

The Crossings Newsletter

The Crossings at Riverview Assisted Living 8451 US HWY 301 S. Riverview, FL 33578 • 813-465-0769

Nothing Trivial

It is a little-known fact that January 4 is Trivia Day. Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or unimportant. Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.” From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.” In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium* of arithmetic, music, geometry, and astronomy. In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

Dates To Remember

- Shopping Trips
- Winn Dixie (7th)
- Target (14th)
- Publix (21st)
- Walmart

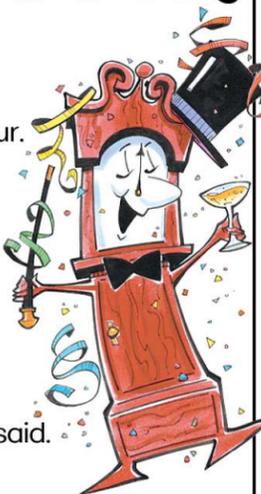
Wednesday Outings

- Fred’s Market (2nd)
- Movie Theater Outing (9th)
- Moreno’s Bakery (16th)
- Keke’s (23rd)
- Brandon Mall (30th)

THE OLD CLOCK

It was the dark of the midnight hour.
The Old Clock eagerly waited.
“I strike the New Year in,” he said.
“For so it has been fated.
A hundred years I’ve ushered in!
Full well I like my task.
I think myself supremely blessed,
No finer work I ask.

“A hundred years!” the Old Clock said.
“Just think of the changing times!
Think of the history in the making!
It’s a subject for ringing rhymes!”
“I strike the New Year in!” said Old Clock,
“And now the hour is here!”
The Old Clock solemnly lifted its gong –
And struck in another New Year.



by Lenore Hetrick

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Celebrating January

- Soup Month
- Leggings & Long Johns Month
- Snowman Month
- Trivia Month
- Creativity Month
- Football Fever Month
- Glaucoma Awareness Month
- Reminiscence Month
- Hobby Month

- Fruitcake Toss Day (3rd)
- Cuddle Up Day (6th)
- Make Your Dream Come True Day (13th)
- Popcorn Day (19th)
- Martin Luther King Jr. Day (21st)
- Australia Day (26th)
- Puzzle Day (29th)

Residents’ Birthdays

- Jean Nelson (7)
- Charles Copeland (23)
- Mary Rindosh (27)

Employees’ Birthdays

- Fatima Aldape (5)
- Gina Conforte (13)
- Lourdes Arrocho (20)
- Valerie Bazaldua (22)



Mrs. Joan Louise Priest joined our community on December 2018. Joan is, to put it in her words, “a Born & Bred New Yorker”. She lived in NYC all her life until she retired. Once she retired, she wanted to travel and so she did. She stated she traveled to many places and finally settled here in Florida. One of her passions are her hats. She said that when she moved to Florida, she had hundreds of hats and decided to sell them. Seeing how the market was in Ybor City, she decided to open shop there and sell her hats. She is a morning person and loves to keep herself busy. So, this was a perfect hobby after retirement. If you see her in the hallways, please be sure to introduce yourself and welcome her to the Crossings family. She has great stories to tell too.

Hobbies Month



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Employee of the Month



Our Employee of the Month for January is no other than our Kitchen Supervisor, Christopher Jones. Chris started working at the Crossings on August 2016. He is a dedicated employee who loves doing his job and does it well. When ask what the best thing is about working here, he said, "I like making people happy with the service I provide".

Thank you, Chris, for making our residents' life's better and treating everyone with respect and love. Keep up the good work.

Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

A Message from Pam Cutsuries our Executive Director

What a fun filled month we had in December. It was so nice to see so many visitors at The Crossings. Did you fulfill your New Year's Resolution from 2018? Have you thought about one for 2019? I hope that whatever your resolution is, you are able to achieve it. We are all looking forward to a healthy and prosperous New Year! Let's bring in the New Year with a bang!

