

# NEWSLETTER NAME

JANUARY 2023

## At A Glance



Microwave Mac-n-cheese



Happy 2023!

Managed by



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## From the Desk of the CEO

Rod Burkett

Have you ceased wishing people a “Happy New Year” as you see them for the first time in 2023? I saw a recent national survey that stated that 22% stop with such a greeting as soon as Jan 1 is over, but 63% continue with such well wishes for the whole first week of the new year.

If you are like me, speaking such a phrase to a family member, co-worker or neighbor has become a polite tradition at the beginning of each new year, while I’m not truly focusing on the real meaning of the words. I believe when we say it to each other, the intent is to say that we hope the new year brings them good health, joy and happiness.....such a thoughtful gesture!

However, in today’s fast paced world, with our multitude of internal and external stressors, what if the receiver of such well wishes hears it as one more demand of their complicated lives...”with all I have on my plate, you need me to show you that I’m in a state of happiness too”?

If this resonates with you, let me share with you JoAnna Brandi’s 3 hidden truths about happiness...she is a nationally known speaker/executive coach on the power of happiness:

1. It’s not elusive...happiness is all around us and can be had at any time...it usually takes a mere shift in in our mind’s perspective at any time to obtain it.
2. It’s not being ‘problem-free’...you can be happy despite all the swirling and buzzing going on around you and within you...in fact, when you can come into an appreciation for the things that are going right and be happy despite the noise, it can help solve problems in your life.
3. It takes work...happiness comes one thought at a time, one word at a time, one day at a time...it is important to learn how to defeat negative thoughts, combat pessimism, and turn those thoughts into positive ones...happy people deliberately choose positive thoughts, words and actions.

While I probably won’t change my traditional New Year’s greeting, my real hope is that you will be able to maximize your state of internally focused happiness in 2023! I know that phrase doesn’t eloquently roll off the tongue, but it is my sincere thought for everyone I encounter...Happy New Year!



# IN THE NEWS

## ABOUT THE MONTH OF JANUARY

Rick Banas

Benjamin Franklin was born on Jan. 17, 1706. An inventor, he is credited with inventing what we know call bifocals. As he grew older, Franklin became both near-sighted and far-sighted. Tired of switching from one pair of glasses to another, he had the lenses sliced horizontally in half and remade them into a single pair – the top half for distance and the bottom half for reading. Franklin never patented any of his inventions, believing they should be freely shared.

On Jan. 10, 1776, Thomas Paine published “*Common Sense*.” In the 50-page pamphlet, Paine argued for independence from England and for the creation of a democratic republic.

On Jan. 23, 1849, Elizabeth Blackwell was awarded a M.D. from the Medical Institute of Geneva in New York, becoming the first female doctor in the United States.

Ellis Island opened in January 1892 and served as the main hub for new immigrants looking to enter the United States. During its 62-year period, 12 million immigrants were allowed to enter the United States, an average of a little more than 190,000 a year. A small percentage were denied admittance because they showed signs of contagious disease, poor physique, feeblemindedness, or mental disability.

On Jan. 11, 1964, the U.S. Surgeon General declared cigarettes may be hazardous to your health. Just a few decades earlier, in the 1930s and 1940s, doctors promoted smoking. In the 1950s, smoking cigarettes was considered the epitome of looking glamorous and sophisticated. Many of the stars of Hollywood were never seen without a cigarette.

On Jan. 23, 1971, a weather observer at the Prospect Creek Camp in Alaska recorded a temperature of minus 80 degrees Fahrenheit, the lowest temperature ever recorded in the U.S. Hawaii is the only state in the U.S. to have not recorded a sub-zero temperature.

January is National Soup Month; National Book Month; and National Thank You Month.

January also is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that damage the optic nerve in the back of the eye, which can lead to vision loss and blindness. Symptoms can start so slowly that you may not even notice them at first. The only way to find out is with a comprehensive dilated eye exam.



# WELLNESS

## How to Avoid Being Lonely During the Holidays

Deborah Denham RN, MSN, CPPS, CPHRM

Older people are especially vulnerable to loneliness and social isolation during the holiday season. Many people live alone with little access to resources to interact with others.

Luckily for most of you, you live in a community that has many opportunities to spend time with friends, join activities and if nothing else, sit in a good location for people watching.

There are strategies to reduce the feeling of loneliness during the holidays. Here are a few to consider.

Smile as often as you can. When you smile, your brain releases dopamine, endorphins, and serotonin. These neurotransmitters are associated with lowering your anxiety and increasing feelings of happiness. In fact, serotonin is often the chemical that anti-depressant medications attempt to regulate. Even if you are not feeling it, the muscles and movement produce the benefits.

Invite a friend to spend time with you. You can watch a Christmas movie together or do a puzzle.

Keep in touch with your friends or relatives by phone. Having a conversation is helpful.

Learn some computer skills. Sharing emails and photos can ease loneliness. Sometimes just viewing other stories on Facebook or another social platform is enough. You do not have to do anything more than look at the screen to get caught up with family.

Fill your calendar with activities. You never know when you are going to have a great time, if you don't plan for fun, it is harder to have those opportunities.

I do wish all of you a safe, happy, and joyous holiday.

## Recipe Corner Microwave Mac and Cheese

- 1/2 cup macaroni noodles or shell pasta
- 1/2 cup water
- 1/4 tsp. salt
- 1/4 cup milk
- 1/4 to 1/2 cup any shredded cheese



### Directions

1. Combine the pasta, water, and salt in a microwave-safe bowl
2. Microwave the pasta for 2 minutes. Microwave on high for 2 minutes, then stir. Watch to see if the water is foaming over the side of the bowl and stir. Use oven mitts is necessary.
3. Stir the milk and cheese into the pasta.
4. Microwave in 30-second intervals to melt the cheese. Microwave on high power for 30 seconds and stir. Continue microwaving in 30-second intervals, stirring between each interval, until the cheese has melted and forms a creamy sauce.





# LIFESTYLE

## Resident Birthdays:

Hal S. 3rd  
Pat R. 5th  
Bea H. 8th  
Joanne R. 12th  
Ron M. 15th  
Lenore T. 16th  
Margaret H. 21st  
Nancy D. 21st  
Florence S. 23rd  
Marcy W. 26th

## A Note from the Administrator: Dawn Elqunni

Here's to welcoming in a new year! The past few years have been trying for all of us but I feel that we have all learned a lot. We have learned to take the good and the bad. We have learned to be kinder and to appreciate the people in our lives. I know that everyone is tired of the many rules and policies that we must follow because we are a healthcare community, but if we stay committed to ourselves and our goals, we can get through anything together. I am looking forward to the future with hopes for a brighter and healthier new year for us all.

## Event You Don't Want to Miss!

### Winter Tea Party

Date: Wednesday, January 4th      Time: 2:00

Details: Join us for some hot tea, sweet treats, tea picture boards and learn interesting facts about this hot beverage.

## Reminders

The first Tuesday of every month at 2:00 in the dining room is Food Committee.

The Last Tuesday of every month at 2:00 in the dining room is Resident Council.

Get information on things happening in the community.





# LIFESTYLE

## The Month in Pictures:



## Horoscope

### Aquarius (1/20-2/18)

Health conditions are looking good this month.

### Pisces (2/19-3/20)

New ventures will give good returns.

### Aries (3/21-4/19)

Health prospects are looking good this month.

### Taurus (4/20-5/20)

Professional obligations may effect the harmony of love.

### Gemini (5/21-6/20)

Love life and health will be fabulous.

### Cancer (6/21-7/22)

You have no problem overcoming hurdles this month.

### Leo (7/23-8/22)

While health prospects are wonderful, family affairs will tend to create problems.

### Virgo (8/23-9/22)

Life will be enjoyable. Harmony will prevail in marital and family environments.

### Libra (9/23-10/21)

Career professionals will make significant progress.

### Scorpio (10/22-11/21)

Travel activities will be fruitful and will result in profits

### Sagittarius (11/22-12/21)

You will have good luck throughout the month.

### Capricorn (12/22-1/19)

You will be able to finish all your planned projects.





# SUDOKU

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		8		5		4		
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# ANSWERS

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7	2	9	8	4	5	6	1	3
9	5	1	4	2	6	3	8	7
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