

Halstad Living Center & Heritage House

Halstad | 133 4th Ave. E 56548 | 218-456-2105



January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Residents
Carolyn R. 15th
Darin K. 16th
Judith R. 16th
Phyllis U. 16th
Dorothy T. 19th
Doris D. 20th

Staff
Rachel D. 3rd
Carla T. 11th
Kristen H. 14th
Jolene D. 19th
Jenna S. 23rd
Cassie A. 24th

Happy Birthday to All!

Dear Friends of the Heritage House Memorial Garden, I am making a request for someone who has gardening knowledge, who loves being involved, has the time to volunteer working in the garden 3-4 hrs. a week (depending on the weather, season etc.) during the months of late April, May thru Sept/Oct. There would be a "stipend" wage for your services. The Auxiliary has been giving \$300, a year to cover garden supplies/ new plants and stipends.

At the present time there are two 14 yr. old twin brothers who have been able to give 2 hrs. a week. They are very good workers and follow directions. I will not be involved in the scheduling. I am hoping that whatever I do will be done from the sidewalk (reducing fall hazards.)

Please call the living center Office at 218-456-2105, or myself at 218-456-2678

I look forward some responses to this request.
 Thank You, Mary



Celebrating January

International Creativity Month

Black Diamond Month

Mentoring Month

New Year's Day

January 1

Bird Day

January 5

Make Your Dream Come True Day

January 13

Use Your Gift Card Day

January 15

Martin Luther King Jr. Day

January 17

World Snow Sculpting Championship

January 18–23

Compliment Day

January 24

Activity Professionals Day

January 28

Beginning at the End

"New year, new me" is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it's the start of a new year doesn't mean everybody wants a new beginning. In fact, some people want just the opposite.

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, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn't always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn't until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn't adopt the date until the 18th century.



Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a “day on, not a day off.” People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Out of the Minds of Babes



American founding father Ben Franklin was renowned as a writer, printer, scientist, inventor, philosopher, and politician. His birthday on January 17 was declared Kid Inventors' Day so that innovative kids could find inspiration to turn their own inventive dreams into reality.

At age 11, Ben Franklin invented the first swim flippers. Chester Greenwood was only 15 when he developed the first earmuffs. And Louis Braille, at age 12, began his work inventing a new language for the blind. Well into the 21st century, kids are still innovating. Fourteen-year-old Sarah Buckel wanted an easy way to decorate her locker. Thanks to her, kids now have magnetic locker wallpaper. Children are the future, and their inventions are bound to improve the way we all live.



As the year ends, we think of the things that we did not do or should have done. Last year's resolutions (out the window), unfinished projects, projects not started, Vacations not taken, loved ones not visited, time not spent with friends and family.

Sometimes we get caught up in the day-to-day things that we run out of time for these things. We need to remember to take time for our family, friends and for ourselves. We should remind ourselves that tomorrow is not promised. That each day should be cherished, our families deserve our time and attention. We need time for ourselves to recoup from the day-to-day grind, time to enjoy a hobby or something that brings us peace.

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. Dress up in a funny costume and entertain your buddies. 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. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

History Down Under



January 26 brings Australia Day in the country Down Under. This national day remembers the landing of Britain's First Fleet at Sydney Cove in 1788 under the command of Naval Captain

Arthur Phillip. Phillip raised the British flag, declaring the land for Britain and establishing the first colony in Australia. Of course, Australia was already inhabited at the time of Phillips' arrival by Aboriginal Australians. For this reason, protests have erupted in recent years asking for a change in the date of Australia's National Day. The Australian government has responded by making concerted efforts to make Australia Day a day for all Australians, especially recognizing Indigenous Australians and their contributions to Australian society.