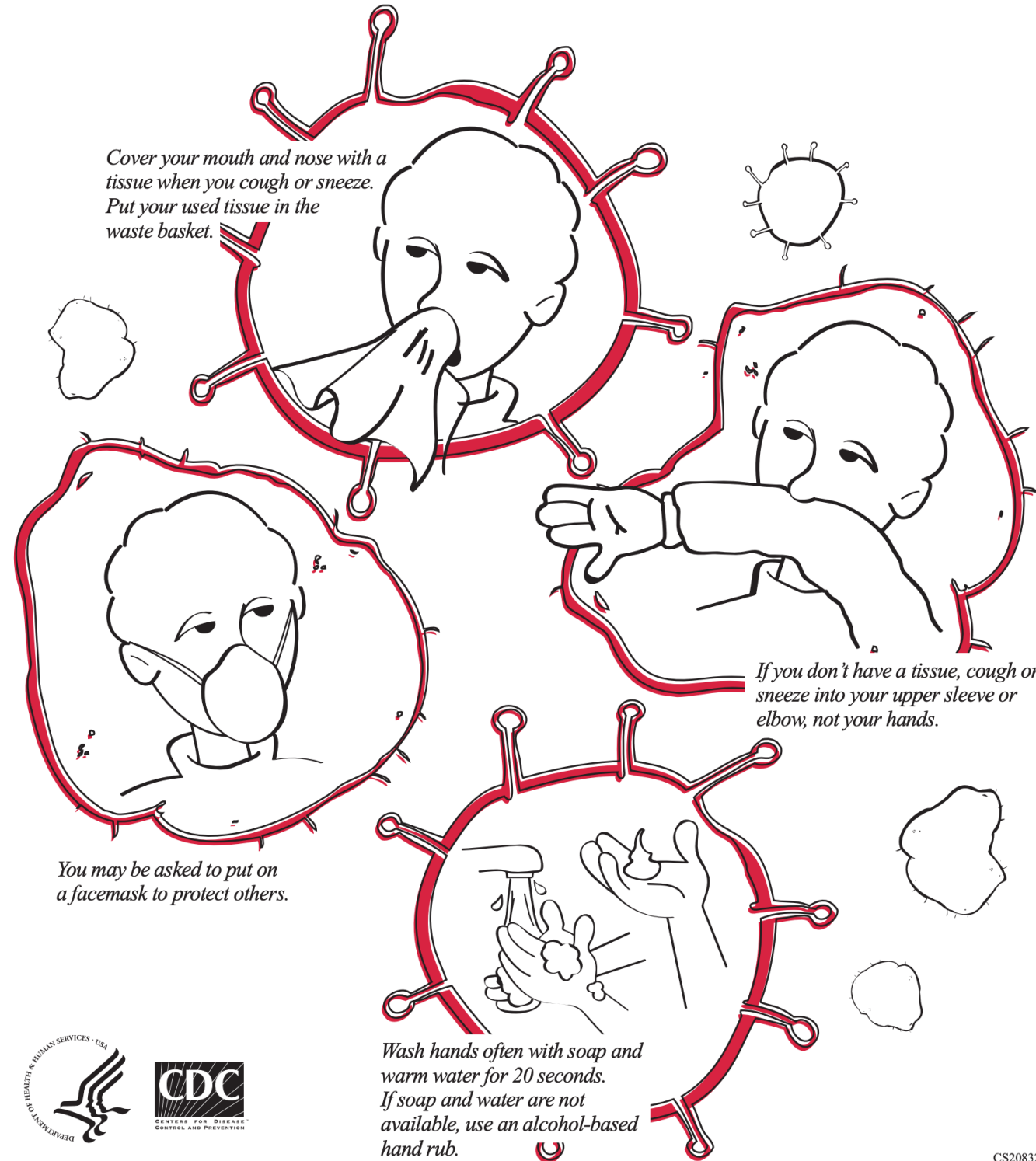
- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1<sup>st</sup> Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, “Reflections” Living Area
- **2<sup>nd</sup> Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3<sup>rd</sup> Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4<sup>th</sup> Floor:** Movie Theater & Craft Room

**If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.**

# Cover Cough

— *Stop the spread of germs that can make you and others sick!* —

*Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.*



*If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.*

*You may be asked to put on a facemask to protect others.*

*Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.*





CraftyMorning.com

# TOYS FOR TOTS

SPREADING JOY, ONE TOY AT A TIME!



**DROP OFF TOYS  
BETWEEN  
11/17/2025-12/17/25**

**Faribault Senior Living  
843 Faribault Rd.  
Faribault, MN 55021**

## How You Can Help

- All toys must be new and unwrapped.
- Toys should be appropriate for children ages 0-14

## Please Avoid:

- Used or opened toys
- Gift-wrapped items (they must be sorted by age and gender first)
- Toy weapons (guns, knives, or anything that looks realistic)
- Food items (candy, snacks, homemade goods)
- Video games rated Teen or Mature

**Drop Off & Make a  
Difference!**

If you have any questions,

1 / 3

faribaultseniorliving.com



# Christmas Menu

Appetizer  
Ambrosia

Main Course

Glazed Ham  
Cheesy Hashbrown Bake  
Candied Carrots  
Dinner Roll

Dessert

Lemon Raspberry Layered  
Cheesecake

Limit 2 guests  
Guest meal charge- 22.00  
Normal meal charge of  
\$15.50 applies.  
(if on noon meal plan  
no extra charge)



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

Date: \_\_\_\_\_



## Holiday Word Search

The holiday cheer is all around, but some festive words are hiding in this puzzle! Can you help find them all in the word search? The words might be hiding forward, backward, up, or down, and may even overlap. When you spot a word, circle it and cross it off the list. Let's see how many holiday words you can uncover!

J R V P T M H T H P W R E E D N I E R  
C K M C V L N T S A Z I W V J L W T Z  
O N B H H A A F V A A C N V M N P F X  
Y R V T M R E T N H E Z R T O R E R R  
Z X N W H L I M N P N F N I E E A F H  
P R O A V A D S R A D C T A O R C Z K  
W N Z E M G N E T A S A L T W F E V D  
S C S R L E S U E M R C E M P K M B T  
T O R W R E N R K B A L Y L I M A F P  
H O L T N R B T E K T S K X G Q Q S Y  
G K F T T R Y L S S A B K H N H D K H  
I I S P E N E T I C Q H O Z I G Y R O  
L E R G D C G M R N N T Q V L I M O L  
V S N C H E E R S H C X L V O E P W I  
W I S E K A L F W O N S N V R L Y E D  
G Y O J B P M L C C R Q M L A S D R A  
H T R M T K X O Z H N C M B C N V I Y  
N O I T I D A R T N N E W Y E A R F X  
G R E E T I N G S S T O C K I N G V X

- CAROLING
- CELEBRATION
- CHEERS
- CHRISTMAS
- COOKIES
- ELVES
- FAMILY
- FEAST
- FIREWORKS
- GINGERBREAD
- GREETINGS
- HANUKKAH
- HOLIDAY
- HOT COCOA
- JOY
- KWANZAA
- LIGHTS
- MISTLETOE
- NEW YEAR
- ORNAMENTS
- PEACE
- PRESENTS



- SNOWMAN
- STOCKING
- TRADITION
- WINTER
- REINDEER
- SANTA
- SLEIGH
- SNOWFLAKES

