

The Savvy Seniors Journal

You Are A Gift

By: Robin R. Rinke

“**You are a gift**” is a phrase that means you are special to those around you and have many gifts to share. Some examples of gifts you can share include:

Kindness, Laughter, Inventiveness, Problem-solving, Leading, Encouraging, Listening, and Empathizing.

Why do we have a hard time seeing that we are a gift to others?

- **Self-confidence:**

A lack of self-confidence can make it difficult to be yourself around others.

- **Inner critic:**

An inner critic is a voice in your head that tells you you're not enough or that you'll never measure up.

- **Culture:**

Culture plays a role in how we think we compared to others, especially in terms of body image.

- **Self-image:**

Our self-image is formed through interactions with others, this can be a real catch 22 as we age.

This month I'm challenging you to see the gift that you really are.

Open the beautiful package that is within you and let it shine.

When you let out your sparkle and special gifts, you can change atmospheres.

Remember when you were little and opened a special gift you really wanted?

Didn't you feel light-hearted and excited?

That is how you should feel about opening the special gift that is inside of YOU.

There is only one of you in this world, you are a gift.

Go ahead and shine, heck, be the brightest bulb on the tree!



The GIFT of Gratitude

By Hollie Kemp

Creating a Gratitude Journal for 2025

Taking the time to reflect on our blessings and the things we are thankful for is good for the soul. This year instead of doing it for a day, a week, or even a month why not start a daily practice of gratitude? A journal is one way to get started.

Keeping a gratitude journal is a simple way to focus on the positive things in life. Each day, write down one or two things you're thankful for—whether it's a kind gesture, a beautiful sunset, or a good cup of coffee. Reflecting on these small moments can boost your mood and provide a sense of peace. Over time, looking back on your entries can remind you of the many good things that fill your days. So go ahead and write it down. Let's be grateful together all year long!



Featured Article

Part 12 of My 12 Realizations of: AS I GET OLDER

By: Paul Scanlon

Don't Open Other Peoples Mail

What I mean by that is...

Anything not said directly to you was not meant for you.

Anything not said directly to you is as good as unsaid.

And some of you are in complete drama over what you heard someone said about you.

If it wasn't said to you, it has nothing to do with you, is what I want you to have as a mantra in your life for this next season of your life.

When we get involved in what is said about us, not to us, it's like opening mail that is not for you because your name wasn't on it.

Their names were on it, but your name wasn't on it, it didn't come to your house, your life, your address.

So I want to say it to you, stop opening other people's mail. Because some of you do that all the time and it's killing you.

Here's another mantra for this new year for you.

If it wasn't said to me, it wasn't for me.

It was to do with someone else's version of me that I have nothing to do with and don't care about and nor should you.



Don't tell me what so and so said. I'll use "John" as a false name.

Put whatever name you want in here.

Don't tell me what "John" said about me.

Tell John to tell me what he has to say about me.

Boom.

That, people, is an utter game changer for your life because you spend and waste so much energy worrying about what you hear was said about you.

Let me say it again...

If it wasn't said to you, it is unsaid. It is not for you.



Gratitude Affirmations to Start Each Day for the Month of December

I am filled with positivity at this time of year.

This Christmas will be filled with magical moments.

I let go of stress and embrace the calm of the season.

Christmas is a gift and I welcome all the magic with an open heart.

I am giving and receiving love this Christmas.

I radiate kindness and generosity.

I have so many blessings in my life.

I can establish my own traditions.

I am a source of warmth and comfort to those around me.

I will share happiness and light with everyone I come into contact with this Christmas.



Say It Now

By, Liz Cruz, MPH, RCFE



December 17th is National **Say It Now Day**, this is a newer celebration established in 2022, by Walter Green. Walter experienced two events that led him to start this Say it Now movement. The first was a friend asking him to organize his celebration of life and the second was a trip Walter took when he was seventy to visit people that had impacted his life. Instead of waiting till his friend passed Walter put together a living tribute, and his trip inspired a book he wrote called, *This is the Moment*, that then birthed the Say It Now movement. The premise of this celebration of gratitude is to build connections and lift up others.

It intrigues me that we often hold back or are disillusioned that we have enough time to get together with loved ones, make that phone call, or send that thank you note. Walter has it right, why not Say it Now! The truth is we do not have an infinite amount of time, I am sure I'm not the only one that has experienced sudden loss. Unspoken words, unexpressed expressions of gratitude benefit no one. It is one thing to be loved and appreciated, it is a whole different level to know that you are. Self-love is important and a topic that gets lots of attention these days, but we cannot forget to love each other.

Putting this into practice will benefit all involved. Benefits of putting this into practice include better mental health, increased self-esteem, healthier relationships, more positive mindset, and improved resilience. This world can be big and lonely and what the landscape of engagement looks like has changed. Connecting has become more difficult, and it is more important than ever to **Say It Now**.

Stay Forever Young - Keep your heart happy and your mind busy.



Christmas Word Puzzle

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



- | | | |
|--------|-------------|--------|
| Baby | Holy | Pie |
| Cedar | Icicle | Pine |
| Child | Incarnation | Port |
| Dolls | Inn | Red |
| Elves | Ivy | Sales |
| Family | Joy | Sled |
| Fir | Lord | Star |
| Gift | Magi | Tinsel |
| Gold | Mary | Toast |
| Gravy | Mass | Turkey |
| Ham | Noel | Yule |



Interesting Facts About December



- December 7 is National Pearl Harbor Remembrance Day.
- December 8 is Bodhi Day in the Buddhist calendar, celebrating Buddha's enlightenment; it's celebrated in a way that's similar to how Christians celebrate Christmas to honor Jesus Christ.
- Birthstones: The birthstones for December are turquoise, zircon, or tanzanite.
- Birth flowers: The birth flowers for December are holly or narcissus.
- Zodiac signs: The zodiac signs for December are Capricorn or Sagittarius.
- Christmas wasn't always on December 25: The Bible doesn't mention the day of Jesus's birth, and it was originally thought to have taken place on January 6. The celebration was moved to December 25 in the mid-4th century.
- Candy canes: According to folklore, candy canes originated in Germany, where a choirmaster used them to quiet children during Christmas Eve services.
- Mistletoe: Kissing under the mistletoe is a winter tradition that began with the Greek festival of Saturnalia, celebrated in late December.
- Artificial Christmas trees: Artificial Christmas trees originated in Germany in the 19th century and were made from goose feathers dyed green and attached to wire branches.
- Astronauts broadcast "Jingle Bells" from space: In 1965, astronauts Wally Schirra and Tom Stafford broadcast "Jingle Bells" from space.
- Celebrating Christmas used to be illegal: From 1659 to 1681, celebrating Christmas in Boston could result in a fine of up to five shillings.



Healthy Heart, Mind, & Soul

Taking Care of Your Health through the Holiday Season



This time of year can be challenging for many older adults. The holidays can also present a heightened sense of loss, stress, and depression. The grief from the loss of a loved one (recent or past) can be felt more deeply during the holidays.

There can also be a sense of loss of family traditions, or health-related issues may keep people from participating in holiday celebrations. These may not only impact emotional well-being, but loneliness and depression can also surface with physical symptoms and serious health conditions. It is important to pay close attention to your physical and emotional health and take steps to incorporate activities of self-care.

Here are some things you can do to navigate the holiday season.

Why it's important to talk about your feelings during the holidays
There can be emotional expectations of what the holidays should be like, and feelings of sadness can become more pronounced when others celebrate the season. Understand that your feelings of loss or depression are real and share them with others, whether a family member, friend, or a professional counselor.

Grief can intensify during the holidays, and it's sometimes helpful to know that you're not alone. The Mayo Clinic offers online holiday support groups for those experiencing grief from losing a loved one. Acknowledging and verbalizing your feelings can provide some relief and alert others to how you feel so they can provide emotional support through the holidays.

If you're experiencing extreme emotional distress, you can dial or text 988 to speak to a trained counselor in suicide prevention. This service is free and confidential and offered 24 hours a day, 7 days a week.

Positively remember past holiday traditions or create new ones.

The holidays are often a time of reflection, which can lead to feelings of loss of people and cherished traditions of times past. When reminiscing, focus on your favorite people or traditions. Creating a journal, scrapbook, or recording of holiday traditions can create a legacy of treasured memories for loved ones. We often hold traditions dear this time of year, but you can also start new ones:

- Learn about different cultures and holiday rituals.
- Watch a holiday movie marathon or drive through neighborhoods to enjoy the holiday decorations.
- Find an activity that brings you joy or a sense of meaning.



A Support Group for family and friends of individuals experiencing memory loss and/or needing assistance:

FREE SUPPORT GATHERING



We Are Here For You!

For Family and Friends of individuals experiencing memory loss and/or needing assistance.

PRESENTING
Hollie Kemp
CDP CADDCT

Meet at the community
or watch at home – via ZOOM

Second Tuesday of each month

11:30am – Pacific

12:30pm – Mountain

1:30pm – Central

2:30pm – Eastern

REGISTER AT:

<https://zoom.us/meeting/register/tJlrceirpj4oGNKCnB1svq7yq2-DGBNFTs9S>

After registering, you will receive a confirmation email containing information about joining the meeting.

Must RSVP and sign up for gathering –
Attendees can watch on Zoom at home
or gather at the community.

MEMORY MATTERS
Surround yourself with supportive people.

At our community, we understand how difficult it can be to care for your parent or loved one with dementia. Come join us as we Educate, Congregate and Conversate together at this support gathering.

Find out about monthly topics that Matter.

- Understanding the diagnosis.
- I'm struggling.
- How do I communicate?
- Can I do this alone?
- What can I do for me?
- What is next?

Hollie Kemp, CDP CADDCT, Innovator and leader in Memory Care and Senior Housing, program developer and proud recipient of an "Argentum's Best of the Best" award. Hollie was also awarded the "40 under 40" award by Argentum for her leadership in Senior Care. Hollie holds a Bachelor of Science Degree in Human Biology, studied Social Work in Graduate School, is currently finishing an Advanced Clinical Practice Certification in Dementia Care through the School of Social Work, and has numerous other Certifications in Alzheimer's and Dementia Care including being a Certified Dementia Practitioner, Certified Alzheimer's and Dementia Care Trainer, Certified Caregiver Stress Powerful Tools For Caregivers trainer, Montessori Based Alzheimer Care Certified, and more. Hollie is also a Global Chair for the Alzheimer's' Associations Longest Day, National Team Walk Captain, and has served on the Early Detection Committee for the National Alzheimer's Association.



REGISTER AT:

**HTTPS://ZOOM.US/MEETING/REGISTER/
TJIRCEIRPJ4OGNKCnB1SVQ7YQ2-
DGBNFTS9S**



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The Savvy Senior Journal

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