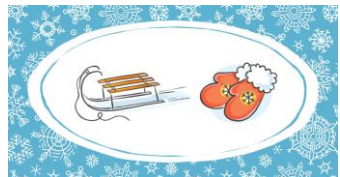
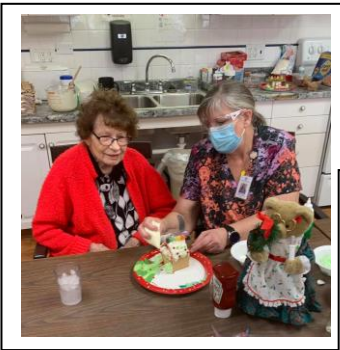
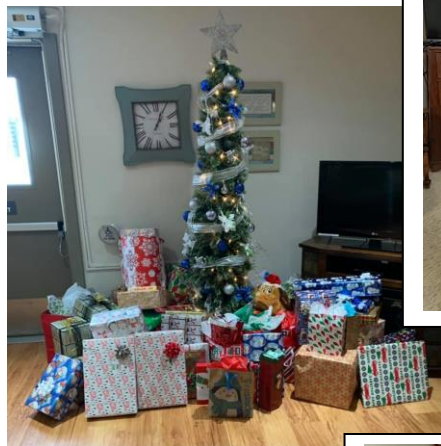
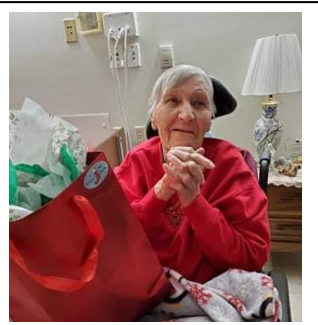
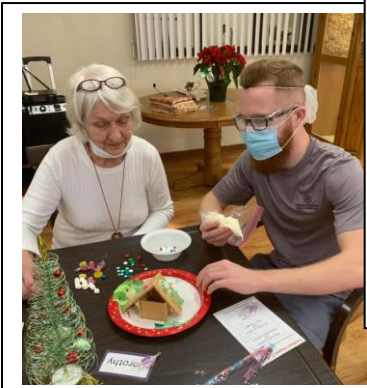


Christmas Happenings

Our New Year's Resolution

During our Countdown to New Year's Party, held at 2:15 on December 31st, we try to make a resolution as a HLC family to work towards in the upcoming year. This year the consensus was to work towards "getting out more." This is a bit tricky as we are still staying home to keep the virus out of the building but we did talk about other ways we can "get out" in our community without actually having to leave. Some ideas were to write letters to school kids, make more blankets for the local pet shelter, go on virtual tours of museums, parks and zoos with our in-house TV channel, and more video visits with our families. When the weather warms up again, we will also spend as much time as possible on the patio, golf carts and bike where we can see people as they come and go and wave to our friends in the community. Overall, we hope the new year brings peace, health and happiness to everyone in our HLC family.



Halstad Living Center and Heritage House

133 4th Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290

January Blessings

Hot Chocolate

Hoar Frosty Mornings

Snowmen

Birds at the Feeders

Sledding

Fluffy Hats and Mittens

Snow Angels

Blankets from the Warmer

Walking Like Penguins

Cutting Paper Snowflakes

The Words of Rev. Dr. Martin Luther King, Jr.

Snowball Flights

Longer Days

Candy Colored Sunsets

Flowers from the Store

Shine Your Light

As the 2021 begins, we are encouraged to turn the page in our book of life and begin again. We are offered a clean slate to fill with new and exciting things; changes that could make our existence happier, more exciting. But along with looking towards the new, I encourage you to consider things from the past that have made a positive impact on your life to this point. It is those positive people or things in our history that we should build on to help direct us to our own "new and improved."

So, I ask you to ask yourself:

- Who (or what) is a light in your life?
- Who/what makes you feel happy?
- Who/what makes you smile?
- Who is your sunshine?
- Who/what makes you feel warm?
- Who is a kind person in your life?

Now that you have this person/idea in your mind keep going:

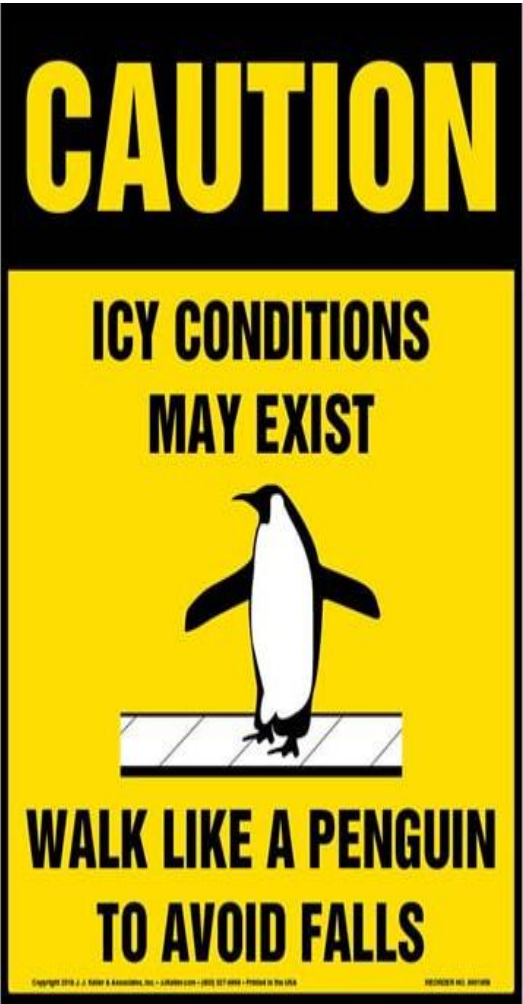
- How does this person make you feel?
- What might they do to make you feel this way?
- What qualities make this person a light in your life?

Finally, take a moment to plan:

- How can I incorporate more of what I like about this person into my own existence?
- What am I already doing to be this person for someone else?
- How can I let this person know how much they mean to me?

Hopefully, you have a long list of people who light up your life. As the new year progresses, let their light lift you and guide you. Let it brighten the dark times and warm the cold chills. Give their light the power to enhance how amazing you are so together you can shine all over the place and continue to make the world a better place to be.

Source: www.timeslips.org, Andrew Morton - project manager



Every year the staff at Halstad Living Center are called to help members of our HLC family on their final journey in life. It is with great honor and fond memories that we remember those we have said goodbye to in 2020.

Mary Albertson	Richard Olson
Jo Groth	Melvin Page
Donald Ihnken	Viola Paulsrud
Mabel Jacobson	Howard Preckel
Lorraine Karstens	Kirsten Riley
Avis Korsgaden	Vernon Tronnes
Mildred Matthys	Rhonda Will
Myrtle Mattson	Carol Wolla
Jerome Ness	

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential.

- | | |
|-------------------------------|-------------------------------|
| 3 rd - Rachel D. | 19 th - Jolene D. |
| 4 th - Eva | 19 th - Dorothy |
| 9 th - Jane P. | 20 th - Doris (HH) |
| 11 th - Alanna | 23 rd - Jenna S. |
| 11 th - Carla T. | 24 th - Cassie A. |
| 14 th - Kristen H. | 27 th - Gracie W. |
| 15 th - Cindy T. | |
| 16 th - Phyl | |
| 16 th - Judy (HH) | |



January is Glaucoma Awareness Month

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Source: <https://www.glaucoma.org/news/glaucoma-awareness-month.php>



Apartments Available

Apartment Features:

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and "I'm OK" program

Visit our website www.halstadlivingcenter.com or call Lorie Paulsrud at 218.456.2105 for more information.

Take Care of YOU this Winter

Dress for Warmth Dress in layers; cover your head, fingers and toes when you are out.

Service Your Car Check the tires, battery, oil, washer fluid, and window wipers.

Home Safety Check the batteries in your carbon monoxide and smoke detectors, have extra blankets and flashlights ready in case of a power outage.

Connect The weather and COVID might make it hard to get together physically, it is vital to our emotional and mental health to check in with loved ones.

Eat Well Include whole grains, a variety of fruits and vegetables, and foods fortified with Vitamin D - milk, tuna, salmon.

Keep Moving Daily stretches, chair yoga, and walking outside if it's dry are ways to stay active and are good for both your physical health and emotional wellbeing.

We care about you and want you to be well!

Source: <https://www.ecumen.org/blog/7-winter-safety-tips-seniors/>

