



## GLOBAL HOLIDAY TRADITIONS



With the holiday season right around the corner you might be changing the way you celebrate the holidays. We at SmartSenior thought it would be fun to share with you some of the different ways other countries traditionally celebrate around the world.

### Philippines

The Christmas season in the Philippines lasts for almost half the year. Decorations start going up in September and the holiday fervor doesn't end until the first Sunday in January. Many people spruce up their homes with paper lanterns called "parols" and eat a huge family meal on Noche Buena, or Christmas Eve.

### Japan

In Japan, Christmas is celebrated in a more secular way than in other predominantly Christian countries. It's actually considered a romantic day for couples, and many Japanese families treat themselves to what has become the traditional Japanese Christmas meal: a bucket of KFC fried chicken. This tradition started back in the 1970s. The manager at the first KFC in Japan overheard a conversation from foreigners about how they miss turkey for Christmas. He decided that fried chicken would be a great substitute. And now over 3 million people participate in this annually.

### Australia

If you're dreaming of a white Christmas in Australia, you might have to wait until winter weather hits in July – most of the country is bathed in balmy temps during the holidays. Accordingly, Australians frequently celebrate Christmas with a lunchtime barbecue on the beach. Friends and family gather to indulge in prawns, lobster, and sweets before playing a game of cricket or taking a dip.

### Greek

Greece is primarily a Greek Orthodox nation, and people often attend midnight church services and observe an Advent fast during the holidays. Families might also sprinkle holy water from a basil-wrapped cross to ward off the "kallikantzaroi," which are evil spirits that creep into homes via the chimney and cause mischief. Keeping a fire burning for the twelve days of Christmas is also a good way to prevent the kallikantzaroi from troubling you. Christmas traditions in Greece also include unwrapping gifts brought by Saint Basil, munching on treats like baklava and spiced bread, and caroling.

Source: *insider.com*

## SmartSenior's Annual Holiday Party Canceled

Unfortunately, due to COVID-19 precautions, SmartSenior's Annual Holiday Party has been canceled. We wish each of you a happy and joyous holiday season and hope that you remain healthy until we meet again in person.



SmartSenior is offering free online classes to learn how to participate in Zoom. During the COVID-19 Pandemic, many are using Zoom Video Communications to offer everything from Bible Study Classes to Choir Practice! Participating in Zoom Classes is VERY easy. Let us help you feel confident in participating by calling (912) 352-4405 to sign-up by providing your email for one of the following free classes:

### Thursday, November 12th

10:00 am – 12 noon  
(via Zoom)

### Thursday, December 10th

10:00 am – 12 noon  
(via Zoom)

### SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm  
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8  
Savannah, GA 31405

(912) 352-4405

### OFFICE CLOSED

November 26 & 27  
Thanksgiving  
&  
December 25  
Christmas

# 55 or Better? Join Today!

If you or someone you know is interested in becoming a SmartSenior Member, fill out this form, clip out and mail to, SmartSenior at 836 East 65th St. - Suite 8, Savannah, GA 31405. Or call our office at (912) 352-4405 to join by phone with a credit card.

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Mrs./Miss/Ms. \_\_\_\_\_ Birthdate \_\_\_\_\_

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Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

MEMBERSHIP DUES:    ☐ \$18 for one person    ☐ \$36 for two people

DELIVERY OPTION:    ☐ Email    ☐ Mail

PAYMENT METHOD:    ☐ Check (payable to SmartSenior)

Credit Card Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



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## Sign-Up for Email Updates

SmartSenior would like to email you with updates and any changes to our program and its' activities. This is a smart way to get "the latest" information on what's going on in-between receiving the SmartSenior Newsletter.

Call (912) 352-4405 today and get signed up!

## Stay Connected and Win a free Tote Bag Full of Goodies

Call SmartSenior at (912) 352-4405 and tell us how many of the Riddle Me Not questions you answered correctly on page 4 to be entered into a weekly drawing to win a free tote bag full of goodies. There will be one drawing per week through the end of December.



# Virtual Lunch & Learns

SmartSenior will host virtual Lunch & Learn Seminars. Simply call (912) 352-4405 and register with your email address. SmartSenior will email you a link or phone number to call to join our seminars. On the day of the Lunch & Learn, you will make a delicious meal of your choice, call or log-in to the seminar and just sit back and enjoy in the safety of your home. If you log-in through a device such as a Smart Phone, tablet or your lap top/computer, you will be able to visually see the presentation. If you call in by phone, then you will be able to “listen only” to the presentation.

**“Hypothyroidism – What it is, Who Gets It, How It’s Treated”**  
**Carolyn Nelson, MD**  
**St. Joseph’s/Candler Physician Network - Endocrinology**  
**Friday, November 13, 11:30 a.m. (via Zoom)**  
**Call (912) 352-4405 to register**

Hypothyroidism is the most common form of thyroid malfunctions, affecting up to 15 percent of Americans in cases ranging from mild to those requiring medication, according to the American Thyroid Association® (ATA). Join Dr. Carolyn Nelson as she shares the what’s, who’s and how’s of hypothyroidism.

**“Medicare – What are My Options?”**  
**David H. Little, Jr., GA Medicare 101**  
**Tuesday, November 17, 11:30 a.m. (via Zoom)**  
**Call (912) 352-4405 to register**

There are a lot of options to choose from; original Medicare, Advantage Plans, Drug Coverage, Supplement (Medigap) Policies. Which is best for me? Find out what’s available, how to determine which is best for your needs along with this year’s changes to Medicare that may affect you.

**“What is Holistic Veterinary Medicine?”**  
**Beth Martin, DVM, Martin Mobile Vet Services**  
**Friday, December 4, 11:30 a.m. (via Zoom)**  
**Call (912) 352-4405 to register**

Holistic medicine, by its very nature, is humane to the core. The techniques used in holistic medicine are gentle, minimally invasive, and incorporate patient well-being and stress reduction. Holistic thinking is centered on love, empathy, and respect. Dr. Beth Martin will discuss how and when to incorporate holistic approaches and treatments for your pet’s medical needs.

**“Keeping Fit from Home”**  
**Jason Boyd, Health Educator**  
**St. Joseph’s/Candler Wellness Center**  
**Wednesday, December 9, 11:30 a.m. (via Zoom)**  
**Call (912) 352-4405 to register**

Adults typically should get at least 150 minutes of moderate-intensity exercise a week, according to the U.S. Department of Health and Human Services. But it’s different during this coronavirus pandemic. Regular exercise is important to keep your body and mind healthy. But you don’t need a gym, expensive equipment, special clothing or a large space to do many activities at home. Sign-up today to learn what you can do at home to keep fit.

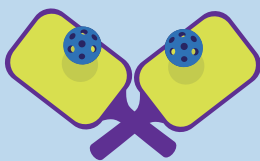
## THANKSGIVING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Acorn	Holiday	Pumpkin
Bread	Indians	Stuffing
Cranberries	Maize	Thanksgiving
Drumstick	Mayflower	Thursday
Family	November	Travel
Feast	Pie	Turkey
Harvest	Pilgrims	Yams



## Learn How To Play Pickleball Seminar

Pickleball combines elements of tennis, ping pong and badminton, and is one of the fastest growing sports in the U.S. Nearly 3.1 million Americans play pickleball, according to the USA Pickleball Association. The sport is proving especially popular with older people. Seniors embracing pickleball are attracted to its simple rules and its low impact on knees and joints, and studies have shown playing pickleball regularly can improve fitness levels in seniors. Join the Seniors’ Pickleball Group from the Habersham YMCA as they share their “How to Play Pickleball” video. Call (912) 352-4405 to register to by providing your email for one of the following Zoom Seminars:

- Friday, November 20, 2:00 p.m. (via Zoom)
- Tuesday, December 15, 2:00 p.m. (via Zoom)

PUMPKIN BREAD RECIPE

Tips

- Whisking together flour, spices, and rising agents separately from eggs, fats, and sugars in baked goods prevents over-mixing. This is especially key in the case of pumpkin bread, which can get gummy if beaten too much.
- You can use sub sour cream with yogurt but make sure to use full fat yogurt.
- You can add nuts, chocolate chips or dried cranberries. If you chose add extras make sure to fold the batter only a few times.



Prep Time: 10 minutes      Bake Time: 1 hour    Yields: 1 Loaf

Ingredients

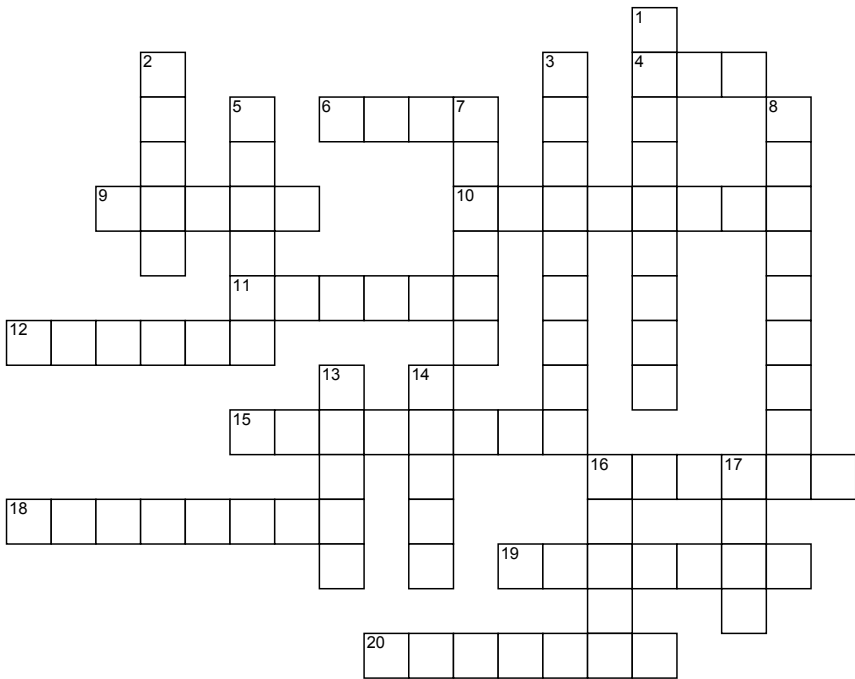
- Cooking spray, for pan
  - 2 cups. all-purpose flour
  - 1 tsp. ground cinnamon
  - 1 tsp. baking soda
  - 1/2 tsp. baking powder
  - 1/2 tsp. kosher salt
  - 1/4 tsp. ground ginger
  - 1/4 tsp. ground nutmeg
  - 1/2 cup. (1 stick) butter, melted
  - 1 1/4 cup. granulated sugar
  - 1 cup. pumpkin puree
  - 1/4 cup. sour cream
  - 2 large eggs
  - 1 tsp. pure vanilla extract
  - Cinnamon-sugar, for sprinkling (optional)
- 2. In a large bowl, whisk together flour, cinnamon, baking soda, baking powder, ginger, nutmeg, and salt.
  - 3. In a separate large bowl using a hand mixer, beat melted butter, sugar, pumpkin puree, sour cream, eggs, and vanilla.
  - 4. Gradually add dry ingredients to wet ingredients until just combined. Transfer batter to prepared pan then sprinkle with cinnamon-sugar, if using.
  - 5. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 minutes to 1 hour.

Directions

1. Preheat oven to 350°. Line an 8”-x-4” loaf pan with parchment paper then grease with cooking spray (or softened butter).

Source: *delish.com*

Christmas Crossword



ACROSS

- 4 Color associated with Christmas (3)
- 6 Decoration for the top of the tree (4)
- 9 Santa's helpers (5)
- 10 Christmas month (8)
- 11 Glitter for the tree (6)
- 12 Santa's mode of transport (6)
- 15 What we give to each other (8)
- 16 Season associated with Christmas (6)
- 18 Donner was one of these (8)
- 19 Where Santa makes his entrance (7)
- 20 You light these (6)

DOWN

- 1 Another word for decorations (9)
- 2 Jingle ..... Christmas song (5)
- 3 Hung by the chimney (9)
- 5 You hang this on the door (6)
- 7 One of Santa's reindeers (6)
- 8 Where Santa's workshop is (5+4)
- 13 Another word for happy and joyous (5)
- 14 He was born on Christmas day (5)
- 16 The color of snow (5)
- 17 You decorate this (4)



Riddle Me Not

1. If you have it, you want to share it. If you share it, you don't have it. What is it?
2. What has to be broken before it can be used?
3. How many bricks does it take to complete a building made of brick?
4. What goes up and never comes down?
5. What has feet and legs, and nothing else?
6. What stays where it is when it goes off?
7. A skin have I, more eyes than one. I can be very nice when I am done. What am I?
8. How much dirt is in a hole 4 feet deep and 2 feet wide?
9. If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
10. If you were in a dark room with a candle, a woodstove, a match and a gas lamp which do you light first?
11. What can go up and come down without moving?
12. What can you catch but not throw?

Source: *Mariasplace.com*

- 12. A cold
- 11. The temperature
- 10. The match
- 9. Roosters don't lay eggs
- 8. There is no dirt in a hole
- 7. A potato
- 6. An alarm clock
- 5. Stockings
- 4. Your age
- 3. Only one, the last one
- 2. An egg
- 1. A secret

Answers

# KEEPING PATIENTS SAFE

*Here's how St. Joseph's/Candler is keeping patients safe at our primary care and specialty offices.*



You might be feeling a little uneasy about going to your primary care office during a pandemic. Just like our hospital facilities, our outpatient practices are following strict precautions to keep patients and co-workers safe during the COVID-19 pandemic.

"We are trying to make it easy and convenient for patients to come to our facilities, while taking responsible steps to protect both patients and our staff," says Allan Kennedy, Vice President of St. Joseph's/Candler Physician Network.

Below are some of the steps you can expect to see:

## Testing

One of the first actions St. Joseph's/Candler took early in the pandemic was to open a drive-through testing site at the Medical Arts complex in midtown Savannah. This site is for St. Joseph's/Candler primary care or urgent care patients exhibiting symptoms of COVID-19 who presented in or called a medical office. These patients are sent to the testing site to limit possible exposure to other patients at an office.

You must have a referral from an SJ/C office to be tested at the Medical Arts complex.

"From a patient standpoint, if you were going to your doctor for an annual checkup or to get lab work, you weren't sitting in a waiting room with potentially sick people who had been exposed to COVID or had symptoms of COVID," Kennedy says. "From the Physician Network standpoint, I would say this is the most important and most impactful thing we've done since all this started."

For patients that are sent to the testing site and have a positive result, your physician will continue your high-quality care. Arrangements will be made for you to have a telehealth visit with your primary care doctor who will ask about fever, respiratory or GI problems and other symptoms you should monitor while in self-isolation. If symptoms get worse, for example shortness of breath, you should go to the emergency room.

## Telehealth

Telehealth, or virtual visits, are not just for COVID-19 positive patients. Starting last March, outpatient offices significantly saw an increase in telehealth visits, Kennedy says. At its peak, primary care and specialty offices did almost 6,200 telehealth visits in one month, averaging about 250 to 300 appointments a day. That's decreased over the last few months, but many offices still offer telehealth. You may ask if this is an option when scheduling your next appointment.

"There are certainly some patients who don't want

to come in because of their overall fear of exposure, not just at our facility but at any facility where people may gather," says Tina Barefield, Office Manager at St. Joseph's/Candler Primary Care on the Island. "We stress to the patient that we are open and taking measures to keep them safe, but we also are mindful that there are some patients who are more cautious than others and would prefer a televisit."

## Cleaning

These waiting rooms are also frequently cleaned. Chairs are disinfected after someone gets up. Bathrooms are cleaned multiple times a day. Exam rooms are thoroughly cleaned after each patient. We've even had co-workers come in on weekends to ensure offices are kept sanitized, Kennedy says.

## Visitation Policy

Our outpatient offices also have a no visitor policy. By limiting the number of people that enter our facilities, we hope to limit potential exposure to patients and co-workers.

Exceptions can be made for those with physical or mental disabilities, says Kennedy. Offices are taking steps to make sure caregivers who can't attend appointments stay informed.

Take for example St. Joseph's/Candler Physician Network – Podiatry, which has five offices across the region. They are asking visitors to wait in the car, as long as the person has working air conditioning. Those nurses will walk the patient back to the car and inform the caregiver about the appointment and follow up steps.

The importance of continuing to see your healthcare providers

Diabetes hasn't stopped due to COVID-19. Hypertension hasn't suddenly disappeared. Especially if you have a chronic condition, you should continue to see your healthcare provider, Kennedy encourages.

"If you have a chronic condition and you are not seeing your physician, the likelihood is that the condition is going to get worse," Kennedy says. "That's what we want to avoid is patients getting sicker simply by saying, 'I don't want to go to an office,' and that's why we've put steps in place to protect our patients."

So when it's time for your next annual physical, cardiology appointment or if you have a condition someone like a podiatrist or an ENT can help with, you can trust that all St. Joseph's/Candler Physician Network offices are taking precautions to keep you safe. Be sure to call the office if you have any questions or concerns or to ask about a telehealth visit.



## WHAT IS PICKLE BALL

Pickle ball has been increasing in popularity over the last few years for older adults. The game is similar to tennis however the game is typically played inside but can be played outside.

### Serve

The serve must be made underhand and paddle contact with the ball must be below the server's waist (navel level). The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck. The serve is made diagonally crosscourt and must land within the confines of the diagonally opposite service court.

### Points

- Points are scored only by the serving team.
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- When the serving team's score is even (0, 2, 4, 6, 8, 10...) the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1, 3, 5, 7, 9...) that player will be in the left-side court when serving or receiving.

### Faults

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.

- A fault by the serving team results in the server's loss of serve and side out if second server.
- A fault occurs when:
  - The ball is hit into the net or out of bounds.
  - A serve does not land within the confines of the receiving court.
  - The ball is volleyed before a bounce has occurred on each side after the serve.
  - A ball is volleyed from within the non-volley zone.
  - A ball bounces twice before being struck by the receiver.
  - A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play.
  - There is a violation of a service rule.
  - A ball in play strikes a player or anything the player is wearing or carrying.
  - A ball in play strikes any permanent object before bouncing on the court.
  - The server serves before the referee calls the score in an officiated match.

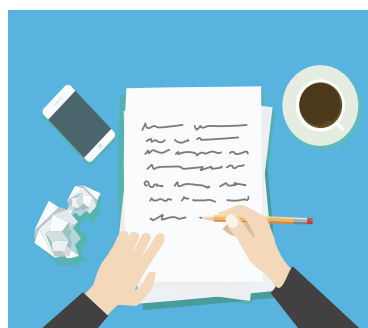
Source: [usapickleball.org](http://usapickleball.org)

See bottom of page 3 to see times and sign up for the pickleball seminar.

## PEN PALS MAKING A COME BACK – SIGN-UP TODAY

Like almost everyone, I've spent some time recently cleaning out closets during my corona "downtime" says Jenny Koch, Manager at SmartSenior. During cleaning, it was fun to look through old pictures and other mementoes of my past. While reminiscing I found some letters I had written to my Grandmother when I was a teenager. I immediately picked up the phone to call my father to share with him the stack of letters between me and his mother. You see, my father was the one who encouraged me to write these letters. Reading them some 40 years later surely made me realize how beneficial the letters were, for me and my Grandmother. The letters were something she looked forward to receiving and I too, began to look for her letters in my mailbox. Now, I truly understand how they brightened her day.

This made me think about how I could make a difference in someone's life today by just writing a



letter. While looking for information, I discovered that Pen Pal Programs are popping up everywhere during the recent quarantines. If you would be interested in brightening someone's day, call SmartSenior at (912) 352-4405 and sign up to become a SmartSenior

Pen Pal. SmartSenior will be working with Savannah's Five Star Properties; Habersham House, Morningside of Savannah and Savannah Squares to match up their residents, who have been quarantined since the beginning of the pandemic, with SmartSenior members that would be interested in writing to each other. SmartSenior will make the introductions and help match up the pen pals. Just think of how much fun it will be to make a new friend all during a world-wide pandemic!

*"To the world you may be one person; but to one person you may be the world."*

– Dr. Seuss

Source: [insider.com](http://insider.com)



# PUMPKIN SUGAR COOKIES

These pumpkin cookies are a little more cloud-like than your traditional chewy sugar cookie. But people could care less. They'll be too busy freaking out over how pillowy they are on the inside and slightly crisp they are on outside. If you don't have pumpkin spice, just use 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground nutmeg instead. And if don't want a super fluffy cookie, beat the butter and sugar until they're just combined.

## INSTRUCTIONS

Prep Time: 10 minutes

Bake Time: 50 minutes

Yields: 3 Dozen

## INGREDIENTS

### Cookies

- 2 1/4 cups. All-purpose flour
- 1 tsp. Baking soda
- 1 tsp. Pumpkin pie spice
- 1/2 tsp. Kosher salt
- 1 cups. (2 sticks) butter, softened
- 1 1/4 cups. granulated sugar, plus more for rolling
- 1/2 cups. Pumpkin puree
- 1 Large egg
- 2 tsp. Pure vanilla extract

### Frosting

- 1 (8-oz.) Block cream cheese, softened
- 1 tsp. Pure vanilla extract
- 1/4 tsp. Ground cinnamon, plus more for sprinkling
- Pinch Kosher salt

## DIRECTIONS

1. Preheat oven to 350° and line two large baking sheets with parchment paper. In a medium bowl, whisk together flour, baking soda, pumpkin pie spice, and salt.
2. In a large bowl using a hand mixer, beat butter, sugar, pumpkin, egg, and vanilla until combined. Add dry ingredients and stir until just combined.
3. Scoop a tablespoon of cookie dough then roll in sugar. Transfer to a prepared baking sheet and repeat with remaining dough, spacing cookies 2 inches apart.
4. Bake until cookies are lightly golden, about 10 minutes. Let cool completely.
5. Meanwhile, make frosting: In a large bowl, beat all ingredients until smooth and creamy. Frost the top of each cookie with cream cheese frosting and sprinkle with cinnamon.

Source: *delish.com*

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## Tips for avoiding the Holiday Blues



- Stick to normal routines as much as possible.
- Get enough sleep.
- Don't isolate yourself and spend time with supportive, caring people.
- Eat and drink in moderation.
- Get Exercise.
- Make a to-do-list. Keep things simple.
- Don't over extend yourself financially – set a budget.
- Set reasonable expectations & goals for holiday activities – Don't over-do-it.

Source: *nami.org*



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#14451

DEC 5 #14099 \$139pp

DEC 12 #14100 \$139pp

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#14099 #14100

DEC 12 #14098 \$139pp

**CHARLESTON CHRISTMAS SPECIAL**

Enjoy a boxed lunch on the ride up to Charleston before the 2:00 pm matinee of "The Charleston Christmas Special." This annual show has become a holiday tradition, so make it part of your own!



#14098

NOV 11-12 #14096 \$449 single \$359 double

**BILTMORE BY CANDLELIGHT**

The Festive holiday spirit is rekindled with a trip to Asheville, North Carolina and the beautiful Biltmore Estate. Built as a retreat for the Vanderbilt family, this French-Chateau decks her halls with exquisite décor during the Christmas season. Wrap yourself in the scent of fresh evergreens as you admire holiday decor featuring wreaths, garlands, and the sparkle of thousands of ornaments on more than 55 Christmas trees. The entire estate is transformed into a holiday wonderland complete with special Yuletide musical performances. Upon arrival, check into your hotel, then indulge in a holiday dinner feast before stepping into a gilded age on a self-guided Candlelight Tour of the beautiful Biltmore Estate.




#14096

DEC 16-18 #14106 \$1,239 single \$999 double

**GREENBRIER RESORT**

Head north into the majestic mountains of West Virginia, home to The Greenbrier, a National Historic Landmark and world class resort that's been welcoming guests since 1778. Join the guest list that includes 27 presidents, royalty, celebrities, business leaders and now ... you! Enjoy a night cap at one of the six resort bars or try your luck at the Casino Club, affectionately nicknamed Monte Carlo meets Gone with the Wind! Also included is a tour of The Greenbrier's great secret - the declassified Cold War fallout bunker built below the hotel's West Wing.



#14106

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