



The Power of the Resolution

It's the beginning of the new year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This begs the question, why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well and instead focus on the positive and resolve to use your natural gifts in powerful ways.

January Birthdays

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarius' are the humanitarians of the zodiac, free-spirited visionaries who strive to empower others.

Happy birthday to:

Richard - 30th of January.

Hope your birthday is filled with happiness and lots of good treats!!

Happy Birthday!!



January 2020

Sierra Ridge Memory Care

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10 Positive Affirmations to Boost Your Happiness



Positive affirmations are phrases or mantras that you say to yourself to encourage, affirm, or promote self-love and personal progress.

Even if you don't feel like all of the affirmations are true today, by repeating them over and over the positive thoughts penetrate your subconscious and impact how you see yourself and how you feel. We are starting you off with 10 simple phrases you can use today to start feeling the effects of positive thinking.

1. I am worthy.
2. I am cared for.
3. I belong.
4. I have unique talents.
5. I am strong in mind and body.
6. Everything will work out.
7. I am courageous.
8. I am a great friend.
9. I am confident.
10. I am happy.

UPCOMING EVENTS:

Please Join us for an Italian Lunch on
Wednesday 19th of January at 12:00 N
RSVP at sld@sierraridge.net or
call 530-887-8600
by January 10th please.

We look forward to seeing you here!

Support Group

Our support group meets monthly, the second
Friday at 10 am for one hour and the fourth
Friday between 12:00 n and 1:00 pm

Family Counsel

Bring your concerns and ideas to us on the 1st
Wednesday of the month at 12:00 noon. We look
forward to hearing from you.



Jami, Betty and Hart backing for the Holidays