



To Do or Not To Do!

New Year’s Resolutions! Who came up with this idea anyway? It appears that this yearly tradition dates back as far as Ancient Rome and it is a reminder that humans can’t stop believing in new beginnings. By definition, a resolution is a “firm decision to do or not to do something”. Sounds like a good idea; however, if you are like me, those resolutions will be tossed by the wayside by February 1st. One reason for this is that we usually focus on goals or tasks that we haven’t been able to achieve over the past year. Simply making a resolution requires no action. The idea that we *intend* to lose weight or exercise more satisfies our instant gratification. In the moment, just thinking about losing weight or exercising makes us feel good and we don’t actually have to get out and do the tasks necessary to achieve the goal. The action itself doesn’t make you feel good (or at least not as good as sitting on the couch makes you feel). So you put it off.

Procrastination is one of the number one reasons resolutions fail. For myself, I can set the alarm and be determined to bounce out of bed on the first ring and head off to the gym. However, when that alarm goes off, all I want to do is hit the snooze and pull the blankets over my head. My intentions are good, but my follow-through stinks!

Another reason that I believe resolutions are easy to break is that there is no accountability to reach our goals. We write our intentions on a piece of paper, but no one else really knows. I think we should have a “buddy system” for this. Someone to come up beside us and make sure we have checked those things off the list.

At the end of the day, it is the intent of the heart that determines our resolve to follow through on the tasks set before us each day. We must purpose in our hearts to be the best that we can to put the mistakes of the day before behind us and give 100% to whatever we set out to do. We don’t need to make a resolution to share a smile with someone, be kind to one another, and give someone a hug, a smile or an encouraging word. Those are things that should come naturally to us.

I challenge all of us, myself included, to begin this New Year with the mindset to “do unto others as we would have others do unto us”. Just think...if everyone caught on to this, what a bright world this would be!

*HAPPY NEW YEAR
To all of you from the Staff at Arbor Oaks!*

- submitted by Becki Ringleb

January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

***** Resident Birthdays *****			
01/06	Erma Weaver	01/27	Rachel Harris
01/15	Esther Goodwin	01/30	Ken Benedict
01/26	Hannah Dekker	01/31	Joyce Loveless
01/26	Rose Voje		
***** Employee Birthdays *****			
06/06	Olga Sanchez	01/22	Becki Ringleb

Come on out to the ~~BIRTHDAY BASH~~ on January 30th at 3:30 pm in the Ice Cream Parlor to celebrate birthdays of all those born in January! There will be live entertainment and delicious **CAKE, CAKE, CAKE!!!!**

Lighten Up – Dealing with Post Holiday Blues

The rush and excitement of the holidays may be over, but you don’t have to fall victim to post-holiday depression. Here are a few tips on keeping the winter blahs at bay:

- Extend the holiday atmosphere a few weeks. You don’t have to put away decorations and holiday music enjoy the festive atmosphere a little while longer, do so by going through that season’s pictures or listening to holiday music.
- Plan a trip. Give yourself something to look forward to by planning a trip for late January or sometime in February.
- Exercise. Get your endorphins going by exercising. It’s a surefire way to get a natural high (and it may help you shed some of the extra weight you may have put on).
- Get back to a routine. Holidays can be exciting, but they can also be chaotic and stressful. Alleviate some of the stress by getting back to your normal routine – which should also include plenty of sleep.
- Go home on time. Don’t let the stack of e-mail and looming projects overwhelm you. Prioritize. Once you get back to a normal work groove, then you can start thinking of putting in extra time to tackle major projects.

Arbor Oaks News

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At Your Leisure

January 1st rings in more than the new year; it’s also the start of Hobby Month, so you should add practicing a new skill to your list of New Year’s resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren’t your thing, then there are plenty of hobbies in the kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is beneficial bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

Celebrating January

Book Blitz Month

New Year’s Day
January 1

Bubble Bath Day
January 8

Activity Professionals Week
January 21–27

Big Wig Day
January 26



DIRECTORY

Mary Gaudet.....Executive Director
Joy Post.....Resident Care Director
Leslie Schwartz.....Activity Director
Jerome Jackson.....Food Services Director
Schelma Whitcomb.....Business Manager

An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.

Bubble Bath Day!!



In the hustle and bustle of modern society, who has time to soak in the tub anymore? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.

Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn't the same hold true for adults? The hot water eases tension, the fragrant bubbles provide aromatherapy (as well as privacy), and the addition of herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you've turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You can bathe like the Queen of the Nile by adding a half cup each of powdered milk, honey and castile soap to your next tub.



The modern day definition of a Blue Moon is when there are two full moons in one month. A full moon occurs roughly every 29.5 days and on the rare occasions when the Full Moon falls at the very beginning of the month there is a good chance a Blue Moon will occur at the end of the month. According to this definition the next Blue Moon will occur on **January 31, 2018.**

Depending on the exact time of the Blue Moon it is possible that some places in the world don't technically have a Blue Moon. As an example the Blue Moon on August 31, 2012 occurred at exactly 13:58 UT. The Blue Moon will occur on August 31 for South America, North America, Europe, Africa, Asia, India and Australia, but New Zealand will miss out. For New Zealand the Full Moon occurs just past midnight on September 1st.

The modern definition of a Blue Moon was derived from an earlier idea of what a Blue Moon was. This early definition says a Blue Moon is when there are four Full Moons in a season rather than the usual three. The Blue moon is the 3rd Full Moon out of the 4. This definition gets a bit complicated and origins are murky. One school of thought has to do with the naming of the Full Moons. Many cultures named the Full Moons each month to reflect the times for planting, harvesting or seasonal conditions. When an extra Full Moon was thrown in it was referred to as a Blue Moon to keep the Full Moon names constant throughout the year.

The idea of a Blue Moon Being the extra full moon in a season (or when there were 13 in a year) was widely used in the 19th and early 20th century Farmer's Almanacs and the more modern version seems to have come from an article written in the 1930s that misinterpreted the Farmer's Almanac definition. The article was named "Once in a Full Moon" and from that point on the term became part of popular culture.

January Activity Highlights!



Please join us for the first Resident Council Meeting of the New Year on Wednesday, **January 3rd at 10:30 AM** in the Community Center. Be ready to share suggestions for exciting activities for this year!

We are kicking the 2018 off right by starting a Walking Group to get us back into shape. **Every Friday morning at 9:30 AM** we will get up, get out and get moving.

Friday, January 12th at 11:00 AM, Steve Morris from VITAS will be here to meet with all our Veterans! Come on out guys! He always brings DONUTS!!

The ever popular **MYSTERY RIDE** continues on **Tuesday, January 23rd, at 1:30 pm**. Sign up at the Lobby Desk to take part in this outing.

On **January 24th at 1:30 pm**, the **Lima Bean Auction** will take place in the Community Center.

Don't forget to sign up at the lobby desk for the following personal services:

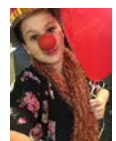
Pretty Nails – 10:00 AM every Saturday
Beauty Barber – 9:00 AM until...every Wednesday
Podiatrist – **January 26:** 12:00 PM until...
Dermatology – Check at the Lobby Desk for dates.

Check your calendar insert for other exciting events!

Activity Professionals Week January 21-27, 2018.

Activities directors and assistants organize and implement activities in setting such as Assisted Living Communities, retirement or nursing homes. Every day, our activity staff at Arbor Oaks enrich your lives throughout the year and promote the well-being of all of us. Our Arbor Oaks Activities Department goes above and beyond to provide you a wide selection of creative events and activities each week, from Mystery Rides and themed Happy Hours to Bible Study and Church service.

Meet the exceptionally talented and energetic Activities Staff at Arbor Oaks:



Leslie Schwartz, Director, and her able-minded assistants: Kaitlyn Askey, Niesha Davidson and Kayla Barney. Make sure to tell them how much you love & appreciate them. They are the BEST!!!!