

# Stone Crest Assisted

Stone Crest Assisted Living 255 N. Main St., Freeland, MI 48623



## **Our Leadership Team**

### **Administrator**

**Andrea Conquest**

### **Resident Care Managers**

**Amy Conner  
Jessica Murphy**

### **Life Enrichment Director**

**Dee Malmstrom**

### **Dietary Director**

**Jackie Lintz**

### **Maintenance Director**

**Troy Haven**

## **New Year, Lasting Traditions**

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.

## January Is National Soup Month

When the cold weather is in abundance, what better way to sit down and warm up than with a nice, warm bowl of soup? Where did soup come from, and how was it created? Let's find out as we dive into the history of Soup Month!

Historical evidence of the existence of soup dates all the way back to about 20,000 B.C. Boiling was not a common cooking technique until the invention of a waterproofed container, which started out as clay vessels. Animal Hides and watertight baskets were used along with heated rocks. The word soup itself derives from the French word soupe which means soup or broth. The word restaurant was first used in France, around the 16th century, to refer to a highly concentrated, inexpensive soup, sold by street vendors, that was advertised as an antidote to physical exhaustion.

In 1765, a Parisian entrepreneur opened a shop specializing in such soups. This prompted the use of the modern word restaurant for the eating establishments. In the US, the first colonial cookbook was published by William Parks in Williamsburg, Virginia, in 1742, based on Eliza Smith's *The Compleat Housewife; or Accomplish'd Gentlewoman's Companion*, and it included several recipes for soups and bisques.

A 1772 cookbook titled *The Frugal Housewife*, had an entire chapter around the entire subject of soups. In 1897, Doctor John T. Dorrance, a chemist with the Campbell Soup Company invented condensed soup, which has grown exponentially in popularity in the modern era. Condensing soup allows soup to be packaged into a smaller can and sold at a lower price than other canned soups. The soup is usually doubled in volume by adding a "can full" of water or milk (about 10 ounces).

Since the 1990s, the canned soup market has burgeoned with soups marketed as "ready-to-eat," which require no additional liquid to prepare. Microwaveable bowls have expanded the ready-to-eat canned soup market even more, offering convenience (especially in workplaces) and are popular lunch items.

## Stone Crest Assisted Living

Is sponsoring a Blood Drive for the American Red Cross on January 25, 2019. The hours for the blood drive will be 1:00pm until 6:00pm, here at the Stone Crest facility.

In addition to the blood drive, Stone Crest Assisted Living will be hosting a "Soup-A-Thon" fundraiser for our facility and Baruch Ministries. Delicious homemade soups will be available for tasting and savoring from 2:00pm – 4:00pm on the same day, January 25, 2019. A small donation will allow guests to sample any soups of their choice and then cast their vote for the winner!

Please come and join in on two good causes....The American Red Cross and Stone Crest Assisted Living

Information about sign up or other questions may be directed to administrator Andrea Conquest.

Trivia Answers: 1.B 2.C 3.B 4.C 5.C





December was a very busy month for everyone at Stone Crest. The halls were decked and bells were ringing, along with lots and lots of Christmas caroling being enjoyed by one and all. It certainly was the season to be jolly!



## Parmesan Cheddar Basil Bites



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### Cook time

30 mins

### Total time

30 mins

Serves: 36

## Ingredients

- 2 ½ cups shredded Cheddar Cheese
- ½ cup butter, softened
- 5 tablespoons half-and-half
- 1 teaspoon kosher salt
- 1 ½ cups all-purpose flour
- 1 ½ cups grated Parmesan cheese
- 3 tablespoons finely chopped fresh basil

## Instructions

1. Preheat oven to 350°
2. Beat Cheddar cheese, butter, half-and-half, and salt at medium speed with a mixer until blended. Gradually add flour, Parmesan cheese, and basil – beating just until combined.
3. Turn dough onto a well floured surface. Divide into 3 equal portions, and roll to flatten each to ⅛ inch thickness. Cut with star shaped cutter. Place 1 inch apart on parchment paper-lined baking sheets.
4. Bake 11 to 14 minutes or until golden; cool on baking sheets on wire racks for 30 minutes.



## Making Sense

1. Which is the largest state in the United States of America?  
A. Texas B. Alaska C. California
2. What were the Hawaiian Islands originally known as?  
A. The Pinapple Islands B. The Volcano Islands C. The Sandwich Islands
3. Who is the speaker of the famous speech 'I have a Dream'?  
A. Robert Kennedy B. Dr. Martin Luther KingJR C. Lou Gehrig
4. Which is the largest freshwater lake in the world?  
A. Lake Tahoe B. Lake Michigan C. Lake Superior
5. What is Norma Jeane Mortenson famously known as?  
A. Ava Gardner b. Rita Heyworth C. Marilyn Monroe

