

# Cache County Senior Center

December 2019

Photo by Mike Bullock

**Tuesday December 3rd  
@ 8:30 am  
Commodities Pickup**

**Lunch and Learn:  
12:15**

12/6 Karli Mountjoy with  
Natural Grocers

12/9 Encompass

12/11 at 11:15 Medication  
Safety Class with BRHD  
Also at 12:15 A  
representative from HEAT  
Program

12/12 Music with Sherrid

12/13 Music with Colleen

12/18 Hicken Family  
Singers

A representative from  
the VA will assist you  
with all of your benefit  
needs. Please call  
Deborah Crowther  
at 435-713-1462  
to schedule  
an appointment.

**The Senior Center will  
be closed December 20th  
for end of year  
Cleaning**



'Tis the season to have  
some fun, lets dress  
**Tropically** and pretend  
we are in the **Sun** !  
Join us for a  
**HAWAIIAN CHRISTMAS  
LUNCHEON**

11:00 Come learn the Hula  
11:30 Come learn the Haka  
12:15 ENTERTAINMENT

DECEMBER 4TH  
12:00 PM

Must RSVP at  
the front desk  
or by calling  
755-1720

## Nutrition News

Cranberries are not always on most people's list when it comes to antioxidant-rich, health-supportive berries. When thinking about antioxidant support, berries like blackberries, raspberries, black raspberries or strawberries are more likely to come to mind. But as soon as you start to think about the shape and size of cranberries, it is not difficult to recognize their similarities with berries like blueberries, and to understand why these berries are so renowned for their antioxidant richness. Recent studies have identified over two dozen antioxidant phytonutrients in cranberries. In addition, these studies have shown the ability of cranberry phytonutrients to raise the overall antioxidant capacity in our bloodstream and to help reduce risk of oxidative stress. For these reasons and others, cranberries deserve full recognition as a health-supportive fruit that can bring health benefits to a meal plan.

### DID YOU KNOW?

\*If you strung all the cranberries produced in North America in 2007, they would stretch from Boston to Los Angeles more than 565 times.

\*Native Americans pounded cranberries into a paste and mixed with dried meat, and called this mixture 'pemmican.' One of the first references to cranberries was made in a letter written by Mahon Stacy to his brother in England dated April 26, 1680.

\*Cranberry juice was first made by American settlers in 1683.

\*American and Canadian sailors on long voyages knew they could eat cranberries to protect themselves from scurvy -- making them a cranberry counterpart to British 'limeys.'

\*The first cranberry sauce was marketed in 1912.

\*Americans consume some 400 million pounds of cranberries a year, 20 percent during Thanksgiving week.

\*Americans consume 5,062,500 gallons of jellied cranberry sauce every holiday season.

<http://www.foodreference.com/html/fcranberries.html>

## Good Things To Eat

### White Chocolate and Cranberry Cookies



Recipe By: Diane Abed

#### Ingredients:

1/2 cup butter, softened  
1/2 cup packed brown sugar  
1/2 cup white sugar  
1 egg  
1 tablespoon brandy  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
3/4 cup white chocolate chips  
1 cup dried cranberries

#### Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.  
In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in the egg and brandy. Combine the flour and baking soda; stir into the sugar mixture. Mix in the white chocolate chips and cranberries. Drop by heaping spoonfuls onto prepared cookie sheets.  
Bake for 8 to 10 minutes in the preheated oven. For best results, take them out while they are still doughy. Allow cookies to cool for 1 minute on the cookie sheets before transferring to wire racks to cool completely.

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<https://www.allrecipes.com/recipe/10917/white-chocolate-and-cranberry-cookies/print/?recipeType=Recipe&servings=24&isMetric=false>



**The Senior  
Center will be  
CLOSED  
December 20th for end of  
year cleaning!**





The HEAT Program is a federally funded assistance program.

The program opens November 1st through April 30th or until funds are exhausted.

Eligibility and benefit amounts are determined by number of U.S. residents or permanent residents in the household, household income, household size and energy costs (fuel and electric bills). Household must be under 150% of the Federal Poverty Level.

A representative from the HEAT program will be here for a Lunch and Learn presentation on Dec. 11th at 12:15.



Jasen Nordberg

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## House Committee Steps up for Dignity in Aging Act

On Sept. 18, the House Committee on Education and Labor approved H.R. 4334, the Dignity in Aging Act of 2019. This bipartisan legislation reauthorizes the Older Americans Act (OAA) through 2024 and incorporates a number of improvements proposed by NCOA and its aging network partners. There's a long way to go, but this is a big win for us. Partnerships and advocacy have brought us this far, and we're excited by what would change if the Dignity in Aging Act becomes law.

One of the most significant overall updates is the sustained growth in authorized funding levels that ultimately result in a 35 percent increase. Included in this are the investments we prioritized for the Senior Community Service Employment Program (SCSEP). The Committee recognizes that OAA funding has not kept pace with the growth in the number of older adults or the cost of providing services; OAA resources in 2010 amounted to \$42.95 per senior, but that investment is only worth \$27.25 per senior in today's dollars.

Back in 2012, we partnered with the Gerontological Society of America (GSA) during the last OAA on a proposal for restoring and expanding the research and development functions of the Administration on Aging. Over the past year, we gained more and more support from groups like the National Association of Area Agencies on Aging (n4a) and Advancing States for the creation of an Innovation Center. The bill establishes the National Research, Demonstration, and Evaluation Center for the Aging Network, which would be provided with \$20 million annually to conduct, promote, and coordinate research, including evaluation and demonstration projects, as well as to increase the repository of information on evidence-based programs and interventions available to the Network.

We just finished our annual observance of Falls Prevention Awareness Day, so we're pleased to see this legislation reaffirms the unique purposes of the Falls Prevention and Chronic Disease Self-Management Education grant program by incorporating explicit authorization for each initiative. As proposed by NCOA, it creates a new

authority for the Assistant Secretary to coordinate and disseminate information on federal services for home modifications for falls prevention, and home assessments to promote independence and safety for seniors at home.

Our proposals to enhance the definition of "disease prevention and health promotion" to highlight the role the Aging Services Network plays in addressing pain management and responding to public health emergencies were also incorporated through bipartisan amendments. Our Aging Network colleagues continue to highlight the role of OAA services in addressing social isolation and social determinants of health, and to strengthen provisions related to caregiving, grandfamilies and elder justice and legal assistance. We're proudly supporting their proposed language.

### What's Next

The Senate Health, Education, Labor, and Pensions (HELP) Committee released a draft bill over the summer, but negotiations continue over larger-scale issues related to the federal-to-state funding formula, which stalled the last reauthorization.

It's now clear that the reauthorization process won't be finalized before the OAA expires at the end of the fiscal year on Sept. 30, but both the Senate and House

chairmen remain committed to moving the reauthorization through Congress as quickly as possible. Until then, OAA programs will continue to operate, and funding will flow either through enactment of continuing resolutions (CRs) or final FY appropriations legislation.

You can continue to join us in advocacy for OAA reauthorization and funding through our Action Center. You can also review the Committee markup and fact sheet. Additional information about OAA reauthorization, including NCOA proposals, can be found at [ncoa.org/oa](http://ncoa.org/oa).

A graphic with the words "take note" written in a large, black, cursive script. A simple line-art heart is positioned above the letter "o" in "note".

**Commodity pick up will be  
TUESDAY  
December 3rd**



# Ugly Sweater Party

FRIDAY, DECEMBER 13TH @11:15

# UGLY SWEATER PARTY

AND CONTEST!

Come celebrate the holidays with your friends here at the senior center! This is our last hurrah before we close for the holidays, so come ready to party.

# Cookie Decorating

Please join us for **Cookie decorating**

6TH DEC 2019  
AT 11:15AM  
PLEASE SIGN UP AT THE FRONT OFFICE

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# DECEMBER 2019



## Monday

2  
 10:00 Gift Wrapping w/ CNS  
 1:00 Needle Work Group



## Tuesday

3  
 8:30 Commodities  
 10:00 Decorating Christmas Stockings  
 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00  
 1:00 Movie: The Roof Top Christmas Tree 1h28m

## Wednesday

4  
 8:30 Sit and Be Fit w/ Darrell  
 10:30 Bingo Cancelled  
 11:00 – 1:00 Christmas in Hawaii  
 1:30 Cribbage

9

10:30 Poker hosted by ComForCare  
 12:15 Lunch and Learn: Encompass  
 1:00 Needle Work Group

10

9:30 Music class with CCID  
 11:15 Cooking Class  
 1:00 Movie: Christmas For a Dollar 1h41m

11

8:30 Sit and Be Fit w/ Darrell  
 11:15 BRHD Medication Safety Class  
 12-4 AARP Driver Safety Course  
 12:15 Lunch and Learn: HEAT Program  
 1:00 Book Club  
 1:30 Cribbage

16

11:15 Ornament making w/Giselle  
 1:00 Needle Work Group

17

10:00 Gingerbread Houses  
 1:00 Movie: A Norman Rockwell Christmas Story 50m



18

8:30 Sit and Be Fit w/ Darrell  
 11:00 Photography Class  
 11:15 Craft with Sarah  
 12:15 Hicken Family Singers  
 1:00 Foot Clinic by Sunshine Terrace—Charge of \$10.00  
 1:30 Cribbage

23

**CLOSED FOR CHRISTMAS AND NEW YEARS HOLIDAYS**

24

25

30

**CLOSED FOR CHRISTMAS AND NEW YEARS HOLIDAYS**

31





# DECEMBER 2019

## Daily Activities

### Thursday

### Friday

5  
10:30 Writers Group  
10:30 Cards with CNS  
1:00 Movie: The Most Wonderful Time of The Year 1h30m

6  
8:30 Sit and Be Fit w/ Darrell  
10:00 Nails with Symbii  
11:15 Cookie Decorating  
10-12 Blood Pressure  
12:15 Lunch and Learn: Karli Mountjoy with Natural Grocers  
1:00 Movie: The Man Who Invented Christmas 1h44m

12  
10:30 Writers Group  
12:15 Music w/ Sherrid  
1:00 Non Denominational Bible Study  
1:00 Movie: A Christmas



13  
8:30 Sit and Be Fit w/ Darrell  
11:15 Ugly Sweater Contest Party!  
10-12 Blood Pressure  
12:15 Music w/ Colleen  
1:00 Movie: A Christmas Tree Miracle 1h29m  
5:30 Community Drumming

19  
10:30 Writers Group  
1:00 Red Hat Activity



20  
**CLOSED FOR  
CENTER  
CLEANING**

26  
**CLOSED FOR CHRISTMAS AND  
NEW YEARS  
HOLIDAYS**



### Monday

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Table Room  
9:10 Line Dancing  
9:15 Breakfast Club  
10:15 Tai Chi  
11:15 Sit-n-be-fit/  
Pickle Ball  
12:30 Jeopardy  
12:30 Bridge

### Tuesday

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Table Room  
8:30 Ceramics  
9-12 Painting Group  
9:30 Wii Bowling  
1:00 Movie

### Wednesday

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Table Room  
9:10 Line Dancing  
10:15 Tai Chi  
10:30 Bingo  
11:15 Sit-n-be-fit/  
Ping Pong  
12:30 Bridge  
1:00 Bobbin Lace

### Thursday

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Table Room  
9-12 Painting Group  
9:15 Clogging  
9:30 Wii Bowling  
10:00 Mahjong  
2:00 Spanish 101  
4:30 pm Knotty Knitters  
5:00 pm TOPS

### Friday

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Table Room  
9:10 Line Dancing  
9:15 Adult Coloring  
10:15-10:45 Seated Tai Chi  
10:30 Bingo  
11:00 Pickle Ball  
11:15 Sit-n-be-fit  
12:30 Bridge  
1:00 Movie

# FRAUD TRENDS

## TV and internet ads



Disregard ads offering free back or knee braces.  
If you need a brace or any other medical device, see your doctor.  
If it sounds too good to be true, it probably is.  
Watch out for "secret formulas" or "medical breakthroughs."



### Free Back and Knee Braces

The brace is not free. Medicare is billed and possibly the beneficiary, too. The fine print also may state that by calling you are giving permission to be called.

### Products that Cure Diseases

Be wary of products that claim to cure a wide variety of illnesses—particularly serious ones—that don't appear to be related.



### Reverse Mortgage Scam

Used by scammers to steal the equity from the property of unsuspecting senior citizens or to use these seniors to unwittingly aid the fraudsters in stealing equity from a flipped property.



### Anti-Aging Products

Fraudulent cosmetics may contain known carcinogens. Research thoroughly before buying and check with the BBB for complaints.



### If you see it, report it!

To report Medicare fraud related to braces, contact your local SMP at [www.smpresource.org](http://www.smpresource.org). To report a reverse mortgage scam or file a complaint about fraudulent products, contact the FBI at <https://tips.fbi.gov>.

<https://www.fbi.gov/scams-and-safety/common-fraud-schemes>  
<https://medicareworld.com/medicare/medicare-fraud-scam-offers-free-back-knee-braces-medicare/>

SUPPORTED BY GRANT # 90MPC0001 FROM ACL



# Gingerbread Houses

## GINGERBREAD HOUSE DECORATING



TUESDAY THE 17TH OF DECEMBER @10  
PLEASE SIGN UP AT THE FRONT OFFICE

# Christmas Stockings



## HOLIDAY STOCKING CRAFT

December 3rd @10

Come get in the holiday spirit and decorate a stocking with your friends here at the senior center.

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# DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Beef &amp; Barley Soup</b> Mixed Green Salad Fruit Cocktail Cheese Biscuit	3 <b>Spaghetti w/ Meat Sauce</b> Italian Veggies Peaches Fruit Salad	4 <b>Pot Roast</b> Potatoes & Gravy Roasted Vegetables Grapes Dinner Roll	5 <b>Malibu Chicken</b> Green Beans Roasted Sweet Potatoes Sliced Oranges	6 <b>Chefs Choice</b>
9 <b>Chefs Choice</b> 	10 <b>Chicken Pasta Bake</b> Capri Vegetables Mixed Fruit Sliced Bread	11 <b>Polynesian Meat Balls</b> Rice Pilaf w/ Quinoa California Blend Vegetables Spiced Apples	12 <b>Lentil &amp; Ham Soup</b> Green Salad Citrus Fruit	13 <b>Chefs Choice</b>
16 <b>Turkey Croissant Sandwich</b> Tomato and Cucumber Salad Potato Chips Fruit & Yogurt	17 <b>Chefs Choice</b>	18 <b>Hot Dogs</b> Baked Beans Cole Slaw Strawberry Shortcake	19 <b>Chefs Choice</b>	20 <b>Center Closed for end of year cleaning</b>
23 	 <b>CLOSED FOR CHRISTMAS AND NEW YEARS HOLIDAYS</b>			27
30 <b>CLOSED FOR CHRISTMAS AND NEW YEARS HOLIDAYS</b>	31	<p><i>Our doors open at 8:30 a.m. and we close at 4:00 p.m.                      Please make a reservation to eat by 3:00 p.m. If you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day.</i></p>		

Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.



## Craft with Sarah

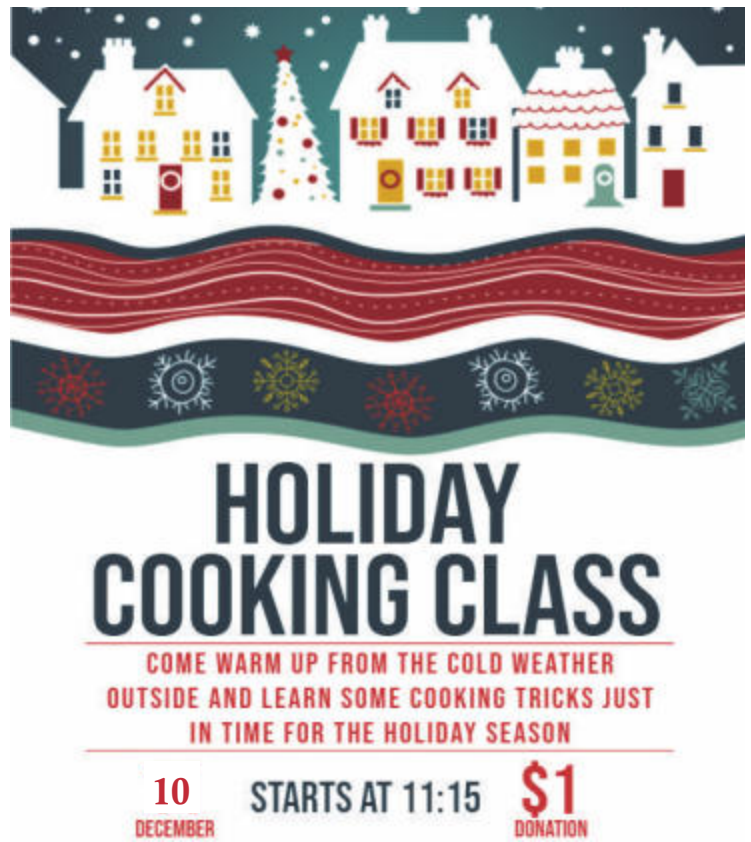


**December  
Craft Class**

WEDNESDAY,  
DECEMBER 18th  
@11:15

Come celebrate this  
holiday season with  
a fun craft

## Cooking Class



**HOLIDAY  
COOKING CLASS**

COME WARM UP FROM THE COLD WEATHER  
OUTSIDE AND LEARN SOME COOKING TRICKS JUST  
IN TIME FOR THE HOLIDAY SEASON

10 DECEMBER STARTS AT 11:15 \$1 DONATION

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## Healthy aging all year: Medicare covers 4 important vaccines for seniors



By: The My Medicare Matters Team  
Coverage of preventive services is one of the most important parts of Medi-

care's role in keeping people healthy. Whether reinforcing immunizations you received as a child, or preparing you for next flu season, vaccines are a key part of avoiding diseases that can prevent you from aging well. Medicare helps pay for four vaccines, each of which you should discuss with your doctor to protect yourself!

### **Influenza Vaccine**

What is the flu? The flu—or influenza—is a contagious respiratory illness that can be severe and life-threatening. Why is it important for older adults to get the flu shot? Older adults—even if you are healthy—are at higher risk when it comes to the flu due to age-related weakening of our immune systems, making it more difficult for us to fight off disease. For the 86% of adults 65+ who are managing a chronic condition—like diabetes or heart disease—the flu can be even more dangerous because you are more likely to develop complications or become hospitalized. Flu combined with pneumonia—a common acute condition among the aging population—is one of the top 10 causes of death for those aged 65+ in the U.S. According to the CDC, the flu vaccination is the best way to prevent the flu. To address the increased risks faced by the aging population, a higher-dose version of the flu vaccine was created specifically for older adults – talk to your doctor today about this option.

How does Medicare cover the cost of the flu shot? The flu vaccine is a once a year, cost-free Medicare B benefit. For Original Medicare, you must use a physician or healthcare provider who accepts Medicare assignment, and for Medicare Advantage, you may have to use an in-network doctor or pharmacy.

### **Shingles Vaccine**

What is Shingles? Shingles is a painful skin rash that's caused by the same virus responsible for chickenpox. Shingles is less contagious than chickenpox and can only be passed on to another person up until the point when the infected person's blisters begin to scab. Even after shingles passes, long-term pain can linger.

Why is it important for older adults to get the shingles vaccine? Researchers believe that the age-related weakening of our immune systems can trigger the “reawakening” of the dormant chickenpox virus. One in

three adults contracts shingles at some point in their life—the majority of whom are 60 years or older—and the older you are when you get shingles, the more likely you are to have severe side effects, like fever, exhaustion and loss of appetite. These can lead to malnutrition, physical deterioration and/or additional infections. Whether you remember having chickenpox as a child or not, you should still talk to your doctor about getting vaccinated.

How does Medicare cover the cost of the shingles vaccine? All Medicare Part D drug plans, or Medicare Advantage plans that include prescription coverage, typically cover the shingles vaccine. However, there is usually an out-of-pocket cost. Depending on your plan, you will either be responsible for a copayment (fixed dollar amount) or coinsurance (percentage of the vaccine's cost). You are likely to have the least out-of-pocket expenses if you use a pharmacy in your plan's network. Each plan has specific rules for covering the vaccine itself, as well as the administration of the injection, so it's best to contact your insurance company directly to find out your specific out-of-pocket cost, and any rules you must follow regarding where you receive the vaccine.

### **Pneumococcal Vaccine**

What is pneumococcal disease? Pneumococcal disease causes severe infections throughout the bloodstream and/or key organs. While you may not have heard of pneumococcal disease, you have probably heard of the conditions that result from this disease, including pneumonia (infection of the lungs), meningitis (infection of the lining of the brain and spinal cord), and bacteremia (infection of the bloodstream). Pneumococcal disease can result in deafness, brain damage, loss of limbs and even death.

Why is it important for older adults to get the pneumococcal vaccine? Pneumococcal disease kills 18,000 adults 65+ each year. A weakening immune system means that older adults are at greater risk, and can face more severe side effects, especially those who are managing chronic diseases.

How does Medicare cover the cost of the pneumococcal vaccine? The pneumococcal vaccine is a cost-free benefit covered by Medicare Part B. For Original Medicare, you must use a physician or healthcare provider who accepts Medicare assignment, and for Medicare Advantage, you may have to use an in-network doctor or pharmacy.

Continued on pg. 13



# MEDICARE

## Hepatitis B Vaccine

What is the Hepatitis B virus? Hepatitis B (or hep B) is a contagious virus that infects the liver. Acute hep B, which usually lasts a few weeks, often mimics symptoms similar to the flu, like fever and nausea.

Chronic hep B is long-term, often has no symptoms at all, and can cause liver damage or death.

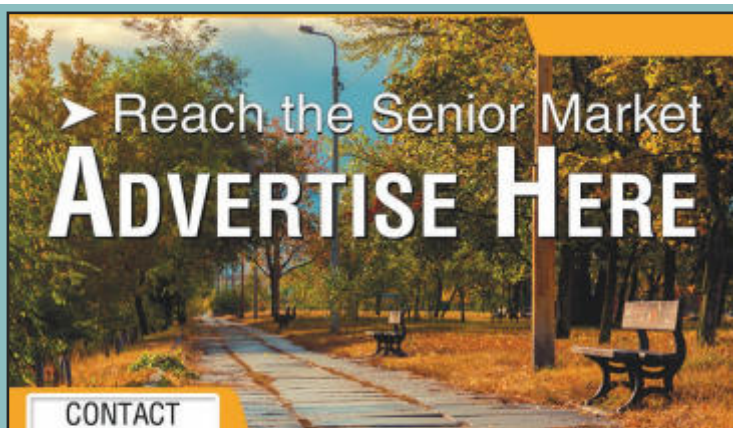
Why is it important for older adults to get the Hepatitis B vaccine? The liver and its function change as you age, making hep B more prevalent among older adults. Your risk of contracting hepatitis B increases if you have hemophilia, end-stage renal disease (ESRD), diabetes or other conditions that lower resistance to infection. Acute hep B is particularly dangerous for older adults because there is no specific treatment for the symptoms.

How does Medicare cover the cost of the hepatitis B vaccine? Medicare Part B insurance covers the full cost of the hep B vaccine(s) if a doctor determines

that you are at high or medium risk of contracting the hep B virus, and the physician or healthcare provider administering the vaccine accepts Medicare assignment. Consult your doctor to determine your risk of getting hep B.

Make the most of your Medicare coverage. Getting these vaccines is an important part of healthy aging, and they also help ensure the health of your friends and family. Call your doctor today to see if these vaccines are right for your health, and then check with your Medicare provider about where you can get them and what is your expected out of pocket cost. If you know someone who may not be vaccinated, share this information with them so they can take the next step toward protecting themselves.

[https://www.mymedicarematters.org/2019/06/healthy-aging-all-year-medicare-covers-4-important-vaccines-for-seniors/?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=OrgSocial&utm\\_term&utm\\_content&fbclid=IwAR3pArX-muDYzEGB00hG4Ht5EVZHZPPS9k67QJeHspJv-UrI6urKXaJmLOg](https://www.mymedicarematters.org/2019/06/healthy-aging-all-year-medicare-covers-4-important-vaccines-for-seniors/?utm_source=Facebook&utm_medium=social&utm_campaign=OrgSocial&utm_term&utm_content&fbclid=IwAR3pArX-muDYzEGB00hG4Ht5EVZHZPPS9k67QJeHspJv-UrI6urKXaJmLOg)



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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

  
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Father Joseph Mohr sat at the old organ. His fingers stretched over the keys, forming the notes of a chord. He took a deep breath and pressed down. Nothing. He lifted his fingers and tried again. Silence echoed through the church.

Father Joseph shook his head. It was no use. The pipes were rusted, the bellows mildewed. The organ had been wheezing and growing quieter for months, and Father Joseph had been hoping it would hold together until the organ builder arrived to repair it in the spring. But now, on December 23, 1818, the organ had finally given out. St. Nicholas Church would have no music for Christmas.

Father Joseph sighed. Maybe a brisk walk would make him feel better. He pulled on his overcoat and stepped out into the night. His white breath puffed out before him. Moonlight sparkled off the snow-crusted trees and houses in the village of Oberndorf. Father Joseph crunched through the snowy streets to the edge of the little Austrian town and climbed the path leading up the mountain.

From high above Oberndorf, Father Joseph watched the Salzach River ripple past St. Nicholas Church. In the spring, when melting snow flowed down the mountains and the river swelled in its banks, water lapped at the foundation of the church. It was moisture from the flooding river that had caused the organ to mildew and rust.

Father Joseph looked out over the Austrian Alps. Stars shone above in the still and silent night.

Silent night? Father Joseph stopped. Of course! "Silent Night!" He had written a poem a few years before, when he had first become a priest, and he had given it that very title. "Silent Night."

Father Joseph scrambled down the mountain. Suddenly he knew how to bring music to the church. The next morning, Father Joseph set out on another walk. This time he carried his poem. And this time he knew exactly where he was going -- to see his friend Franz Gruber, the organist for St. Nicholas, who lived in the next village.

Franz Gruber was surprised to see the priest so far from home on Christmas Eve, and even more

surprised when Father Joseph handed him the poem. That night Father Joseph and Franz Gruber stood at the altar of St. Nicholas Church. Father Joseph held his guitar. He could see members of the congregation giving each other puzzled looks. They had never heard a guitar played in church before, and certainly not during midnight mass on Christmas Eve, the holiest night of the year.

Father Joseph picked out a few notes on the guitar, and he and Franz Gruber began to sing. Their two voices rang out, joined by the church choir on the chorus. Franz Gruber's melody matched the simplicity and honesty of Father Joseph's words. When the last notes faded into the night, the congregation remained still for a moment, then began to clap their hands. Applause filled the church. The villagers of Oberndorf loved the song! Father Joseph's plan to bring music to St. Nicholas Church had worked.

A few months later, the organ builder arrived in Oberndorf and found the words and music to "Silent Night" lying on the organ. The song enchanted him, and when he left, he took a copy of it with him. The organ builder gave the song to two families of traveling singers who lived near his home. The traveling singers performed "Silent Night" in concerts all over Europe, and soon the song spread throughout the world.

Today, cathedral choirs and carolers from New York to New Zealand sing the simple song that was first played in a mountain church in Austria on Christmas Eve nearly 200 years ago. -- By Dick Smolinski  
<https://people.howstuffworks.com/culture-traditions/holidays-christmas/inspirational-christmas-stories8.htm>

**'Tis the season to wish one another joy,  
love and peace. These are our wishes for  
you, Merry Christmas our dear friends,  
may you feel the love this special day.**

**Wishing you all a very  
Merry Christmas**

*- Giselle & Staff*



## Photography Class

December  
18th  
11:00

# PHOTOGRAPHY CLASS

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## Bible Study

Non Denominational

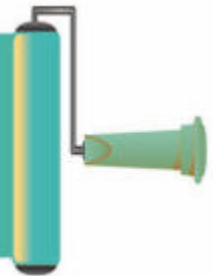
# BIBLE STUDY



**DECEMBER 12, 1PM—2PM**

Meeting will be held in the library

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