



## *The Radiance of the Season*

Blessed is the season which engages the whole world in a conspiracy of love. The purse never opens so freely and widely as at Christmas, and at no other time is the heart so warmly sympathetic and so quickly responsive. The very young, the very old, the very poor, all appeal to us at this season as at no other time. Remembering others at this season, we attain real joy and heart filling satisfaction for ourselves. The best gifts are never things, the best gifts are from within and filled from our heart. If every gift is a token of personal thought, a friendly feeling, an unselfish interest in the joys of others, then the thought, the feeling, the interest may remain after the gift is made. The radiance of which Christmas is observed in the spirit of Christ shines throughout the year.

Our hearts and homes are glowing with the pleasure of the season. Every December we are blessed again, with the real reason for the season, that special star in the night to help guide us through our journey into the light. A clear angel's song, sounds above the halls of Bethlehem, thoughts of peace and goodwill to men. The ringing of the bells call us to the candlelit service, done in an old world style church, adorned with Christmas red ribbons and pine. We open the door and are stilled by the angelic voices of carolers singing the ever beautiful 'Silent Night'. And just like clockwork, a gush of cold air hits us, and the loveliest snowfall of the year begins to shimmer and shine gently all around.

Christmas is that special day set aside hundreds of years ago to celebrate the birth of Jesus. No other holiday can compare. Homes, offices and entire communities are decorated to the hilt, and brightly lit, tinsel Christmas trees can be seen in almost every living room window. Christmas is for children and those that are young at heart, because the holiday creates the warmest collection of memories to last a lifetime.

Somewhere inside the heart of everyone, the seasonal holidays hold a special meaning for every person and family. They are unique and personal and enjoyed in so many different ways. Gifts and visits from far away friends and family, music, and special foods make the holidays feel complete. There is nothing like the holiday touch at this time of year, with everyone utilizing their various talents and imaginations to let their spirit of the season shine through. Christmas is a wonderful time to talk, laugh, play games, dance and enjoy special holiday activities.

Tis the season to be joyful and at Delaware Court, we are filled with the merriment of the holiday season. The excitement and anticipation of the Christmas festivities fill the air as we decorate the Christmas tree. The facility will be aglow with tinsel, colored lights and poinsettias. Christmas treats, candies and cookies will be abundant from generous, caring hearts. We will be warmed with the spirit of Christmas, and joyous thoughts and sounds of the holiday season.

As we approach the holidays and year's end, may we reflect on all the goodness of the many efforts that we have begun or completed in our life, as we recall and remember and be thankful for our family and our friends. We take this time to give our deep gratitude to our residents who have entrusted us with their care and appreciation to their wonderful families. We are thankful for our dedicated, loyal and hardworking staff members who give their best daily throughout the year.

May all the good things triumph over the turmoil of the past year, and real strength and hope reside in our hearts today and throughout the New Year, and share with others the message of peace, goodwill and love.

Wishing you the merriest and best Christmas ever, and a prosperous New Year!

Susan B. Barrows, SSD/ADC



### Inside the "Banner" :

Page 1-4...Staff Input

Page 5-6...Resident of the Month, Birthdays

Page 7 .....Recipes

Page 8.....Merry Christmas!

**Administrator:**

**Online Medicaid Application Available**

The Ohio Department of Job and Family Services (ODJFS) online Medicaid application system went live earlier this week. Applicants will first create an account which consists of user name, password and an email address. There are links on the bottom of the pages to all the free email services for those who do not already have an email address. Once a user creates an account, the system will send an email including a confirmation link which must be clicked within 4 days of account creation. The user may then log in and create an application which will be transmitted to the county for processing. Although the online system includes everything on the paper application, only a few fields of contact data must be completed in order to submit an initial application.

The system anticipates that providers will have staff submit applications on behalf of residents and allows one user to submit applications for multiple people. In addition, the application system allows an applicant to appoint an authorized representative during the application process. One security feature is that when a user attempts to make changes to a pending application, the system will send a change request key via postal mail to the applicant's address which must be entered in order to make changes. Also, when making changes to an account, the system will not show any unearned income in order to comply with HIPPA.

At this point, the system will only allow collection of information and submission of the initial application to the county. Phase 2, which is expected next summer, will provide additional functionality including reapplication and status checking.

*Ken Levering, Administrator*

**From Director of Nursing:**

**CMS Says 2011 Medicare Drug Prices will be mostly unchanged**

The Centers for Medicare & Medicaid Services (CMS) said average 2011 Medicare prescription drug plan premiums will be similar to 2010. Medications actually may be more affordable, the agency said, noting the new discounts coming next year for brand-name drugs through the Affordable Care Act. "Most Medicare prescription drug plan premiums should remain relatively stable next year, and all beneficiaries should compare their coverage under their current plan with the plans that will be offered in 2010 when that information becomes available," said Jonathan Blum, deputy administrator of CMS' Center for Medicare.

Based on the bids submitted by Part D plans for the 2011 plan year, CMS estimates that the average monthly premium Part D coverage will be \$30, a \$1 increase from the 2010 average premium of \$29.00.

Premiums paid by Part D enrollees cover about 25 percent of the cost of basic Part D coverage, CMS said. Enrollees with low incomes may qualify for the low-income subsidy (LIS), or extra help, that covers some or all of the beneficiary's premium, deductible, copayments, and the cost of drugs in the coverage gap, or doughnut hole. In 2011, the average value of the subsidy amount applied to the Part D Benefit, premium, and cost sharing for LIS enrollee is estimated to be about \$4,000. Under the new Affordable Care Act provisions, fewer individuals who receive LIS benefits will need to move to a new plan to avoid paying a premium.

(article from Provider )

Wishing you a wonderful Christmas and a happy and healthy New Year!

*Pat McKeehan, Director of Nursing*



## *Resident & Family Christmas Luncheon*

for Residents and their guests (limit 2)

Saturday, December 18  
11:30 am to 12:30 pm

RSVP to Kim Miller by Dec. 14

a Christmas Party will follow at 2pm  
with piano music by Brenda Holmes

### Admissions/Marketing:

Wishing all of the residents and staff  
a wonderful Christmas and a Happy New Year!

*Mary Margaret Moore,  
Director of Admissions / Marketing*

### Dietary: Warm Up with a Warm Drink

Cocoa or Hot Chocolate? There *is* a difference between cocoa and hot chocolate. Cocoa is made from cocoa powder, hot chocolate is made from shaved chocolate bars. Both are mixed with hot milk or water, but since cocoa powder is defatted, hot chocolate is a richer beverage. It can easily have double the cocoa butter of cocoa powder.

- Supermarket cocoa powders tend to contain 10% to 12% cocoa butter, while premium brands have 22% or more. Fractions such as 10/12 or 22/24 on the package indicate the percent of cocoa butter: e.g., 10/12 indicates 10 to 12 percent.

- By comparison, a semisweet chocolate bar can have 46%-54% cocoa butter.

Hot chocolate was invented by the Swiss, who first thought to shave a bar and mix it with boiled milk. Cocoa powder was invented by the Dutch. And it must be remembered that more than 2,000 years ago, enjoyment of chocolate began as a spiced *cold* beverage, cacahuatl (ka-KWA-tay), enjoyed by the Olmecs and later the Mayas and Aztecs. It was brought back to Spain by Cortès in 1527 and was not made into a solid food—pudding and pastilles—until 1674.

#### Deluxe Hot Chocolate:

Combine 1 oz. (3 Tbsp.) of your favorite chopped chocolate with one ounce of whole milk in a mug. Microwave for 30 seconds and use a whisk to blend. Add six ounces more of milk, stir, and heat for 60 seconds. Enjoy!



**News from the Social Service Department:**

We have been discussing Resident Rights and here are the next six:

16. The right of access to opportunities that enable the resident, at the resident's own expense or at the expense of a third-party payer, to achieve the resident's fullest potential, including educational, vocational, social, recreational, and habilitation programs.

17. The right to consume a reasonable amount of alcoholic beverages at the resident's own expense, unless not medically advisable as documented in the resident's medical record by the attending physician or unless contradictory to written admission policies.

18. The right to use tobacco at the resident's own expense under the home's safety rules and under applicable laws and rules of the state, unless not medically advisable as documented in the resident's medical record by the attending physician or unless contradictory to written admission policies.

19. The right to retire and rise in accordance with the resident's reasonable requests, if the resident does not disturb others or the posted meal schedules and upon the home's request remains in a supervised area, unless not medically advisable as documented by the attending physician.

20. The right to observe religious obligations and participate in religious activities; the right to maintain individual and cultural identity; and the right to meet with and participate in activities of social and community groups at the resident's or the group's initiative.

21. The right upon reasonable request to private and unrestricted communications with the resident's family, social worker, and any other person, unless not medically advisable as documented in the resident's medical record by the attending physician, except that communications with public officials or with the resident's attorney or physician shall not be restricted. Private and unrestricted communications shall include, but are not limited to, the right to :

- a) Receive, send, and mail sealed, unopened correspondence;
- b) Reasonable access to a telephone for private communications;
- c) Private visits at any reasonable hour.

Wishing you and your family a Merry Christmas!

Virginia Kellett, LPN / Director of Social Services

**Financial Services:**

**More important than ever...**

**If you have been notified of any changes in health or pharmacy coverage for your loved one, please bring the new card(s) in to be copied right away. By promptly notifying Delaware Court of new insurance information, we can avoid any charges being missed, going unpaid, or being left to the resident's responsibility because of a lack of timely filing of claims.**

**If you ever have any questions about insurance payments or charges, please feel free to contact Pam Demmings.**



## *Resident for the Month of December*



Randy Cross

William Randolph “Randy” Cross was born in Delaware on May 7, 1962 to John and Mary (Carson) Cross. He grew up within a half mile of Delaware Court. He has two younger sisters, Elizabeth and Catherine; they are the mothers of his beloved nephews, Michael, Alex, and Carson. He is active in their lives, attending concerts, scouting events, and many, many sporting events. His ancestors first came to Delaware County in the early 1800’s. Randy has 10 revolutionary war soldiers from both sides of the family.

Randy graduated from Hayes High School in 1980. He was selected to participate in an individual study program at OWU because of his outstanding academic standing. He has a great love of music. He played a trumpet and was a gifted pianist. He studied with Professor Strasburg at Ohio Wesleyan University.

Randy attended the Ohio State University. While at OSU he worked at several restaurants, including the Ala Carte Restaurant on North High Street. The owner took Randy under her wing to teach him much about cooking. This gave him his life long interest in cooking many different types of food. He has worked in many nice restaurants, including the Mainline Restaurant in New Orleans. He returned to Delaware and became a postman in Urbana, Ohio. A car accident caused injuries that caused him to have to return home. He became interested in counted cross stitch during his convalescence, and made many gifts for friends and family.



Randy was an avid reader, and also likes old movies. He can tell you which scenes in *Gone With the Wind* were painted onto the film because the set wasn’t completed in time, and many other trivia about films. Randy is a warm, outgoing person who always waves and says hi. Say hi back when you see him.

submitted by John Cross

Congratulations, Randy!

## A Story to Share ~ Author Unknown



This story is about a beautiful, expensively dressed lady who complained to her psychiatrist that she felt that her whole life was empty; it had no meaning.

So the counselor called over the old lady who cleaned the office floors, and then said to the rich lady, "I'm going to ask Mary here to tell you how she found happiness. All I want you to do is listen."

So the old lady put down her broom and sat on a chair and told her story: "Well, my husband died of malaria and three months later my only son was killed by a car. I had nobody... I had nothing left. I couldn't sleep; I couldn't eat; I never smiled at anyone, I even thought of taking my own life. Then one evening a little kitten followed me home from work. Somehow I felt sorry for that kitten. It was cold outside, so I decided to let the kitten in. I got it some milk, and it licked the plate clean. Then it purred and rubbed against my leg, and for the first time in months, I smiled. Then I stopped to think; if helping a little kitten could make me smile, maybe doing something for people could make me happy. So the next day I baked some biscuits and took them to a neighbor who was sick in bed. Every day I tried to do something nice for someone. It made me so happy to see them happy. Today, I don't know of anybody who sleeps and eats better than I do. I've found happiness, by giving it to others."

When she heard that, the rich lady cried. She had everything that money could buy, but she had lost the things which money cannot buy.

## DECEMBER BIRTHDAYS



**Delaware Court  
wishes you a  
Happy Birthday!**

### RESIDENTS:

Dec. 17 John McGarvey  
Dec. 21 Iva Tate  
Dec. 22 Wanda Howard  
Dec. 22 Pauline VanBrimmer  
Dec. 24 Ed Hetzel  
Dec. 26 Ola Simpson  
Dec. 27 John Miller

### STAFF:

Dec. 03 Cathi Schultz  
Dec. 06 Teresa Fralick  
Dec. 14 Pam Demmings  
Dec. 16 Amber Rowland  
Dec. 21 Kathy Simpkins  
Dec. 27 Yolanda Mendoza

## December Birthstone – Blue Topaz or Turquoise

The Blue Topaz was considered by ancient civilizations to have cooling properties. Not only was it believed to cool boiling water when thrown into the pot, but to calm hot tempers as well! It was also thought to cure insanity, asthma, weak vision and insomnia. A gift of Blue Topaz is symbolic of love and fidelity.

The Turquoise was considered by ancients to be a sacred stone, protective against all manners of evil and ill health. A gift of Turquoise represents friendship and luck.

Question: How many candy canes can you find in this newsletter?

## RECIPES FROM STAFF, RESIDENTS AND FAMILY



### Snowball Cookies

1 cup butter or margarine, softened  
1/2 cup powdered sugar  
1 tsp. vanilla extract  
2 1/4 cups all-purpose flour  
3/4 cup finely chopped nuts of your choice  
(pecans, walnuts, or macadamia nuts)  
1/4 tsp. salt  
additional powdered sugar

1. Fully mix butter, 1/2 cup powdered sugar and vanilla in a large bowl. Stir in flour, nuts and salt until dough folds together.
2. Chill dough for about an hour.
3. Preheat oven to 400 degrees.
4. Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet.
5. Bake 10 to 12 minutes or until set but not brown.
6. Remove from cookie sheet. Cool slightly on wire rack.
7. Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again.

Yield: 4 dozen cookies

### Baked Omelet Squares

1/4 cup butter  
1 small onion, chopped  
1 1/2 cups shredded Cheddar cheese  
1 (12 ounce) can sliced mushrooms  
1 (6 ounce) can slice black olives  
chopped cooked ham  
sliced jalapeno peppers (optional)  
12 eggs, scrambled  
1/2 cup milk  
1/2 tsp. salt and pepper to taste

1. Preheat oven to 400 degrees. Grease a 9x13 baking dish.
2. Melt the butter in a skillet over medium heat, and cook the onion until tender.
3. Spread Cheddar cheese in the bottom of the prepared dish. Layer with mushrooms, olives, sautéed onion, ham, and peppers. In a bowl, scramble eggs together with milk, and season with salt and pepper. Pour egg mixture over ingredients, but do not stir.
4. Bake uncovered for 30 minutes or until no longer runny in the center and slightly brown on top. Allow to cool slightly, then cut into squares and serve.

Serves 8.

### Christmas Fudge by Mary Lou Bosh

2 cans Eagle Brand Milk  
1 13-oz. can marshmallow topping  
2 12oz. pkgs. chocolate chips  
1 12 oz. pkg. Reese's peanut butter chips

1. Place Eagle Brand milk and marshmallow topping in a 3 quart heavy sauce pan on low heat on stove. Stir frequently until thoroughly mixed.
2. Remove from heat and stir in chocolate and peanut butter chips, until melted.
3. Pour into butter 9x13 pan and refrigerate until thoroughly chilled.
4. Cut and store in covered container.

### Reindeer Cookies

16.5 oz roll Pillsbury refrigerated sugar cookies  
1/4 cup flour  
1 cup vanilla ready-to-spread frosting  
64 small pretzel twists  
64 (1/4 cup) chocolate chips  
16 gumdrops, cut in half

1. In a large bowl, break up the cookie dough and work flour into the dough. Shape the cookie dough into a triangular shaped log.
2. With a sharp knife, cut dough into 32 (1/4" thick) triangular slices. Place 2 inches apart on an ungreased cookie sheet.
3. Bake 7 to 11 minutes in a 350 degree oven. Let cool completely, about 5 minutes.
4. Frost cookies. Place 2 pretzel twists on each cookie near the two corners to create antlers. Lightly press 2 chocolate chips into each cookie for eyes and one halved gumdrop for the nose.

Yield: 32 cookies.

### Holiday Chicken Salad

4 cups cubed, cooked chicken meat  
1 cup mayonnaise  
1 tsp. paprika  
1 1/2 cups dried cranberries  
1 cup chopped celery  
2 green onion, chopped  
1/2 cup minced green bell pepper  
1 cup chopped pecans  
1 tsp. seasoned salt  
ground black pepper to taste

In a medium bowl, mix together mayonnaise with paprika and salt. Blend in cranberries, celery, bell pepper, onion, and nuts. Add chicken and mix well. Season with black pepper to taste. Chill one hour. Serves 12.

DELAWARE  
COURT  
HEALTHCARE CENTER

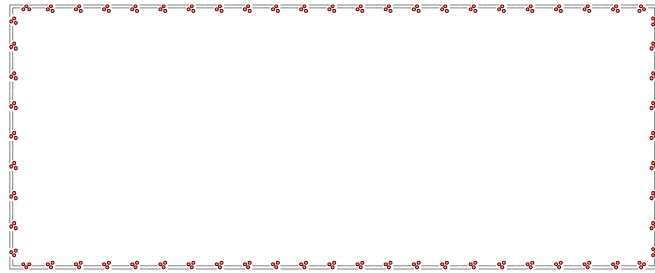


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Merry  
Christmas!



*Celebrate the birth of Jesus!*