



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

WE ARE AT YOUR SERVICE!



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"Should auld acquaintance be forgot
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?
For auld lang syne, my dear,
for auld lang syne,
we'll take a cup of kindness yet,
for auld lang syne."
- Robert Burns, Auld Lang Syne

HAPPY NEW YEAR FROM PRAIRIE BLUFFS!

Happy New Year from all of us here at Prairie Bluffs. A new year is a powerful occasion. It is a time when we reflect on our gratitude for the past and our hopes for the future. And it's a chance to welcome a fresh start to reinvigorate our enthusiasm for chasing goals and dreams. Best wishes on a new year filled with good health, strength, love, hope, friends, family and the chance when we can all be back together again!

DECK YOUR DOOR CONTEST WINNERS!

We had 25 contestants for the Deck your Door Contest this year! Congratulations to all!



1st Prize: Barbara and Steve T.



2nd Prize: Lee and Mike W.



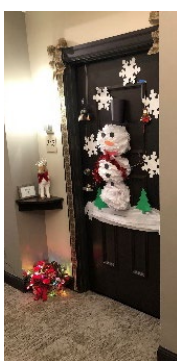
3rd Prize: Betty D. and Fred B.



Eileen S.



Lois O.



Vicky Y.



Marilyn K.



Kathy L.

Eileen, Lois, Vicky, Marilyn and Kathy all tied for fourth place for Honorable Mentions!

May your troubles be less and your blessings be more, and nothing but happiness come through your door!
May the road rise to meet you, may the wind be ever at your back. May the sun shine warm upon your face and the rains fall soft upon your fields. And until we meet again, may God hold you in the palm of his hand.

— Two Irish Blessings

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FROM THE MANAGER’S DESK



BY KATIE GILLMAN

I hope you all had a wonderful holiday and are looking forward to a bright new year in 2021! Every year, I make a New Year’s Resolution and unfortunately most of the time it does not last the entire year. I know some of you may relate to this.

The year 2020 really made us all stop and reflect and take the time to appreciate all that we have. I know it really helped me realize the important aspects of life—family, health, and happiness. This year I plan to continue that appreciation and learn a new skill/hobby that will help with either category—health or happiness. Feel free to pass along some suggestions on which hobby or skill I should try. 😊 For a lot of individuals, the holiday season this year was extremely difficult. My best wishes and prayers to those who had a difficult holiday season and I wish you a brighter year in 2021. I am choosing to stay positive during this time and I do feel like there is a light at the end of this tunnel. The COVID vaccine is coming and I can share the amazing news that we are able to allocate vaccines for the **entire** community—including Independent Living! I hope this will allow us to slowly move into a new “normal” way of life. In the meantime, I wish you health, happiness, and peace this coming year.

Enjoy some holiday pictures of my family and if you have not watched my family’s virtual Christmas show then please follow this link and enjoy some beautiful piano pieces and some lively sing-a-longs! Hopefully, next year we will get to do a live show at the community. VIDEO LINK:
<https://m.youtube.com/watch?v=Yj49NRxX7cs&feature=youtu.be>

Best wishes to you all and a Happy New Year!



Katie and Will



Hazel being a ham!

CONCIERGE CORNER



BY KAY SOUPIR

“Happy New Year!”
I hope this is a wonderful new year for all of you with many blessings coming your way!
There has been some mix up with the addresses over in Independent Living. Please take note if you live in the Independent Building that your address is 10250 Hennepin Town Road not 10300. You will need to notify your subscribers of this if they have your address as 10300 Hennepin Town Road to ensure that you get your mail delivered to the correct building. Our front desk hours have changed to Monday – Fridays 8 am to 4:30 pm and Saturdays and Sundays from 8:30 am -5:00 pm.

MARKETING MINUTE



BY COLIN GOLDEN

It’s the new year so it’s always fun to make predictions on what will happen in the new year that is still so full of possibility. Below are some of my favorite business predictions that really went awry. I am not trying to make fun of the predictors of the past. Rather, to show that experts don’t have a monopoly on seeing the future and that there can never be enough new ideas and fresh thinking.

- Microsoft’s former CEO Steve Ballmer on the iPhone in 2007 "[Apple's iPhone] is the most expensive phone in the world, and it doesn't appeal to business customers because it doesn't have a keyboard, which makes it not a very good email machine..."
- What one anonymous publisher thought about Harry Potter in 1996: "Children just aren’t interested in witches and wizards anymore."
- A Yale professor on Fred Smith’s term paper that became FedEx: "The concept is interesting and well-formed, but in order to earn better than a 'C,' the idea must be feasible."
- IBM tells Xerox its prediction for photocopiers in 1959: "The world potential market for copying machines is 5,000, at most."
- Business Week on the prospect of Japanese cars in the US in 1968: "With over 50 foreign cars already on sale here, the Japanese auto industry isn't likely to carve out a big slice of the U.S. market."

What predictions do you have for 2021? My prediction is that no matter what happens it will be better than 2020 😊

NUTS AND BOLTS

BY PATRICK WINSOR

Well, Bowl Me Over! January is National Bowling Month. Bowling has been around for a long time. Here are some interesting Bowling Facts for you bowlers out there:

According to the International Bowling Museum and Hall of Fame, a British anthropologist discovered bowling items in Egypt. Evidence suggests that bowling dates back as far as 3200 BC.

Modern bowling is only a few thousand years younger: indoor bowling lanes made their debut in 1840 in New York City. The first televised games appeared in 1950.

During the early 1900s, bowling balls were actually made of wood and later, rubber. Around 1960, bowling ball manufacturers used polyester resin for the first time, making balls with bright, swirled colors.

In 1948, two bowling lanes were built in the West Wing of The White House as a birthday gift to Harry S. Truman.

Three strikes is called a “turkey,” six strikes is a “wild turkey,” and nine strikes is a “golden turkey.” Also, four strikes is a called a “ham bone.”

Bowling pins must be 15 inches tall, but there is no minimum weight for a bowling ball.

Bowling lanes are made to very specific specifications. Bowling lanes are 60 feet long and are traditionally made from exactly 39 strips of wood. Today some lanes are built with synthetic wood, but sugar maple and pine are the traditional woods of choice.

Here’s to a happy 2021, everyone!

ACTIVE LIFESTYLE



BY ANNA ANDERHAGEN

Instead of monthly words this year, I am going to try monthly sayings. My saying for this month is “Embrace the Uncertainty.”

Living with so much uncertainty this past year has been hard. Maybe it’s more effective not to attempt to create certainty. We can never really know what the future will bring. Maybe living with a bit of ambiguity is a good thing. “Uncertainty is the only certainty there is,” wrote mathematician John Allen Paulos.

So how can we best cope when things feel out of control? Try these ideas:

Don’t resist
We are living through challenging times but instead of resisting, we can practice acceptance. Acceptance is about meeting life where it is and moving forward from there. That doesn’t mean that you won’t be frustrated anymore by the state of things. A big part of acceptance is accepting how we feel about difficult circumstances in our lives.

Find healthy comfort items
One of the most important ways we can invest in ourselves is to comfort ourselves in healthy ways. Try making a list of healthy ways to comfort yourself. Can you schedule a call with a friend? Reflect on what you are grateful for? Let yourself take a nap?

Find meaning in the chaos
Meaning and purpose are all a part of hope. When the world feels uncertain, knowing what meaning we have for others and feeling a sense of purpose can ground us better than anything else.

HAPPY NATIONAL COOKIE DAY!



Chris, Bob, Katie, Janine and cookies!

National Cookie Day is December 4. Cookies came to America through the Dutch in the late 1620s. They appear to have some origins in 7th century Persia, shortly after the use of sugar became relatively common in the region. They spread to Europe through the Muslim conquest of Spain. By the 14th century, they were common throughout Europe, from royal dinners to street vendors. In England, they’re called biscuits, in Spain they’re *galletas* and Germans call them *keks*.

HAPPY ST. LUCIA DAY!

Why are those people wearing candles on their heads?
“Sankta” Lucia Day is a festival of light celebrated in Sweden, Norway, and parts of Finland on December 13. She was one of the earliest Christian martyrs killed by the Romans in 304 CE because of her religious beliefs.



Irene and Anna celebrating St. Lucia Day



Mavis and Amanda



Bertie and Anna



Happy Hot Toddy Day!

GETTING TO KNOW YOU



Introducing...
Janine Bergstrom, Prairie Bluff’s Life Enrichment Assistant! Janine just got married to Dave a year ago last January at Superior Shores. Both of their children stood up for them and her husband’s best friend married them.

What are your top three life highlights? Having my kids. My daughter, Savannah is 18 and my son Gavin is 14 years old. Besides getting married, another highlight is graduating from college. I saw my dad cry and he gave me the biggest hug. My third highlight is making a career change to senior living four years ago.
If you were to write a book about yourself, what would you name it? She’s Crazy but We Love Her.



What is the best vacation that you have ever been on? I went to Europe for three weeks after college through Club Europa. We saw 13 countries in 26 days! It was awesome.

Where would you like to travel to? I want to go to Singapore and China. My best friend is Chinese and I have another good friend who lives in Singapore.

What was the most unusual job that you’ve ever had? I was a sales associate for Brighton Jewelry. I was also a lifeguard and diving coach.

What aspect of your role do you like the most? Interacting with everyone. Seeing happiness and enjoyment. Making a difference every day.

What is your hidden talent? Party planning, decorating my house and creating things out of nothing!

Do you have a favorite quote or motto? You’re never fully dressed without a smile.

What is the most important thing that you have learned in the past five years? How to be patient. People are all different and to be kind always.

How would you define success? Loving what you do and trying your best. When what you do fills your heart.

What would someone be surprised to know about you? I have five tattoos. They all mean something special to me. I was a swimmer, diver, cheerleader and played softball and volleyball. I grew up in Southern California. I am also a huge country music fan. I love concerts. I survived the Las Vegas shooting at Mandalay Bay at an outdoor music festival three years ago.

What interests do you have? I love country music and to go shopping. I love floating on the lake in the summertime.

When are you happiest? When it is sunny, 75 degrees or above, doing something fun with my kids.

RIDDLE ME THIS

I go up and down the hill, yet I’m always standing still. *A road*

I am a word of letters three. Add two and fewer there will be. *The word few*

I appear once in a minute, twice in a moment, but never in a thousand years. *The letter M.*

HAPPY JANUARY BIRTHDAY TO...

Ray S. 1/3

You share a birthday with J.R.R. Tolkien- author of "Lord of the Rings" Victoria Principal- actress, Mel Gibson- actor/director and John Paul Jones- rock musician in Led Zeppelin.

Cal L., Arlene R. and Mavis H. 1/5

You share a birthday with Walter Mondale- politician, Diane Keaton- actress, Robert Duvall- actor, Juan Carlos I- King of Spain and Bradley Cooper- actor.

Marge H. 1/10

You share a birthday with George Melville- American polar explorer, Jim Croce- folk singer, Rod Stewart- rock singer, George Foreman- boxing champion and creator of the “George Foreman Grill”.

Abby R. 1/17

You share a birthday with Benjamin Franklin, inventor/writer, Al Capone- 1920's gangster, Vidal Sassoon- British hair stylist/fashion designer and Mohammad Ali- formerly "Cassius Clay", heavyweight boxing champion.

Jim K. 1/23

You share a birthday with John Hancock- politician/first to sign the Declaration of Independence, Mariska Hargitay- actress and Haywoode Workman- basketball player.

Austin F. 1/24

You share a birthday with Ernest Borgnine- actor, Neil Diamond- singer, Warren Zevon-guitarist/singer/composer, Kenneth Samuel Pitchford- poet and Scott Speed- racecar driver.

DID YOU KNOW?

What is the difference between bronze and brass? Bronze is an alloy of copper and tin. Brass is an alloy of copper and zinc. Bronze dates back to about 3500 BC. Brass dates back to about 500 BC.

JUST FOR FUN DAYS

January 3 is March of Dimes Day. President Franklin Delano Roosevelt started the March of Dimes to fight poliomyelitis, a disease that Roosevelt himself had. The March of Dimes accomplished its mission in 1955 when Dr. Jonas Salk introduced the polio vaccine. The March of Dimes then changed its focus to preventing birth defects and infant mortality.

January 4 is Whipped Cream Day. Aaron "Bunny" Lapin was born on this day in 1914. Lapin was the inventor of whipped cream in an aerosol can (Reddi-Wip) in 1947. It was first sold by milkmen in St. Louis in 1948.

January 7 is Putty in Your Hands Day. During WWII, General Electric tried to make a cheap substitute for rubber. A company engineer came up with a compound that he called "nutty putty." However, nobody knew what to do with it. In 1949, Paul Hodgson saw some "nutty putty" at a party. He bought some, separated it into half-ounce balls, and sold it inside colored plastic eggs as Silly Putty. When it outsold every other item in his toy store, he mass-produced Silly Putty as "the toy with one moving part."

January 9 is Word Nerd Day. There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 words and uses far fewer on a daily basis. Learn some new words today!

January 12 is Portmanteau Day. A portmanteau is a blending of two words. The word brunch (breakfast + lunch) is an example. Can you think of others? (Smog = smoke + fog)

January 14 is Spice of Life Day. Add more variety to your life by learning about the many health benefits of some common spices. Did you know that cinnamon could lower blood sugar levels?

January 21 is Squirrel Appreciation Day. It reminds us to enjoy these nut-burying, scampering animals with respect and consideration.

January 24 is Compliment Day. The recommendation is to compliment at least five people on Compliment Day. Find something nice to say about everyone today.

January 29 is National Puzzle Day . John Spilsbury, a London engraver and mapmaker, produced the first jigsaw puzzle around 1760 by mounting one of his maps on a sheet of hardwood and cutting around the borders of the countries to create interlocking pieces.

JANUARY ANIMAL: RABBIT



Rabbits are small mammals that can be found on every continent except Antarctica. There are over 300 breeds of domesticated rabbits, which are used throughout the world as food, clothing, and pets. Did you know that rabbits are not rodents? They diverged from their rodent relatives early on and developed unique traits, such as two extra incisors.

Rabbits are social animals that live in burrows. The males are called bucks and the females are does, just like deer! The European rabbit was first domesticated in the Middle Ages and has been bred as livestock ever since. Angola rabbits are renowned for their silky fur that’s weaved into yarn. Rabbits have 4-12 kits in each litter and a gestation period of about a month. Like many prey animals, rabbits often sleep with their eyes open.

JANUARY BIRTHSTONE: GARNET



Garnets are a symbol of friendship, protection, and truth. It denotes the second wedding anniversary. The name garnet comes from the Latin word *granatum* (which means “pomegranate”) as the stone resembles the rich red color and form of this fruit. Garnets come in a variety of colors, including green, clear, and even black. Green garnets are very rare and are the most highly prized.

PRAIRIE BLUFFS WINTER
WONDERLAND!



Thank you for the beautiful photo, Carol!

FOOD FOR THOUGHT

BY AMANDA BUEGEL

Happy New Year from the Kitchen!

Did you know that many cultures around the world eat certain food on New Year's Day in hopes for a great year?

- In Spain and Mexico, they eat 12 grapes at midnight, each grape will bring good luck for 12 months. (I would just like a bottle of wine please...ha-ha!)
- Asian cultures believe that eating oranges and honey together will bring good fortune, wealth, and money.
- Black eyed peas, greens and corn bread are supposed to be eaten together as they symbolize pennies, dollars and gold.
- Eating Pork on New Year's Day is supposed to inspire progress throughout the year to come.
- Round cakes like Bundt Cakes signify the circle of life.

I would love to hear about any traditions you and your family have. Have a wonderful and safe New Year!

TOYS FOR TOTS



Wow! Look at all those toys! Prairie Bluffs filled up two overflowing barrels of toys in just two weeks! Thank you for all who participated! And thank you Barbara T. for the great photo!

GETTING IN THE HOLIDAY SPIRIT



Even though we can't meet in groups this season, Jerry and Marge made Kissmas Trees.



Eileen and Lois were busy making candy sleighs in their apartments.



Clyde, Mary S. and Bob E. decorated Christmas cookies.

They look delicious!

A SPECIAL THANK YOU...



Thank you to Don and Mary Lu's daughter Kathleen Herzog-Geherin and her friend Julie Lizak for donating such beautiful flower arrangements for us!

As you can see by Chris' reaction, we loved them!



SUDOKU

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

NAME THREE

Can you name three U.S. states that begin with the letter I?

Iowa, Indiana, Illinois, Idaho

WORD SCRAMBLE

1. SRPICY _____
2. PERVOPA _____
3. EUNTBELRCU _____
4. INEWLKT _____
5. HEPISREMHE _____
6. RMIDYOTOR _____
7. OTMERGM _____
8. IYKNFIC _____

Word Scramble Answers on last page.

GETTING TO KNOW YOU



Introducing...Abby Rye!

Abby is an artist, singer, traveler, full of positivity and is always on the go. “My family is everything to me. I am truly blessed with my family. I have three wonderful daughters, five grandchildren and I am expecting my fourth great-grandchild sometime in January.” Abby and her husband, Glenn (everyone called him Rocky because he was a boxer in the Navy during WWII) were married for 65 years. Abby loves animals. She has always had a dog her whole life, including 2 great danes. She also had a black cat named Sam and many horses for her family to ride.

What is your favorite sport? I like to play sports rather than watch them. I like to ski downhill and play golf. I belonged to a long blade ice skating club and we would skate three times a week for four hours at a time. I skated way into my 70’s. I also played on a women’s softball team. We played at the parade grounds in Minneapolis.

What was the most interesting job that you have ever had? I was an Activities Director at Hillcrest Health Care Center in Wayzata. I was there for ten years and even wrote the newsletter. I did everything! It was fun!

What are some of your hobbies? I went to the Minnetonka Art Center and learned how to weld metal. I became interested in making metal sculptures. I also had a workshop in my basement where I made gold, silver and copper jewelry. I made myself two necklaces. One gold and one silver with long blade ice skates. One Christmas, I made each of my 3 daughters a solid pewter chess set. I had to melt the pewter and we used molds. It was quite a long process! I also melted copper pennies down and created little copper fish for my fishing friends for good luck.

My husband and I had horses on 40 acres in Minnetrista. Our whole family rode horses. We raised our own alfalfa for the horses, too. We cut, baled, and picked it up in the fields. I drove the tractor! My husband and I also had Vespa Cias. We rode all over the area near Minnetrista.

Where are some of your favorite places that you have travelled? In Rome, the artwork in the Sistine Chapel and underground areas of St. Peter’s Basilica were amazing. In and around Israel, we walked the Stations of the Cross, visited Jerusalem and saw the Sea of Galilee. It was truly overwhelming. I loved visiting Tokyo and Kyoto Japan even if I got sick on the bullet train. We toured Grand Bahama Island on motorcycles. My husband Rocky even did a wheelie with me riding on the back! We took a hovercraft over the English Channel from England to France and saw the White Cliffs of Dover. They really were white! I also liked visiting Scotland, Austria, Portugal, Alaska, Mexico (many times), Costa Rica, Jamaica, and the Panama Canal.

What might someone be surprised to know about you? I was a charter member of the first Sweet Adelines choral group in Minnesota. We were called Minnesota Chapter #1 at first but then we changed it to The City of Lakes Chapter of Sweet Adelines. We travelled all around for competitions and any profits from our annual show went to ARC charity. Our choreographer was from the Guthrie Theater. We even got to perform at the Guthrie! I also sang in two different musical quartets. One of them was called the Melodears. I always sang the bass part!

What is your favorite quote or motto? My husband belonged to an Optimist Club and I like the Optimist Creed: *Promise Yourself... To be so strong that nothing can disturb your peace of mind. To talk health, happiness, and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only of the best, to work only for the best, and to expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds. To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.*

DID YOU KNOW?

Vanilla is the extract of fermented and dried pods of several species of orchids.

The company Google took its name from the word googol, which is a math term for 10 to the 100th power (or 1 followed by 100 zeros).

The words racecar and kayak are palindromes; they are the same whether they are read left to right or right to left. Some others: Madam I’m Adam and A man, a plan, a canal: Panama

The tradition of wearing a wedding ring on the fourth finger of the left-hand stems from the ancient Egyptian belief that a love vein existed in that finger and went straight to the heart.

JOKES

After the French cheese factory exploded, the entire town was covered in de Brie.

Somebody stole all of my lamps, and I couldn’t be more delighted.

What happened when the red ship crashed into the blue ship? They got marooned.

I don't trust stairs. They're always up to something.

Did you know that milk is the fastest liquid on earth? It’s pasteurized before you even see it!

Dogs can’t operate MRI machines. But catscan.

I lost my job at the bank on my first day. A woman asked me to check her balance, so I pushed her over.

Student: "Can I go to the bathroom?"
Teacher: "It's 'may.'"
Student: "No, it's January."

HOLIDAY PHOTOS



Sherwood and his new hat!



Minnehaha Room Tree

"He puzzled and puzzled till his puzzler was sore. Then the Grinch thought of something he hadn't before!" ...

"Well, in Whoville they say, that the Grinch's small heart grew three sizes that day. And the minute his heart didn't feel quite so tight, He whizzed with his load through the bright morning light, And he brought back the toys! And the food for the feast! And he, HE HIMSELF! The Grinch carved the roast beast!"



Who is this Grinch?

FOR YOUR HEALTH



BY JENNIFER WHEREATT

January is National Eye Care Month. Good vision helps you perform well. That’s why it’s important to take a few simple steps to make sure you help keep your eyesight at its best. A regular eye exam is the best way to protect your eyesight and an easy precaution to take. Here are some tips to help maintain eye health:

Eat a Balanced Diet

As part of your healthy diet, choose foods rich in antioxidants, like Vitamins A and C; foods like leafy, green vegetables and fish. Many foods, especially fatty fish, such as salmon, contain essential omega-3 fatty acids that are important to the health of the macula, the part of the eye responsible for central vision.

Exercise

Exercise improves blood circulation, which improves oxygen levels to the eyes and the removal of toxins.

Get a good night's sleep

You’ll feel the difference when you get the sleep you need. You’ll look great, you’ll perform better and good rest will support the health of your eyes.

Wash your hands

Keeping your hands clean is so important when it comes to your eyes, especially if you’re a contact lens wearer. Before you touch your eye and before you put in or remove a contact lens, wash your hands with a mild soap and dry with a lint-free towel. Some germs and bacteria that come from your hands can cause eye infections, like pink eye. When you touch your eye, whatever is on your fingers goes right onto your eye’s surface. This is one way that people catch colds, rubbing their eyes while they have cold virus germs on their hands.

Wear Sunglasses

To protect your eyes from harmful ultraviolet (UV) light, choose sunglasses with both UVA and UVB protection. Also, wearing a hat with a brim will greatly reduce the amount of UV radiation slipping around the side of your sunglasses.

Here are some other tips to help when you're on a computer:

Keep your computer screen within 20"-24" of your eyes.

Keep the top of your computer screen slightly below eye level.

Adjust lighting to minimize glare on the screen.

Blink frequently.

Take a break every 20 minutes to focus on an object 20 feet away for 20 seconds. (The 20/20/20 rule!)

REINDEER COUNT WINNERS FOR
INDEPENDENT LIVING



First Place: Abby R.
Second Place: Barbara T.
Third Place: Marleen D.
Fourth Place:
(was a three-way tie!)
Bev L.
Chris A.
Gretchen T.

DID YOU KNOW?

The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦) represent the merchant class.



Mary Ellen and Baby Yoda

GO ONLINE FOR THE ARTS AND
LEARNING!

Help conservationists in Kenya track and classify wildlife!
<https://www.zooniverse.org/projects/sandiegozooglobal/wild-watch-kenya>

Explore over 60,000 stars, locate planets, and watch sunrises and solar eclipses. If you enter your location, you can see all the constellations that are visible in the night sky in your corner of the world.
<https://stellarium-web.org/>

Explore the British Museum’s artifact timeline.
<https://britishmuseum.withgoogle.com/>

Explore some of the most beautiful theaters and opera houses all around the world.
<https://artsandculture.google.com/story/lgJiszMqltReJA>

Explore 54 free online courses from colleges around the U.S. including Harvard, Yale and Princeton!
<https://www.businessinsider.com/free-online-courses-from-best-colleges>

A collaboration with over 1200 leading museums and archives, Google Arts & Culture is an incredible storehouse of monumental works of art. Recommended are the Street View virtual tours as well as Art Zoom guided tours.
<https://artsandculture.google.com/>

OR VIRTUALLY TRAVEL...

Explore Yellowstone National Park!
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore the Great Lakes!
<https://www.greatlakesnow.org/virtual-field-trip/>

Four featured music locations are: Vienna, Austria; New Orleans, Louisiana; Cleveland, Ohio; and Bristol, Tennessee-Virginia
<http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/starrt.html>

Boasting the world’s largest collection of 360° image videos, you can see stunning panoramas across the globe.
<https://www.360cities.net/>

Visit Paris and go to The Louvre!
<https://www.louvre.fr/en/visites-en-ligne#tabs>



Meowy Christmas Art from Mary Ellen S.

CELEBRATIONS THIS MONTH

Be on Purpose Month – This month encourages all of us to start the new year off right by putting good intentions into action and living our lives with more meaning and purpose.

Change Your Stars Month and Rising Star Month – Change Your Stars Month reminds people that they can choose their own destiny. Rising Star Month is dedicated to encouraging people to reach for the stars.

Creativity Month (International) – "There are no problems—only opportunities to be creative." ~ Dorye Roettger. This is the month to get creative!

Financial Wellness Month – It is time to get your finances in order after the holiday spending.

Get Organized Month – Sponsored by the National Association of Professional Organizers. Time to get organized!

Handwriting Month – Write handwritten letters this month. There's nothing quite like a handwritten note, is there? "Put Your John Hancock Here" Day is January 12 and National Handwriting Day is January 23. There are several groups that would like to be Pen Pals with us. If you are interested, please let Anna know!

Penguin Appreciation Month – We celebrate Penguin Awareness Day on January 20. Want to dive in really cold water? There are a few penguin plunges at this time of year as well.

Boxing Month – Five famous boxers were born this month: Rocky Graziano on January 1, Floyd Patterson on January 4, George Foreman on January 10, Joe Frazier on January 12 and Muhammad Ali on January 17.

Football Fever Month – Kick off 2021 by watching College Bowl games. January also features the college football championship game (January 11 is the tentative date) and the big buildup to Super Bowl Sunday on February 7, 2021.

Polka Music Month – Sponsored by the International Polka Association. Dance the polka with such classics as "Beer Barrel Polka" and "Pennsylvania Polka"!

Oatmeal Month –Make some delicious oatmeal this month because it is really good for you.

Volunteer Blood Donor Month – Sponsored by the American Association of Blood Banks and the American Red Cross. Both websites have information on pandemic safety as well, so be sure to read it if you are planning to donate.

TECH CORNER

What is an app? An app, which is short for application, is a type of software that can be installed and run on a computer, tablet, smartphone or other devices. Here is a list of apps that you might enjoy:

For Books – Kindle, BookShout, Audible, Nook and iBooks are good choices. Many books can be found for avid readers that are free. It takes a bit of looking through free books on these apps but you can find many good titles and self-help books for free or at a very low price.

For Cooking- Try the Epicurious app. If you enjoy cooking but are tired of the same old recipes, this app offers thousands of recipes for you to try. You'll never get bored in the kitchen with this app by your side. No need to invest in a cookbook because this app is free!

For Music – being able to stream favorite music from apps like Pandora where you can set up your favorite music or iHeart Radio that allows you to pick your favorite station/genre are good bets.

Pharmacy – adding your local pharmacy's app to your devices allows you to pre-order prescriptions, check if they are ready, get coupons, get reward points for purchases and order printing of photos from your device. It also provides a ready list of all prescriptions in one place along with refill status.

Weather – getting an app that gives them hour by hour forecasts, alerts for storms and radar images so they know when to take shelter promote safety not to mention just cool!

AARP- This app provides a calendar of local events in your area as well as discounts that are available with your AARP membership.



George of the Jungle (Marge H.) and Anna Banana

LIVE STREAMING CHURCH AND
SYNAGOGUE SERVICES (SUNDAYS)

9:00 and 10:40 Grace Church <https://grace.church/watch-live/>

8:30, 9:45 and 11:00 Wooddale Church
<https://wooddale.org/live/>

8:15 and 10:45 Cross View Lutheran Church
<https://www.crossview.net/worship/media.cfm>

9:15 Immanuel Lutheran Church <https://livestream.com/ILC>

9:00 Beth El Synagogue <https://www.besyn.org/religious-life/live-streaming/>

MORE ON JANUARY

January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and ends. Janus is depicted with two faces, one looking into the past, the other into the future. It is a fitting symbol for this first month of the year. It's natural for us to reflect on the past year and also look forward to the new.

On January 2, 2021, Earth reaches this year's perihelion, which is the point in its orbit where it is closest to the Sun. At perihelion, the Earth will be 91,399,454 miles from our sun.

January's full Moon, the Wolf Moon is on Thursday, January 28, 2021. It can be seen rising from the horizon around sunset that evening. Why is it called the Full Wolf Moon? It came to be known as the Wolf Moon because wolves were more often heard howling at this time. It was traditionally believed that wolves howled due to hunger during winter but we know today that wolves howl for other reasons. Howling and other wolf vocalizations are generally used to define territory, locate pack members, reinforce social bonds, and coordinate hunting.

JANUARY POETRY

January is here,
With eyes that keenly glow.
A frost-mailed warrior striding
A shadowy steed of snow.
—Edgar Fawcett, American poet (1847–1904)

Janus am I; oldest of potentates;
Forward I look, and backward, and below
I count, as god of avenues and gates,
The years that through my portals come and go.
—Henry Wadsworth Longfellow, American poet (1807–82)

January brings the snow,
Makes our feet and fingers glow.
~Sara Coleridge

Word Scramble Answers: *crispy, approve, turbulence, twinkle, hemisphere, dormitory, grommet, finicky*