

January 2021



COVID-19 VACCINE BASICS

In conjunction with Jaybird Senior Living's Seniors First Safety Program, COVID-19 vaccines will be provided on-site to both employees and residents.

Q: Is the vaccine safe?

A: The vaccines are 90% effective and do not use the 'live' virus. All vaccines underwent three efficacy trials, including clinical trials, and have FDA/ CDC approval.

Q: Do I need to get the vaccine if I've already had COVID-19?

A: Yes. Natural immunity stemming from a previous infection varies from person to person. It is unknown how long COVID-19 antibodies are active in the body after infection.

Q: Do I have to keep wearing PPE and social distance if I am vaccinated?

A: Yes, until infection rates see substantial decline and the threat can be reasonably mitigated, infection control protocols will be maintained to protect our most vulnerable.



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CELEBRATE TODAY

January 1st: New Year's Day



A New Year: a promise of hope. Each year on January 1st, about 55% of Americans make a New Year's resolution. Popular resolutions include losing weight, exercising more, spending more time with family, and eating healthier.

January 4th: National Spaghetti Day

Cut it, twirl it, pick it up with your fingers, use a fork and spoon...there are so many ways to get spaghetti from the plate to your mouth. Did you know spaghetti can be healthy? Look for whole grains and a short ingredient list. Toss it with fresh and roasted



vegetables, some herbs and a splash of olive oil and you have a tasty meal full of complex carbs and vitamins. When you're prepping your noodles for dinner, instead of biting into one to see if it's done, try throwing a few cooled strands against the wall. If they stick, they're done!

January 11th: National Hot Toddy Day



What is a Hot Toddy? This warm drink is usually created in a kettle with rum, brandy, or whiskey, along with honey, lemon, water, and a cinnamon stick. It is believed by many that a good Hot Toddy can relieve cold and flu symptoms.

January 12th: National Pharmacist Day

On this day we recognize the individuals who provide us with endless health advice, tips, and medication knowledge. THANK YOU to our pharmacy partners who make sure our residents have everything they need!



CELEBRATE TODAY

January 18th: National Thesaurus Day

A thesaurus is a book similar to a dictionary, but lists words in groupings of synonyms and related concepts. Thanks to the thesaurus, we can do more than just tell friends we are happy but merry, delighted, and overjoyed!

January 23rd: National Pie Day



The first known pie recipe was for rye-crust goat cheese and honey pie. Early pie crusts were rarely eaten, and served more as a vehicle for the filling and to prevent the meat from burning and keep it moist. In today's world, sweet pies tend to outsell savory pies.

January 25th: Burns Night

Burns Night honors the iconic Scottish poet Robert Burns, who wrote the New Year's Eve anthem Auld Lang Syne. Many Scots host a Burns supper on January 25, the poet's birthday. Take some time on this day to read the four-volume "Poetry of Robert Burns". You'll find romanticism in his work along with evidence of his love for Scotland.



January 29th: National Puzzle Day



Studies show people who participate in collaborative games, like puzzles, have higher levels of happiness and relaxation. To celebrate National Puzzle Day, take a break and enjoy a nice jigsaw puzzle, crossword puzzle, or Sudoku number puzzle.

EMBRACE EVERY MOMENT



Christmas looked a little different this year, but our residents still maintained their merriment.

Pictured on this page, top to bottom, left to right: Ed, Marjorie, Judy, Duane, Evie, Jean, Priscilla, Virgil, June, Paul, Lorena, Urban, Floraine, and Nelma.



EMBRACE EVERY MOMENT

Our residents celebrated a blessed Christmas season with themed dress-up days, gingerbread, gifts from family, and more! Pictured on this page, top to bottom, left to right: Floraine, Urban, Evie, Lorena, Audrey, Duane, Marjorie, Nelma, Virgil, Evie, Audrey, Audrey, Priscilla, Priscilla, and Julie.





Send free cards to our residents!

Use your phone or computer and type in the following:

www.HappyGram.org

1. Write a personalized message
2. Upload a favorite photo
3. Leave the rest to us!

To: Grandma
From: Grandson

Your loved one will receive your note as a handheld letter.

IT'S THAT EASY! AND YES, IT'S COMPLETELY FREE!





HappyGRAM!



The residents have loved receiving all of their Happy Grams! Pictured on this page, top to bottom, left to right: Nelma, Julie, Margie, Mary Ann, Loretta, and Lorena. There are so many more residents who have received Happy Grams who are not pictured! Keep sending them!

BIRTHDAY CLUB

Irene M.
January 5th

Julie J.
January 22nd

Ed M.
January 23rd

Darrel F.
January 26th

Dwayne O.
January 27th



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JANUARY ACTIVITY HIGHLIGHTS:

January 1st: New Year's Day: 2:30 Chips & Dip
January 3rd: 2:00 p.m. Sundaes on Sunday
January 4th: 10:00 a.m. Alphabet Show Down
January 5th: 1:00 p.m. Bible Study with Carol
January 6th: 2:00 p.m. Monthly Resident Birthday Party
January 7th: 1:00 & 2:30 p.m. Bingo
January 8th: 1:30 p.m. Elvis Happy Hour
January 11th: 8:45 a.m. Live 2B Healthy
January 12th: 2:15 p.m. Popcorn & The Blind Side Movie
January 13th: 1:30 p.m. Penguin Craft
January 14th: 9:15 a.m. Fancy Fingers
January 15th: 1:30 p.m. Happy Hour & Polka Music
January 16th: 9:30 a.m. Sittercise
January 18th: 2:00 p.m. Noodle Ball
January 19th: 1:00 p.m. Bible Study with Carol
January 20th: 8:45 a.m. Live 2B Healthy
January 22nd: 10:00 a.m. Baking Bunch– Bread
January 23rd: 2:30 p.m. Popcorn & Netflix in the Lounge
January 24th: 9:00 a.m. – 1:30 p.m. Church on TV
January 25th: 2:00 p.m. Bean Bag Toss
January 26th: 9:30 a.m. Walk the Circle
January 27th: 1:30 p.m. Valentine Wreath Craft
January 28th: 1:00 & 2:30 p.m. Bingo
January 29th: 1:30 p.m. Happy Hour & APO Awards

**The complete calendar of activities is available online
at www.ArlingtonPlaceLiving.com