



SunnySide News

From Nature's Place

Featuring only positive information

December, 2021



A New Holiday Tradition

The holidays, especially Christmas, are a time of joyous celebration and merry-making across the globe. But for some, Christmas does not evoke such happy feelings. For many, the holidays can be a time-marker of a sad event or produce levels of anxiety or distress. There's such a flurry of activities leading up to the actual day, that the day itself can be a lonely disappointment, a great reminder of things in life maybe that were or won't ever happen. Here at Nature's Place, we are embracing the actual holiday with our **1st Annual Christmas Dinner**. We cordially invite you or anyone you know who may want to celebrate Christmas day with a new tradition. One that includes, not only a meal, but a friendly, welcoming, supportive, and natural environment to warm your heart. Please join us on December 25, 2021 from 11AM-3PM.

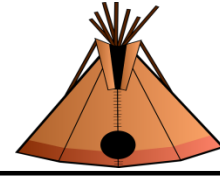


Fur, Feather & Fin Holiday Spirit

Holidays are celebrated with family and that should include the **WHOLE** family. Your furry, feathered, and finned family members can join in. First, you can include them on your gift list. Gifts such as a new collar, a comfy bed, and seasonal toys all work well. Stockings with treats specifically for your pet are marvelous. Secondly, a family gift exchange between pets is so much fun. Match your dog with your sister's cat or your son's hamster or your cousin's fish. What fun! A third way of celebrating is by sharing seasonal food. Making or purchasing holiday meals will be much appreciated by your family companions. A fourth way to include your pets is to decorate their habitats. Putting cling decorations on a fish bowl or get holiday themed fleece and chew garlands for hamsters or rabbits. A fifth way to include your pets is by including them on family Christmas card photos. You can have **ALL** the family sign the card. The last way to

include your pet is to dress them up, but only if they don't mind.

Wishing You a Very Native Christmas



Christmas, as we know it, has a European tradition at its roots. Native Americans celebrate from a different perspective. There are 300 federally recognized Native American tribes, some with their own rituals and celebrations. Many tribes recognize Winter Solstice which usually occurs December 21st or 22nd. For many, it's a time of gratitude and honor of family and ancestors. Tribes may host dances, bonfires and sunset, festivals, and educational programs. Many different tribes recognize a gentleman known as The Handsome Fellow from the days of Chief Hobbythacco of the Creek Tribe. He would collect gifts throughout the year and then share their bounty with tribal members. So many Native American children are encouraged to believe The Handsome Fellow is responsible for leaving presents on Christmas Day.

What's Happening?

December 1	Win-Win Volunteer Program 9AM-noon Bread Basket Free Bread 9AM-noon
December 8	Win-Win Volunteer Program 9AM-noon Bread Basket Free Bread 9AM-noon Tree Lighting 6-8PM downtown Davenport
December 11	Winter Festival & Parade 6-9PM Downtown Davenport
December 15	Win-Win Volunteer Program 9AM-noon Bread Basket Free Bread 9AM-noon Christmas Pot Luck - noon
December 22	Win-Win Volunteer Program 9AM-noon Bread Basket Free Bread 9AM-noon
December 25	1 st Annual Christmas Dinner 11AM-3PM
December 29	Win-Win Volunteer Program 9AM-noon Bread Basket Free Bread 9AM-noon

Nature's Place Therapy Services, Inc.
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Friends & Supporters

Thank you!

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