



Resident Birthdays

1/2 Carol J
1/4 Tony M
1/17 Colanthia C
1/18 Cindy M
1/19 Ed C

Staff Birthdays

1/4 Jo-Ann B Gustafson
1/27 Brenda A Bentz-Ricard

Staff Anniversaries:

Bethany Baily	1/06/2025	1 Year of service
Brenda A Bentz-Ricard	1/10/2022	4 years of service
Tonya Marshall	1/20/2025	1 year of Service
Melissa J Levesque	1/24/2024	2 years of service
Joanne Boudreau	1/25/2023	3 years of service



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



New Year's is a time of global celebration and reflection, marking the end of one calendar cycle and the beginning of another. It's often celebrated with festive gatherings, fireworks, and the symbolic dropping of the ball, as seen famously in New York City. The day itself, January 1st, is seen as a moment for personal evaluation, letting go of past mistakes, and looking forward with hope and optimism for the next twelve months. Culturally, it entails a focus on renewal, often involving wishes for prosperity, happiness, and good health in the coming year.

The popular custom of making New Year's Resolutions can be traced back over 4,000 years to the ancient Babylonians. While today resolutions typically focus on self-improvement, the Babylonians originally made promises to their gods at the start of their new year (which was in March) to pay off debts and return borrowed farm equipment. Later, the ancient Romans would make similar promises to the god Janus—after whom January is named—symbolizing beginnings and endings. This tradition of making pledges at the calendar's turn has endured, evolving into the modern practice of setting goals like exercising more, eating healthier, or learning a new skill.

The onset of a new year brings with it a potent sense of renewal and boundless possibility, offering everyone a clean slate upon which to write their next chapter.



HAPPY
New Year





The Activities Department will be hosting The Scott-Farrar Academy of Participation Excellence awards. There are 12 categories of specific activities and the awards are based upon participation, categories include, the Martha Stewart award for Crafts with Jenna participation, as well as the Alec Trebek award for Words with Friends participation.

We would like to introduce a new activity on Wednesday afternoons in the café for anyone that would like to learn and practice cribbage, taught by our very own resident, Tony.

UPCOMING EVENTS

- 1/1 **2026** New Years Day
- 1/8 Professor Robert Goodby - Native American History
- 1/13 Dublin Academy - Intergenerational crafts
- 1/14 Advance Directives - Informative presentation
- 1/16 Lunch Bunch and Shopping - Keene
- 1/20 Glendale Presentation - Mindful Bites
- 1/22 Union Sound - Music entertainment
- 1/27 Arm chair travel to Germany
- 1/29 Remembrance Service - Honoring those we've lost
- 1/30 Men's Group outing - lunch at the Shattuck & golf simulator



To stay healthy during cold and flu season, practice frequent handwashing for at least 20 seconds and stay hydrated by drinking plenty of fluids, like water. Other key tips include getting enough sleep, eating a balanced diet, exercising regularly, and avoiding close contact with sick people.

Wash frequently: Wash your hands often with soap and warm water for at least 20 seconds.

- **Scrub thoroughly:** Make sure to scrub between your fingers, under your nails, and the backs of your hands.
- **Use hand sanitizer:** If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Avoid touching your face:** Germs can enter your body through your eyes, nose, and mouth, so try to avoid touching your face, especially with unclean hands.
- **Drink plenty of fluids:** Stay hydrated by drinking water throughout the day, as dehydration can lead to fatigue and other issues.
- **and sneezes:** Cough or sneeze into your upper sleeve or a tissue, not your hands, and dispose of tissues immediately.
- **Get enough rest:** Aim for 7 to 8 hours of sleep per night to help your body stay strong.
- **Eat a healthy diet:** Focus on fruits, vegetables, and whole grains to boost your immune system.
- **Exercise regularly:** Aim for 150 minutes of moderate-intensity activity per week, which can help boost your immune system.
- **Disinfect surfaces:** Clean and disinfect frequently touched surfaces, such as doorknobs and phones, to kill viruses.

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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|---------------|----------------|--------------|
| AQUARIUS | GARNET | SEA GOAT |
| AUSTRALIA DAY | GLOVES | SLEDDING |
| CALENDAR | HOT TEA | SNOWMAN |
| CARNATION | JACKET | SWEATER |
| FIRST | MARTIN L. KING | WATER BEARER |
| FREEZING | NEW YEAR'S DAY | WINTER |

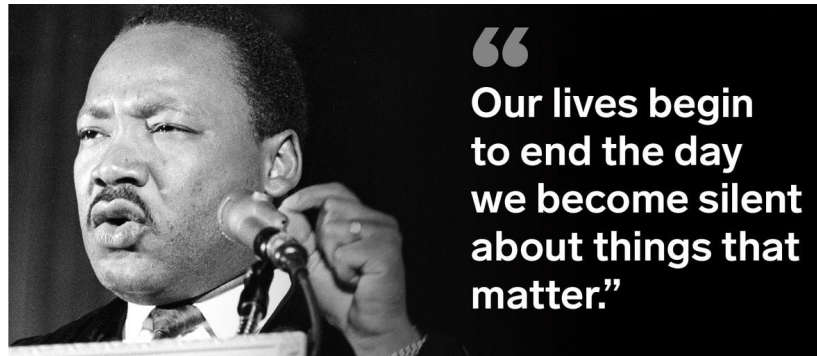
January is National Blood Donar month!

The medical community considers blood donation safe for eligible people, and while various factors affect your eligibility, being too old isn't one of them. healthy seniors can donate blood, as there is no upper age limit for donation. A single blood donation can save up to three lives, yet only about 3% of eligible Americans donate. Every two seconds, someone in the U.S. needs a transfusion, and 25% of all donated blood goes to cancer patients. The winter months often see a drop in donations due to weather and illness, making January a crucial time to donate. If you've donated a pint of blood in your lifetime, you're in a special group. **About 37% of the U.S. population is eligible to give blood; however, only 3% do. If that percentage bumped up to 4%, blood shortages would disappear.** The medical community considers blood donation safe for eligible people, and while various factors affect your eligibility, being too old isn't one of them. Healthy seniors can donate blood, and a doctor can provide personalized advice and confirm that the individual is healthy enough to donate. There are also potential heart health benefits by balancing iron and improving blood flow. Donating prompts the body to create new, healthier blood cells, boosting the immune system and potentially reducing cancer and heart attack risks.

Upcoming Local Blood Drives:

- Jaffrey Bible Church **1/21**
- The Park Theatre **1/26**
- Union Congregational **Church 2/5**





“
Our lives begin
to end the day
we become silent
about things that
matter.”

Martin Luther King Jr. Day is far more than a day off; it is a vital annual moment of national remembrance and a crucial call to action.

Observing this day is important because it forces us to reflect on the immense sacrifices made by Dr. King and countless others who fought to close the gap between America's founding promises and its harsh reality for people of color. By commemorating his life, we honor the power of nonviolent resistance, the triumph of landmark legislation like the Civil Rights and Voting Rights Acts, and the moral imperative of speaking truth to power.

According to Stanford University as well as many other institutions, 70 years after Brown v. Board of Education, research shows rise in school segregation. Did you know U.S. schools are more segregated now than ever before? Research shows a significant rise in both racial and economic segregation, and a new report from the Government Accountability Office found that over a third of students attend predominantly same-race/ethnicity schools.

The state of civil rights today is a complex picture of significant progress in some areas and persistent, systemic challenges in others. While explicit, legal segregation of the past is gone, racial disparities remain wide across many facets of American life.

We must continue striving to achieve Dr. King's "Dream" because, more than fifty years later, it remains profoundly unfulfilled. Dr. King's vision of the "Beloved Community"—a world rooted in justice, equity, and unconditional love—extended beyond race to encompass poverty and militarism, challenging us to confront all forms of oppression.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal'.

WELCOME
❤️ **HOME**



Marilyn Littmann joined our IL neighborhood last month! She grew up in the Bronx, and relocated here from Ossining NY to be closer to her daughter. She is a former teacher, who loves history, walking/exercise and travelling. Please be sure to welcome her to our SF family!

Food for Thought

Oats are a whole grain rich in soluble fiber, which can help lower levels of LDL, or “bad” cholesterol. The fiber forms a gel in the digestive tract that binds cholesterol and helps remove it from the body. Studies show that about three grams of soluble fiber per day, roughly one bowl of oatmeal, can make a measurable difference. Adding oats to your daily diet, whether as oatmeal, granola, or baked goods, is an easy way to support heart health.

Weekly drop-in programs at the Peterborough Community Center include:



Cribbage: Mondays at 1:30pm

Senior Strength: PCC Gym on Tuesdays at 11:30am

Kraft Korner: Tuesday at 1pm

Bingo: Wednesday at 10am

Those of you without vehicles can schedule a ride with Jody to PCC