

A Christmas Collection by Evie Childers



January 2023

HUNTCLIFF HARBINGER



HIGHLIGHTS of COMING EVENTS

Continue to check the monthly calendar, postings, and bulletins for activity announcements & updates.

Another two great programs from the Huntcliff Players

A history series led by the Men's Club (Miracle of the War of Independence) by Brandt Ross

The story of the first expedition down the Grand Canyon (by Brandt Ross)

Polymer clay jewelry in Gillian's craft program.

Huntcliff Men's Club will feature guest speaker Stuart Mager speaking about what seniors need to know about new laws regarding them and their estates. Very important for us. If you have a guardian or family member handling your estate they are also welcome to attend. **ALL RESIDENTS ARE ENCOURAGED AND WELCOME TO ATTEND THIS EVENT.**

Since **January** is National Soup Month, and National Puzzle Month, we are featuring articles on both subjects in this month's Harbinger.



Congratulations to The Summit Singers



The Summit Singers hit a homerun last month with their presentation of, "Songs of the Season" concert. This was their first time singing as a group and their performance was outstanding. We are looking forward to many more fabulous concerts. Congratulations to Director, Dawn Hamer, Accompanist, June Cowan, and Coordinator, Art Schultz.

January Birthdays & Anniversaries

January 6	Dick Murray
January 7	Mary Hannah
January 9	Phoebe Snittjer
January 10	Brandt Ross
January 11	Harry Baer
January 23	Dee Robbins
January 24	Jean Goldstein, Len Levine
January 25	Dale Manning
January 29	Nancy Harvey, Bettye Baer
January 30	Lois Debrececi, Nancy Halliwell

Anniversaries

January 23 Gladys & Irv Yokel, Barbara & Marvin Fellner
 January 30 Ginny & Brandt Ross

Message from Lisa (Huntcliff Executive Director)

Happy New Year from all the staff here at Huntcliff Summit!

We hope you all enjoyed the many events and parties throughout the holiday season! I know the team enjoyed being a part of your holiday fun. We are so grateful to each of you for your patience and cooperation throughout all of 2022. It was a year of returning to some of our pre-pandemic events and I know as a team, we were thrilled to bring back many of the activities and events. We were happy to see so many of you able to travel again and spend time with loved ones. I know it's something many of us missed greatly over the past few years.

As we look forward to 2023, we want to continue to remain focused on everyone's health and well-being. Please continue to be mindful of others and refrain from activities if you are not feeling well. We want to continue expanding our activity offerings and create an even better lifestyle for everyone who calls Huntcliff Summit home!

Lisa

National Soup Month



How do we love thee? Let us count the ways – chunky, clear, creamy, low-fat, with a dash of spice, or naturally sweet, served hot, sometimes cold. Oh, there are a million ways to enjoy soup! And now there is another reason to do so. January is National Soup Month. Perfect isn't it because nothing drives away those chilly winter blues like a hot bowl of your favorite soup. And it's nutritious too! So, go ahead indulge and get souped-up on soup this month. At Huntcliff, our soup maestro, Brent Andrews provides us

with a wonderful variety of soups.....often creating his own variations.

NATIONAL SOUP MONTH TIMELINE

- 1962 Andy Warhol painted the famous Campbell Soup cans. He confessed to drinking Campbell soup for lunch, for 20 years. For the love of soup!
- 1897 The condensed soup gets invented by a chemist, Dr. John T. Dorrance, for the "Campbell Soup Company".
- 1765 The first Parisian shop opened selling soup as an antidote to physical exhaustion.
- 20,000 B.C. Evidence suggests the existence of soup as far back as 20,000 B.C.

Resident Card Shoppe Update



The Huntcliff Card Shoppe opened last month in the former Sundry Shop on the first floor. Holiday cards are depleted, but residents are able to obtain general occasion cards. Donations of general occasion cards with envelopes as well as cash are accepted. Cash donations will be used to rebuild inventory. The Card Shoppe is open from 10am to noon on Monday, Wednesday, and Friday. The Card Shoppe is hosted by Helene Camp, Bunny Maron, and Loretta Walker.

Newsletter Development Members and Distribution Team

Wilma Asrael, Stan Bernstein, Evie Childers, Erma Davis, Marvin & Barbara Fellner, Rosemarie Hosbein, Margaret Johnson, Carol Lewis, Fred & Joan Ortyl, Kathleen Pringle, Brandt & Ginny Ross, Marcia Swanson, and Julian Yudelson.



New Friends

No Photo Available

Melvina Johnson comes to Huntcliff from Milton, GA. Melvina was a homemaker raising 4 children. She has 5 grandchildren. She enjoys reading, crossword puzzles, and walking. She enjoys eating her Mon's biscuits and fried chicken.

No Photo Available

Edie and Len Levine come here from Ft Lauderdale, FL. Edie was a secretary and Len was an insurance adjuster. They have 2 children, 2 grandchildren, 2 step grandchildren, and 2 great grandchildren. They each enjoy chocolate, and ice cream.



Our Prized Collector – Evie Childers

Evie was born and raised in Nevada (yes, Nevada is a city), Missouri. After about five years in Missouri, the family moved to Kansas where she remained until she got married and then moved to Joplin, Missouri. After being married for 19 years and raising two boys, her husband was unfortunately killed by a drunk driver. Following that tragic event she moved her family to Kansas City, Missouri. While in Kansas City, Evie pursued her love for Art and

achieved a master's degree in Art Education from the University of Missouri. Following her degree, Evie taught Art for 25 years until she retired in 1995.

Although she was retired, she did not slow down and began taking on various projects in Kansas City. She worked with the curator of a museum, volunteered at the Convention and Visitors Bureau, and worked with the Regional Transit Alliance to order streetcars for the city. The street cars in Kansas City are there because of the tireless work of Evie in convincing the city's bureaucrats to use that mode of transportation.

In 2020, Evie moved to Huntcliff and continued doing projects related to art and crafts. She conducts art classes in quilling, conducts the water aerobics class as a substitute, helps with Huntcliff's events, and facilitates the flower arranging activities.

When her family was young, Evie developed a love for Christmas and began collecting Christmas paraphernalia over the years. She just loves the holiday and wants to share some of her artifacts with residents by showing them in the lobby and the library.

We are grateful to Evie for permitting us to share some photographs of her Christmas collection in this issue of the Harbinger.



Dr. Martin Luther King, Jr—Holiday January 16

Dr Martin Luther King, Jr., activist and Baptist minister, was America's most prominent leader during the 20th century struggle for civil rights.

He was born January 15, 1929 in Atlanta, GA, and grew up in a loving, secure middle-class family. He graduated from Morehouse College in Atlanta at 19 years of age and later received degrees from Crozier Theological Seminary (Chester, PA) and Boston University. He received his doctorate at age 25.

While in Boston, King met Coretta Scott and they were married in 1953. In 1954, they moved to Montgomery, AL where he became pastor of the Dexter Avenue Baptist Church. Slightly more than a year later, a small group of civil rights advocates decided to boycott the city bus system's segregation law and formed the Montgomery Improvement Association, choosing Dr King as their leader. Although King's home was dynamited and his family's safety put at risk, he continued to lead the boycott until the city's buses were desegregated over a year later.

King helped organize the Southern Christian Leadership Conference (SCLC) in order to provide leadership for the civil rights movement. As head of the SCLC, he organized several peaceful marches and protests, and was arrested several times, most often with large numbers of his supporters. He gained support for civil rights by stressing nonviolent protests and interracial cooperation.

From 1960 to 1965, Dr King's influence reached its zenith. It was in Birmingham, AL, in 1963 when he and his supporters were jailed in their attempt to desegregate lunch counters. Dr King's "Letter from a Birmingham Jail" detailing his philosophy of nonviolence drew national attention. Later, in August 1963, at the historic March on Washington, he gave his famous "I Have a Dream" speech in which he emphasized his belief that all men, someday, would be brothers.

Dr King received the Nobel Peace Prize in 1964, at that time being the youngest person to have received such an honor, at age thirty-five. His efforts also brought about landmark legislation, including the Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Fair Housing Act of 1968. His continuing focus eventually expanded to include social change other than anti-racism, such as his outspoken position against the Vietnam War, economic disparities and poverty.

On April 4, 1969, Dr King was assassinated by a sniper's bullet in Memphis, TN. Many states and cities later enacted King holidays, authorized commemorative public statues and art, and named streets and schools for him. A King national holiday finally gained significant support and on November 3, 1983, President Ronald Reagan signed legislation establishing the third Monday in January as an annual celebration of King's birth.

Activity Updates

Please, Continually check your monthly calendar, elevator postings, cubbies, and other posted announcements to increase your awareness and participation in our events.

Huntcliff Players Players will be performing 2 shows in January. Come and see your neighbors and friends entertain you. All they want to do is HAVE SOME FUN. Come and join us. No auditions, no memorizations, just rehearsals. Contact Hal Parker 561-324-0830.

Knitting Club A friendly group of new and experienced knitters meet every Monday at 1:00 in the Veranda. The club has an ongoing project of knitting baby blankets and hats for premature babies. They also knit or crochet hats, shawls, and lap blankets for chemo and dialysis patients at Northside Hospital. Members of the club knit ten inch squares which are then crocheted together into four afghans and sent to Poland for the Ukrainian refugees. If you knit or wish to learn, please join them. All are welcome. Please return any of the knitted scarves removed from the Veranda Room. They were placed there for use while in the room watching a movie or lecture. Thanks.

Garden Club It was feared that the heaters alone would not be enough to protect the greenhouse plants at 10 degrees, so the door to the heated Art Room was left open during the chilly weather. It seems this was enough to insure survival. It will soon be time to start spring and summer seedlings. If you have any interest in doing that, please let Julian know. A note in the Resident Suggestion box with your contact info will reach Julian.

Book Club Huntcliff's Book Club will resume meeting in January. Please check the activities calendar for date and time. The current book is "**America's First Daughter**" by Stephanie Dray. New members are welcome.

Men's Club The Club will feature guest speaker Stuart Mager speaking about what seniors need to know about new laws regarding them and their estates. Very important for us. If you have a guardian or family member handling your estate they are also welcome to attend. ALL RESIDENTS ARE ENCOURAGED AND WELCOME TO ATTEND THIS EVENT.

Crafts Come and learn how to paint with acrylics. Join the class with Sandra each Wednesday at 10:30 in the Art & Crafts Room on level A. Join program on making clay jewelry in Gillian's craft program.

Library More on our fantastic library in the February issue of the Harbinger. In the meantime, come to the library on the first floor on the southside of the building and browse through the 3,800 books and over 50 CD's available for residents to borrow. All books and CD's are donated. Taking out an item does not require signing out as all the material are on the honor system. Contact the Library Committee Chair, Judy Boullt at 404-780-6292.

Club Updates. Contact Brandt Ross (brandtross@bellsouth.net) or Fred Ortyl (fredortyl@gmail.com) if you would like to submit items here about your club's activities.

Hang In There !!

Spring is only 90 days away.



January is National Puzzle Month

On just about any floor at Huntcliff there are jigsaw puzzle pieces waiting for a willing resident to accept the challenge and try to find at least several pieces to help reach the puzzle's solution.

The origins of jigsaw puzzles go back to the 1760s when European mapmakers pasted maps onto wood and cut them into small pieces. John Spilsbury, an engraver, and mapmaker is credited with inventing the first jigsaw puzzle in 1767. In the USA, 1.8 billion jigsaw puzzles are sold annually.

Here are some benefits of puzzling:

- Jigsaw puzzles exercise the left and right sides of your brain at once. Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive. When you're doing a jigsaw puzzle, both sides are engaged.
- Jigsaw puzzles improve your short-term memory. Doing a puzzle reinforces connections between brain cells, improves mental speed and is an especially effective way to improve short-term memory.
- Jigsaw puzzles improve your visual-spatial reasoning. When you do a jigsaw puzzle, you need to look at individual pieces and figure out where they'll fit into the big picture.
- Jigsaw puzzles are a great meditation tool and stress reliever. By doing a jigsaw puzzle, you're getting the same benefits as if you meditated. The stress of everyday life evaporates and is replaced by a sense of peace that lowers your blood pressure and heart rate.
- Jigsaw puzzles are also a great way to connect with friends by inviting interested residents to join the fun of solving the puzzle.

