



NEWSLETTER ♦ 88th Edition ♦ Dec 2020

Our Mission - To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



EDITOR'S NOTE

– by Elaine Skaggs

Hello Friends, I hope everyone had a Happy and meaningful Thanksgiving. I'm sure it was quite different than normal for some of us, what with the virus still floating around, but I know we all have much to be grateful for, and I hope that all of us took an opportunity to reflect on the things we're thankful for in our lives. This entire year has been a different experience for all of us, with everything in our world changing. And now that the holiday season is near, I for one am more determined than ever to make it special. While we, like most families, have our own set of holiday traditions, I've not kept those traditions alive the last few years with just Jerome and me here. But with all we've missed out on this year, I hope I can come up with something new and extraordinary to add to this year's festivities, although I haven't yet decided for sure what it will be. Be sure to check out the article in this edition about the importance of having your own holiday traditions.

There won't be a Member Spotlight this month. We will resume that feature in the January issue, so be ready to share so we can

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Why Holiday Traditions Might Be More Important Than You Think

– by Michele L. Brennan, Psy.D.

Most families have holiday traditions, regardless of what holiday you are celebrating. Even when we grow up and form our own families, we naturally merge our new traditions with some of the old. It seems that traditions, new or old, have a strong place in our hearts. Holiday traditions become an essential aspect of how we celebrate, and there is a reason why we keep them as a part of our lives for so long. Simply put, we hold onto holiday traditions because they add meaning to our celebrations and help bond us to those we love.

Last weekend I was watching Christmas Vacation (one of my guilty pleasures before and during the holiday season), and I started thinking about why this movie was so funny. A seemingly normal family has all the warm and fuzzy holiday traditions and dreams of the perfect family Christmas, of course, until everything goes wrong. The traditional events end in disaster, the tree catches fire, the turkey is dry (which is an understatement), the uninvited dog wrecks the house chasing the squirrel that got in the house, and the crazy cousin kidnaps the stingy boss. After all this, the family still finds meaning and joy in the season. The tradition that survives is that they always spend the holidays with family, and this bonds them despite all the chaos.

Holiday traditions are essentially ritualistic behaviors that nurture us and our relationships. They are primal parts of us, which have survived since the dawn of man. Traditional

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EDITOR'S NOTE (cont'd)

know you better!

Unfortunately, because many of the restrictions concerning Covid-19 are still in place, we won't be holding our annual Christmas Party this year. However, we are continuing to hold our regular monthly Zoom meetings, and this month's will be on Saturday, December 19, at 2:00 p.m. It's a great way to stay in contact with each other until we are able to meet in person again. I'm so looking forward to that day! Please join us for the meeting by going to Zoom.com, download the app, and click on join meeting. When prompted, our meeting ID is 577 001 8098, and the password is 4321.

Merry Christmas to everyone, and wishes for a Happy New & Better 2021!!

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## DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and WACKY Days

Of course, we all know that December is the Christmas month. We start seeing signs of it approaching usually around the end of October, once Halloween is over. And for many of us, it's probably the most important holiday of the year, along with Easter. But there are other holidays almost every day of December, some a little strange, some we've never heard of before, and some downright funny. You can check out more details of the individual holidays at <http://www.holidayinsights.com/moreholidays/december.htm>.

Following is the list, just in case you want to do a little extra celebrating....

### **December 1**

*Eat a Red Apple Day*

*World Aids Awareness Day*

### **December 2**

*National Fritters Day*

### **December 3**

*National Roof over Your Head Day*

### **December 4**

*Santa's' List Day* – we hope you are on the "Nice" list! Santa's Elves have been everywhere,

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## Why Holiday Traditions Might Be More Important Than You Think (cont'd)

celebrations of holidays have been around as long as recorded history. Holiday traditions are an important part to building a strong bond between family and our community. They give us a sense of belonging and a way to express what is important to us. They connect us to our history and help us celebrate generations of family. Most people can say, "Oh, this was great grandma's tablecloth we always used for Thanksgiving," or "I remember stringing popcorn with my mom when I was young." They keep the memories of the past alive and help us share them with newer generations.

Although holiday traditions are usually the first thing people think of when you mention traditions, they are not the only ones families have. Whether it's stringing popcorn for the Christmas tree, watching the Thanksgiving Day parade while the turkey cooks, building sand castles every summer, or regularly having family movie night, they are a family ritual that brings children and parents closer. These moments create positive memories for children and provide positive events for everyone to anticipate! Children crave the comfort and security that comes with traditions and predictability. This takes away the anxiety of the unknown and unpredictable. Traditions are a wonderful way to anchor family members to each other, providing a sense of unity and belonging.

I am a huge fan of traditions year round but especially around the holidays. My family frequently has movie night, where we rent a movie, make fresh popcorn, and snuggle up on the couches to watch something awesome. It's really become more about the quality time we spend together, the sarcastic commentary from dad that makes everyone laugh, and the imaginative questions from my daughter that inspire a sense of youth. Thanksgiving traditions always involve the first indulgence of eggnog that will continue through to New Years, and we always make green bean casserole. During Christmas, I have carried on a favorite tradition with my own family where we decorate the tree and add empty miniature drawstring sacks. On Christmas Eve Santa fills them with candy so

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## **DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and WACKY DAYS (cont'd)**

checking up on children all over the world to see who has been naughty and who has been nice. Thanks to the hard work of his elves, Santa Claus has two lists. The short list contains the names of a few children who have been naughty. A much longer list is filled with the names of children who have been good all year long.

Which list are you on?

*Origin of Santa's List Day:* We have it on good authority that this day was created at the North Pole. We interviewed Santa, and a few of his top elves. They tell us that they strive to make the first draft of Santa's "Naughty" and "Nice" lists by this day. Then they review and adjust it all the way to Christmas Eve. Santa told us that doing extra chores or something special to help out around the house between now and Christmas will get you off the "Naughty" list and onto the "Nice" list.

*Wear Brown Shoes Day*

### **December 5**

*Bathtub Party Day*

*Repeal Day – The 21st Amendment ends Prohibition. I'll drink to that!*

### **December 6**

*Bartender Appreciation Day – in Europe*

*St. Nicholas Day* – Yes, there really was a Christian Saint Nicholas. He lived in the country of Greece, just a couple hundred years after the birth of Christ. This day is in honor of Saint Nicholas and his life. Saint Nicholas became a priest and later a Bishop of the early Catholic Church. True to the Christian concept of giving up belongings and following Christ, St. Nicholas gave up all of his belongings. He was well known for giving to needy people, especially children. There are many stories and tales of him helping out children in need. The practice of hanging up stockings originated with St. Nicholas. As the ancient legend goes, St. Nicholas was known to throw small bags of gold coins into the open windows of poor homes. After one bag of gold fell into the stocking of a child, news got around. Children soon began hanging their stockings by their chimneys "in hopes that St. Nicholas soon would be there". It wasn't until the 1800's that the spirit of St. Nicholas' life evolved

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## **Why Holiday Traditions Might Be More Important Than You Think (cont'd)**

that on Christmas Day there are sweets to snack on throughout the day. My daughter gets so excited about the sacks of chocolate, that now at the age of 13 she asks if she can help fill them the night before because she wants to be part of the entire process.

Not every family is lucky enough to have traditions, but that's ok. That just gives you the freedom to start creating your own! With the holidays coming, it is the perfect excuse to start trying new things! It can really be anything you think is fun. Perhaps it could be playing TBS's 24 hours of the Christmas story in the background while the family spends time together, cooks dinner, and plays with their new toys. Reading the Night Before Christmas on Christmas Eve is popular or perhaps reading A Christmas Carol throughout the season.

Once you get started making traditions during the holidays you can start branching out to make new traditions throughout the year. Start a pizza night, a movie night, or even board game night. Make birthdays a special time for the celebrant to pick the cake and their favorite dinner. If these things aren't what you had in mind, traditions can be the annual family vacation where you spend time together every year. Growing up we looked forward to the annual Winter Weekend where the entire family (aunts, uncles, cousins and spouses) would spend a long weekend in December enjoying the holiday season in a huge rented cabin. We would take turns cooking meals, and spend our free time playing in the snow.

If there is a simple take away message here, it's that traditions nurture our spirit and are an important part of family bonding. They can be anything fun you and your family already enjoy doing, or you can have fun starting your own. Don't get caught up in instituting the perfect family tradition. It's not about being perfect. It's about the experience you share with your family.

*Michele L. Brennan, Psy.D. –*

Dr. Brennan attended Rutgers University and graduated with a Bachelor's of Arts in Psychology. She also completed a Master of Arts in Psychology at Pace University. Upon completion, she began a

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## DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and WACKY DAYS (cont'd)

into the creation of Santa Claus. And this happened in America. Santa Claus emerged (or evolved) from the stories and legends of St. Nicholas. Santa Claus was kind and generous to children. Unlike "St. Nick", Santa Claus is largely a non-religious character.

### *Origin of St. Nicholas Day:*

St. Nicholas Day has been celebrated for hundreds and hundreds of years. It commemorates the death of this very special, very holy person on December 6th. Record keeping was not perfect in his time. His death is believed to have been in either 345 A.D. or 352 A.D.

*Mitten Tree Day*

*Put on your own Shoes Day*

### **December 7**

*International Civil Aviation Day*

*Letter Writing Day*

*National Cotton Candy Day – would you like some fairy floss?*

*Pearl Harbor Day*

### **December 8**

*National Brownie Day*

*Take it in the Ear Day*

### **December 9**

*Christmas Card Day*

*National Pastry Day*

### **December 10**

*Human Rights Day*

*Nobel Prize Day*

### **December 11**

*National Noodle Ring Day*

### **December 12**

*National Ding-a-Ling Day*

*Poinsettia Day*

### **December 13**

*Ice Cream Day*

*International Children's Day - Second Sunday in December*

*Violin Day*

### **December 14**

*International Monkey Day*

*National Bouillabaisse Day*

*Roast Chestnuts Day*

*U.K. National Postal Worker Day*

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## Why Holiday Traditions Might Be More Important Than You Think (cont'd)

doctorate program at Argosy University, completing a Master of Arts and Doctorate of Psychology in Clinical Psychology. Currently, she is an adjunct instructor for a community college, co-founder of the non-profit organization Little Hands International, and developing her own psychology clinic. Trained in the Practitioner-Scholar model, Dr. Brennan works with clients using empirically supported techniques, such as CBT, ACT, and BFST. She specializes in treating anxiety, depression, and adjustment disorders.

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RECIPE . . . from Beverly's Kitchen

BACON, BROCCOLI, CAULIFLOWER SALAD

Fry 1 lb. bacon crisp, break into pieces

Cut cauliflower, broccoli into flowerets. (Can also use some chopped tomatoes & onions.)

SAUCE:

1 c. Miracle Whip

2/3 c. sugar

½ c. vinegar

½ c. oil

Bring sauce to boil. Let cool. Pour over vegetables & bacon.

(You may substitute low-fat mayo & turkey bacon.)

The following is a delicious salad recipe that my mom makes for the holidays. It may be called "Cherry Salad", but it tastes more like a dessert. It will melt in your mouth.

CHERRY SALAD

1 can Cherry Pie Filling

1 can Eagle Brand milk

1 cup chopped Pecans

1 box Cool Whip

2 cans drained crushed Pineapple

Mix together and refrigerate until ready to eat. Enjoy!



DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and WACKY DAYS (cont'd)

December 15

Bill of Rights Day – To Americans the Bill of Rights is a set of key amendments to the U.S. Constitution that protect our individual rights. On March 4, 1789, the Constitution of the United States of America was ratified by the (former) 13 colonies and went into effect. States and individuals were concerned that the Constitution did not properly cover and protect a number of rights of individuals. The Constitution was signed by the original 13 states with the requirement, or understanding, that a Bill of Rights would be created, amending the new U.S. Constitution. On September 25, 1789, the First Congress of the United States proposed to the state legislatures 12 amendments to the Constitution. 10 of these amendments were added to the Constitution on December 15, 1791. The Bill of Rights includes these Amendments:

Amendment 1 – Freedom of speech, press and religion

Amendment 2 – The right to bear arms

Amendment 3 – Protection of homeowners from quartering troops, except during war.

Amendment 4 – Rights and protections against unreasonable search and seizure

Amendment 5 – Rights of due process of law, protection against double jeopardy, self-incrimination

Amendment 6 – Rights of a speedy trial by jury of peers and rights of accused

Amendment 7 – Rights to trial by jury in civil cases

Amendment 8 – Protection from cruel and unusual punishment, excessive bail

Amendment 9 – Protection of rights not specified in the Bill of Rights

Amendment 10 – States rights, power of the states

Of the 12 original amendments, which ones were not approved? The original Amendments #1 and #2 did not pass. These dealt with the number of representatives to congress and compensation to representatives. Had they passed, there would be over 6,000 congressmen today!!! On Bill of Rights Day, we hope you celebrate your American/ U.K. Citizenship and spend a few minutes reflecting

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Ways to Donate to *MOVING FORWARD* Limb Loss Support

AmazonSmile

Go to "[Smile.Amazon.com](https://www.smile.amazon.com)"

Sign in or Create your account

Hover over "Accounts and Lists"

Under the "Your Account" items,

Click on "Your AmazonSmile"

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon. The difference is that when you shop smile.amazon.com, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice!

Once you have registered, you can check back to see how much your orders have contributed to ***Moving Forward***. You will know you are contributing to the group because under the search bar it will say "Supporting *Moving Forward* Limb Loss Support Group, Inc."

Kroger Community Rewards Program

Go to:

["https://www.kroger.com/account/enrollCommunityRewardsNow/"](https://www.kroger.com/account/enrollCommunityRewardsNow/)

Click on "View Details" (this will take you to a new screen to select our group)

Enter our organization number: DC476 or,
Sign in or Create your account under box "I'm a Customer"

Search for "Moving Fwd Limb Loss Support"

If you do not have internet access:

Register at the Service Desk of your local Kroger. Once you have registered, the bottom of your receipt will say that your "Community" rewards are going to ***Moving Forward*** Limb Loss Support Group. You can check the amount of your community rewards on their website for each quarter.

Employer Deductions

Many employers offer employees the opportunity to have automatic payroll deductions which are donated to a charity of their choice. Some companies will **MATCH** your donation. If your employer uses Frontstream, Truist, or Network for Good to manage their deductions, ***Moving Forward*** is listed.

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## NEWSLETTER ISSUES

***MOVING FORWARD*** has been publishing newsletters since Sep 2013. For your convenience, all previous issues are available on our website at:  
[ampmovingforward.com](http://ampmovingforward.com)

**DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and  
WACKY DAYS (cont'd)**

upon the freedoms that you enjoy. These freedoms do not exist in many countries of the world

*National Lemon Cupcake Day*

**December 16**

*National Chocolate Covered Anything Day*

**December 17**

*National Maple Syrup Day*

**December 18**

*Bake Cookies Day*

*National Roast Suckling Pig Day*

**December 19**

*Look for an Evergreen Day*

*Oatmeal Muffin Day*

**December 20**

*Go Caroling Day*

**December 21**

*Crossword Puzzle Day*

*Forefather's Day*

*Humbug Day*

*Look on the Bright Side Day*

*National Flashlight Day*

*Winter Solstice – the shortest day of the year,  
date varies*

**December 22**

*National Date Nut Bread Day – or September 8!?*

**December 23**

*Festivus – Are you feeling a little left out!? You don't celebrate Christmas or Chanukah. Kwanzaa just isn't your thing. And, you don't even know what or when Ramadan or Dilawi days are. Then come and experience the joy and the Miracle of Festivus. One might say that the Festivus holiday is a miracle in itself. Still not sure if Festivus is for you? It's non-denominational. And it's non-commercial ... I'm all for that. Everyone can partake in this holiday. The Festivus slogan is "A Festivus for the rest of us!"*

*Roots Day*

**December 24**

*National Chocolate Day*

*National Eggnog Day*

**December 25**

*Christmas Day*

*National Pumpkin Pie Day*

**December 26 – (I guess by this day we're all too**

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**QUOTE OF THE MONTH**



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**DECEMBER 2020 DAILY HOLIDAYS, SPECIAL and  
WACKY DAYS (cont'd)**

tired to celebrate anything else)

**December 27**

*Make Cut Out Snowflakes Day*

*National Fruitcake Day*

**December 28**

*Boxing Day – date can vary*

*Card Playing Day*

**December 29**

*Pepper Pot Day* – Pepper Pot Day commemorates the creation of this thick spicy soup, which was served to the Continental Army during the cold, harsh winter of 1777-1778. Pepper Pot soup was first made on December 29, 1777. According to the legend, during the Revolutionary War the Continental army was camped at Valley Forge. The winter was cold and harsh. Conditions were deplorable. Food was often scarce. George Washington asked his army's chef to prepare a meal for the Army that would both warm them and boost their moral. The chef found scraps of tripe, small bits of meat and some peppercorn. He mixed this in with some other ingredients and created Pepper Pot soup, also known as "Philadelphia Pepper Pot soup." The hot, and somewhat spicy soup, was well received by the troops. It was called "the soup that won the war." Celebrate Pepper Pot Day by making some Pepper Pot soup for the family. NOTE: while tripe was a main ingredient of this soup, you can substitute with chicken or beef.

**December 30**

*Bacon Day*

*National Bicarbonate of Soda Day*

**December 31**

*Make Up Your Mind Day*

*New Year's Eve*

*Unlucky Day*

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