

January Horoscopes and Birthdays



Christmas Party Smiles! Thank you For the Angel tree gifts!



Renovations

We are working on some wonderful updates to the facility. This includes your loved ones rooms for furniture and paint. If you are able to go through their closet or room to bring seasonal things home for a time, or thin out any unused clothing that would be helpful for the process.

We appreciate the assistance as we have limited areas to store things out of the way for the residents comfort during the process.

The Best Medicine

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune

systems. The only question that remains is, "How do I make myself laugh at exactly 1:24 p.m.?"

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. A forced laugh imparts all the benefits of a spontaneous one.

Notable Quotable

"My alphabet starts with this letter called yuzz. It's the letter I use to spell yuzz-a-ma-tuzz. You'll be sort of surprised what there is to be found once you go beyond 'Z' and start poking around!"

~ Dr. Seuss, author



January 2022 Mission Point Minute

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Happy New Year Beginning at the End with "Z"

What a year we had! Year #2 of the COVID Pandemic. As we enter this year, year 2022, may we choose to enter it with a positive outlook. I don't know about you, but with the constraints and restrictions the pandemic has put on us all, it's so easy to slip into a slump. For the coming year, let's make a resolution to get up out of bed, try something new and be as social as we can. We're all in this together; residents and staff! Happy New Year to you and yours!

"New year, new me" Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions.

Sincerely,
Kaitlyn Greiner,
Administrator



Building Blocks

January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a "Lego brick." The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In January 1958, Godtfred gathered his best engineers and sketched some

designs to improve their construction, including three inner tubes that would improve the bricks' sticking power. These three inner "clutch tubes" became the design feature that helped Lego bricks become one of the world's most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun for both boys and girls, the young and old.

