

WHAT'S COMING UP

January 1

New Year's Day

January 2

National Buffet Day

January 4

National Trivia Day

January 15

National Strawberry Ice
Cream Day

January 17

Martin Luther King, Jr. Day

January 19

National Popcorn Day

January 23

National Pie Day

January 25

National Opposite Day

January 29

National Puzzle Day

JANUARY 2022 NEWSLETTER



Riverwood
Senior Living

Residents, families, employees and friends,

Thank you for giving us the opportunity to do what we love, celebrating another year of adventure with you. It's been a pleasure serving you over the last year, and we're looking forward to working together again in 2022.

Ellen Goodman is quoted as saying, "We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives, not looking for flaws, but for potential."

That optimism is what we strive for at Riverwood Regency, and we challenge everyone to pursue new opportunities as well. We hope the New Year brings you health, happiness, and plenty of potential.

Thank you again for helping make this a truly enjoyable, successful, and fulfilling year. Best wishes from the team!

Your Riverwood Family

**Happy
New
Year!**



How to Keep Your 2022 New Year's Resolution



A New Year's resolution can serve as inspiration throughout the year. Even if a day or two is missed, returning to and maintaining the promise can bring about positive changes in one's life, and help inspire and empower others! If you've had regular disparities between making New Year's resolutions and keeping them, consider a few ideas below to make 2022 a year of goal setting, reflection, confidence, and community.

GOAL SETTING

Deciding on a resolution is an exercise in setting goals for yourself. Goals can provide direction for your day. A goal is a map that can give you an idea of where you are heading and what path you need to take. Not all goals have to be larger than life! Resolutions in particular can serve as fun, low-pressure goals. Think of them as practice for bigger life changes!



CONFIDENCE

Keeping up your resolution promotes self-esteem and empowerment! Making resolutions and maintaining them can provide the sense of accomplishment that naturally comes through goal-setting and following through. Accomplishing small goals also can boost self-esteem!

COMMUNITY

Resolutions are ongoing accomplishments that you can share with family and friends. Consider attending an event to reach your goals, such as a class or organizing a gathering with other residents. Having someone to share your successes and struggles with makes your journey that much easier and less intimidating.

REFLECTION

Resolutions are opportunities to reflect on your past and decide what you'd like for your future. Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future. Figuring out what has been working and what may need to be changed can serve as a catalyst for positive change.

Regardless of your resolution, take some time to talk to others about their hopes and dreams for this year. What resolutions did they make? Make a list of others' resolutions and revisit them every month or so. Be encouraging when you notice others struggling to maintain their resolutions, and celebrate when you notice others succeeding!

YOUR RESOLUTIONS

Take a moment to reflect on the past year, and write down a few things you'd like to accomplish 2022.

Handwriting lines for notes on the left side of the 'YOUR RESOLUTIONS' section.

Handwriting lines for notes on the right side of the 'YOUR RESOLUTIONS' section.



INDOOR ACTIVITIES TO KEEP YOU BUSY THIS WINTER



1. Curl up with a great book! Books can be windows to the outside world, and new adventures in our minds. Discover new inspiring prose this winter while you hide from the cold.

2. Work a puzzle. Puzzles are a great way to keep our hands and our minds busy indoors. They're fun, and when you're done, think of the sense of accomplishment you'll feel! Putting that last piece in place is always so satisfying.

3. Write a letter. There's something cathartic about putting pen to paper, especially if you're corresponding with a friend or loved one. Try sending someone a little happy snail mail this winter.

4. Call an old friend. It feels so good to have someone you care about reach out to check in on you. Do you have any friends or family members you haven't chatted with lately? Wintertime is a great time to rekindle relationships, and show up for those we love most.

5. Make a craft. Whether it's decor for your living space or a gift for a friend, it feels good to create sometimes. Making something from nothing will spark your creativity, and is a fun way to pass the time.

SUDOKU

PUZZLE 1

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PUZZLE 2

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6	7				9			



TRADITIONAL SOUTHERN NEW YEAR'S DAY GOOD LUCK MEAL

Per popular folklore, eating specific foods on the first day of the new year is said to bring good luck and good fortune throughout the year. This meal typically includes pork, collard greens, cornbread, and black-eyed peas, but why?

Well, cornbread is said to represent gold, pork prosperity, collard greens good fortune, and black-eyed peas growing wealth. Pork is considered a sign of prosperity in some cultures because pigs root forward. Greens resemble money, and specifically folding bills. Peas symbolize coins, and some say because they grow as they soak and cook, they represent growing wealth. Here's hoping 2021 brings prosperity, fortune, and wealth to us all!

QUICK FACTS ABOUT MLK DAY

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

—Martin Luther King, Jr.

MLK Day is January 17th, 2022. It is celebrated on the third Monday in January.

Martin Luther King, Jr. was actually born on January 15, 1929 in Atlanta, GA.

In 1980, Stevie Wonder released a song in honor of this iconic civil rights activist, celebrating his birthday and lamenting the fact that anyone would oppose a holiday remembering him.

This national holiday was observed for the first time in 1986.

It wasn't until the year 2000 that every state in the Union finally observed Martin Luther King, Jr. Day.



FUN FACTS

- » The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
- » Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
- » In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcast worldwide and is typically viewed in over 100 countries around the globe.
- » If you were born in January, your birthstone is a garnet!
- » In leap years, January always starts on the same day as April and July.
- » London is famous for its extensive subway system, nicknamed “The Tube.” This makes sense because they’re also responsible for opening the first operational underground railway on January 10, 1863.
- » Some historical names for January include “Wulfmonath,” which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it “Wintermanoth” meaning “winter/cold month.”
- » King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
- » Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now!
- » January was a monumental year for Alaska! As of January 3, 1959, Alaska officially became the 49th state of the United States.
- » Generally, January is the coldest month of the year in the Northern Hemisphere.
- » The equivalent month of January in terms of temperature in the Southern Hemisphere is July!
- » Referring back to the Julian and Gregorian calendars, January is the first month of the year, and the first of seven months to be 31 days long.
- » In the United Kingdom, some people practice “Dry January.” This is a movement to encourage people to quit drinking alcohol for the month in order to encourage public health.
- » January has two zodiac signs – Capricorn, which is until January 19, and Aquarius, which is for the rest of the month.
- » The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!
- » One of the most influential events in the U.S. happened in January – on January 1, 1892, Ellis Island opened, allowing for the immigration of over 20 million people!
- » The first Penal Colony in Australia was established in January 1788 by the British in order to relieve overcrowded English prisons.
- » Are you a fan of the stars? Celebrities, that is! Then you’ll be interested to know that the first-ever Emmy Awards were held on January 25, 1949.
- » January brought the end of the monarchy in Hawaii when Queen Liliuokalani was forced to abdicate on the 24th of the month.

WORD FIND

A O A Z J C U F C K J C N C G I N Y C A D O P W O
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JANUS
 GARNET
 PARADE

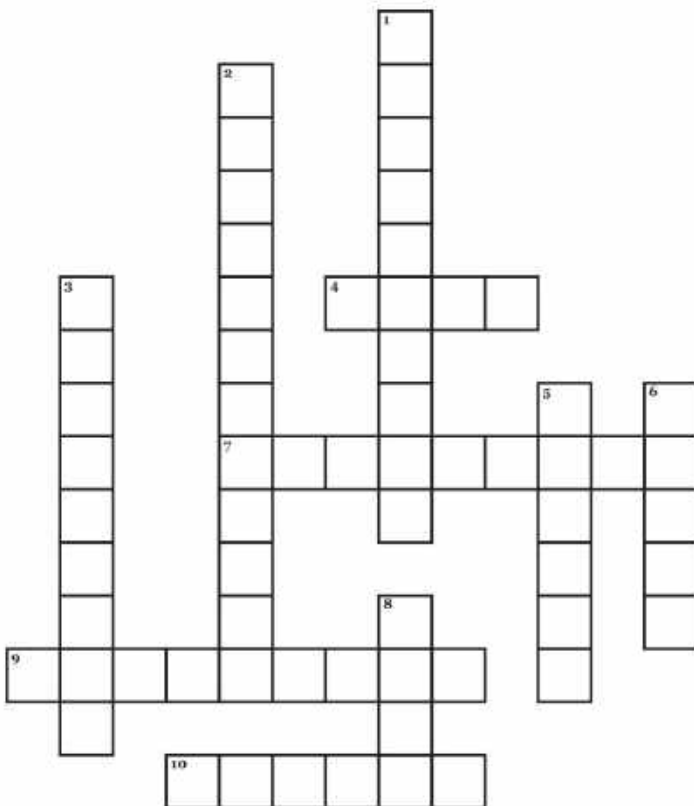
JANUARY
 ALASKA
 DIANTHUS

CAPRICORN
 AQUARIUS
 CARNATION

LONDON
 SUBWAY
 PASADENA

CALIFORNIA
 LILIUOKALANI
 AUSTRALIA

CROSS-WORD



Down

1. What the Anglo-Saxons used to call January
2. Who was the last queen of Hawaii?
3. The birth flower of January is what?
5. _____ officially became the 49th State of the United States.
6. Roman God with two heads
8. London is famous for its extensive subway system, nicknamed "The _____"?

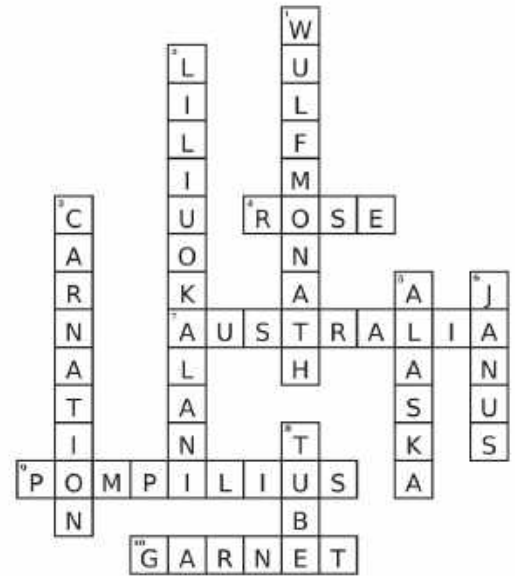
Across

4. Parade held every year since 1890 in California
7. The first Penal Colony was established in January 1788 by the British in _____
9. The second king of Rome, responsible for adding both January and February to the Roman calendar?
10. The birthstone is for January is the _____



ANSWER KEY

A	O	A	Z	J	C	U	F	C	K	J	C	N	C	G	I	N	Y	C	A	D	O	P	W	O
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PUZZLE 1

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PUZZLE 2

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