

Fun facts about snowflakes- Why? Because Minnesota is filled with them!

1,000,000,000,000,000,000,000,000 (1 septillion - that's 24 zeros!) snowflakes fall in the US every winter.

Each snowflake follows a slightly different path from the sky to the ground encountering slightly different atmospheric conditions on its way down. Therefore, every flake tends to look unique, resembling everything from prisms and needles to the familiar lacy pattern.



It can take up to 100,000 water vapor droplets to make each snowflake.

The smallest snowflakes are as small as the width of a human hair, and are called diamond dust crystals - they appear when it's very cold. The largest snowflake ever was 15 inches long! It was measured in January 1887 in Montana.

While it depends on the snowflakes mass and size and the environmental conditions, most snowflakes take an hour to fall to the ground as they travel at speeds between 1-4 mph.

Fear of snow is called chionophobia.

Snow isn't actually white. Crazy right? But it's not. Snowflakes are actually translucent. So, light is reflected off of them. When it reflects, it creates a white appearance most of the time. But snow can also look kind of blue. And if you are in an area with a lot of air pollution, then it might have a gray appearance.

Blood snow or watermelon snow is a pink snow that smells faintly of watermelon. It's caused by an algae in the snow. So, the snow can be red or pink. However, even though it smells like watermelon, you don't want to eat it because it can cause a stomachache.

Ever notice how it's quieter when it snows? it's quieter when it snows because snow absorbs sound.

Happy Birthday to...

Residents

- Judy S- 2nd Sheila P- 5th Janet J- 5th
- Lousie P- 12th Maureen D- 14th
- Mary Ann V- 15th Velda B- 23rd
- Frances S- 28th Kathy E- 28th

Staff

- Sue G- 2nd Jennifer S- 8th Floyd P- 13th
- Cindy P- 16th Celine N- 20th
- Charisse L- 23rd Samantha E- 26th
- Chad O- 30th Paris L- 30th

It is very kind when residents want to recognize the efforts of our servers with a tip but none of the associates here at Keystone are able to receive a tip; however, kind word of thanks and a nomination for KEY Associate of the Month would be graciously accepted. If you would like to make a nomination, please see the Life Enrichment or Concierge staff for a nomination form.



What Am I?



Rebus Puzzle

- Forget it
- Once upon a time
- Stepfather
- 3-D movie
- Travel overseas

Word Scramble

- | | |
|-------------|-------------|
| blizzard | skating |
| icicles | frostbite |
| snowman | shovel |
| sledding | frosty |
| slippery | sniffles |
| ice scraper | temperature |

Riddle Answers

- *The Abdominal Snowman
- *Chilly sauce
- *"I don't know about you, but I smell carrots."
- *Lost
- *They put on their snowcaps

Welcome to our newest friend and resident who joined us in December 305- Shirley S



Keystone Chronicle

Keystone Place at LaValle Fields | 14602 Finale Ave N, Hugo MN 55038 | P651-888-6557



ACTIVITIES

Fri. 3rd 10:30- Lunch outing to Key's Café. Sign up at the front desk

Thurs. 9th 2:30- Maple syrup taste test and history

Fri. 10th 10:30- Mill City Museum and lunch outing. Sign up at the front desk

Thurs. 16th 2:30- Alan Anderson history talk

Fri. 17th 3:30- FIRE & ICE guest happy hour

Fri. 24th 10:30- Minnesota History Museum and lunch outing. Sign up at the front desk.

Tues. 28th 2:00- Soup for the Soul Cook-off

Thurs. 30th 2:30- Winter scene painting class

Fri. 31st 10:30- Lunch outing to Old Log Cabin. Sign up at the front desk.



Thank you to all who donated to the Associate Holiday Fund. Your generosity helped spread love and holiday cheer to all our associates.



May the year ahead be filled with love, health, and gratitude for our blessings.

New Year superstitions from around the world

- *In Scotland, "first-footing" is practiced on New Year's Day, where the first person to enter a home brings gifts for luck. It's considered especially lucky if the first-footer is a tall, dark-haired man.
- *Eating 12 grapes at midnight on New Year's Eve is a Spanish tradition believed to bring good luck.
- *In Japan, people eat toshikoshi soba (year-crossing noodles) on New Year's Eve for good luck.
- *The Irish believe that banging stale loaves of Christmas bread against the walls of your home will bring you a plentiful year.
- *Promote prosperity and a sense of rebirth the Greek way by hanging a bundle of onions outside your door.
- *According to Danish tradition, smashing old or unwanted dishes outside your loved ones' doors on New Year's Eve is supposed to bring them luck.
- *A Colombian superstition requires you to walk or carry around an empty suitcase starting at midnight to encourage a year full of travel and new experiences.
- * Depending on where you're located, you'll have to bundle up for this one! Brazilians believe that you'll have good luck for the whole year if you jump over seven waves on New Year's Eve.
- * In Argentina, stepping forward with your right foot right at midnight is said to bring good luck for the year.
- * In China and Latin America, legend has it that cleaning your house will literally sweep away negativity from your life.
- * According to Polish tradition, waking up early on New Year's Day means you'll easily wake up early for the rest of the year. So set that alarm and prepare to become an early bird.

Can you decipher these Rebus puzzles?

Get it
Get it
Get it
Get it

ONCE



father



D movie
D movie
D movie

TRAVEL

CCCCCCC

Dad Jokes

- What do you call a winter monster with 6-pack abs?
- What is a snowman's favorite condiment?
- What did the first snowman say to the second snowman?
- What do you call a penguin in the Sahara Desert?
- How do mountain tops stay warm in the winter?

January Scattergories: write down a word under each category that starts with a letter in the word **WINTER**.

	Country	Movie title	Beverage
W			
I			
N			
T			
E			
R			

January Word Scramble

dbzrlaiz	tsikagn
lcciise	ttsoribef
wamnsno	vsoelh
eildngds	syfrot
prlepyis	lfsfnies
eic prceasr	eeeaurrttmp

Stay Warm

B	O	O	T	S	E	G	I	A	C	E	T	A	A
H	L	S	P	L	S	F	S	S	O	A	V	S	H
O	L	N	L	I	W	I	A	S	S	R	G	L	O
T	C	R	E	P	E	R	H	A	T	M	S	W	T
C	J	I	A	P	A	E	K	I	N	U	E	A	D
O	H	P	E	E	T	P	O	E	A	F	H	S	I
C	I	D	E	R	E	L	N	J	P	F	O	K	S
O	O	S	L	S	R	A	A	O	W	S	G	C	H
A	S	D	A	E	F	C	T	F	O	T	L	O	R
L	L	F	F	W	K	E	P	K	N	R	O	S	G
O	A	A	K	E	C	E	T	C	S	H	V	L	F
C	F	L	T	O	F	S	H	E	T	E	E	O	I
C	S	C	A	R	F	P	H	R	A	F	S	O	E
A	T	A	S	N	H	O	J	G	N	O	L	W	E

- gloves
- hat
- scarf
- slippers
- hot cocoa
- long johns
- sweater
- earmuffs
- wool socks
- cider
- snowpants
- boots
- jacket
- fireplace
- hotdish



What Am I?

- *I am bubbly.
- *I was created in 1886 a pharmacist named John Pemberton as a tonic for headaches.
- *I hail from Atlanta, GA.
- *I am a global icon.
- *You can share me with someone special.
- *My secret formula is heavily guarded.
- *I supported the troops in World War II.
- *You can find me in a bottle, can or soda fountain.
- *I got my name from my special ingredients: the coca leaf and kola nut extract.

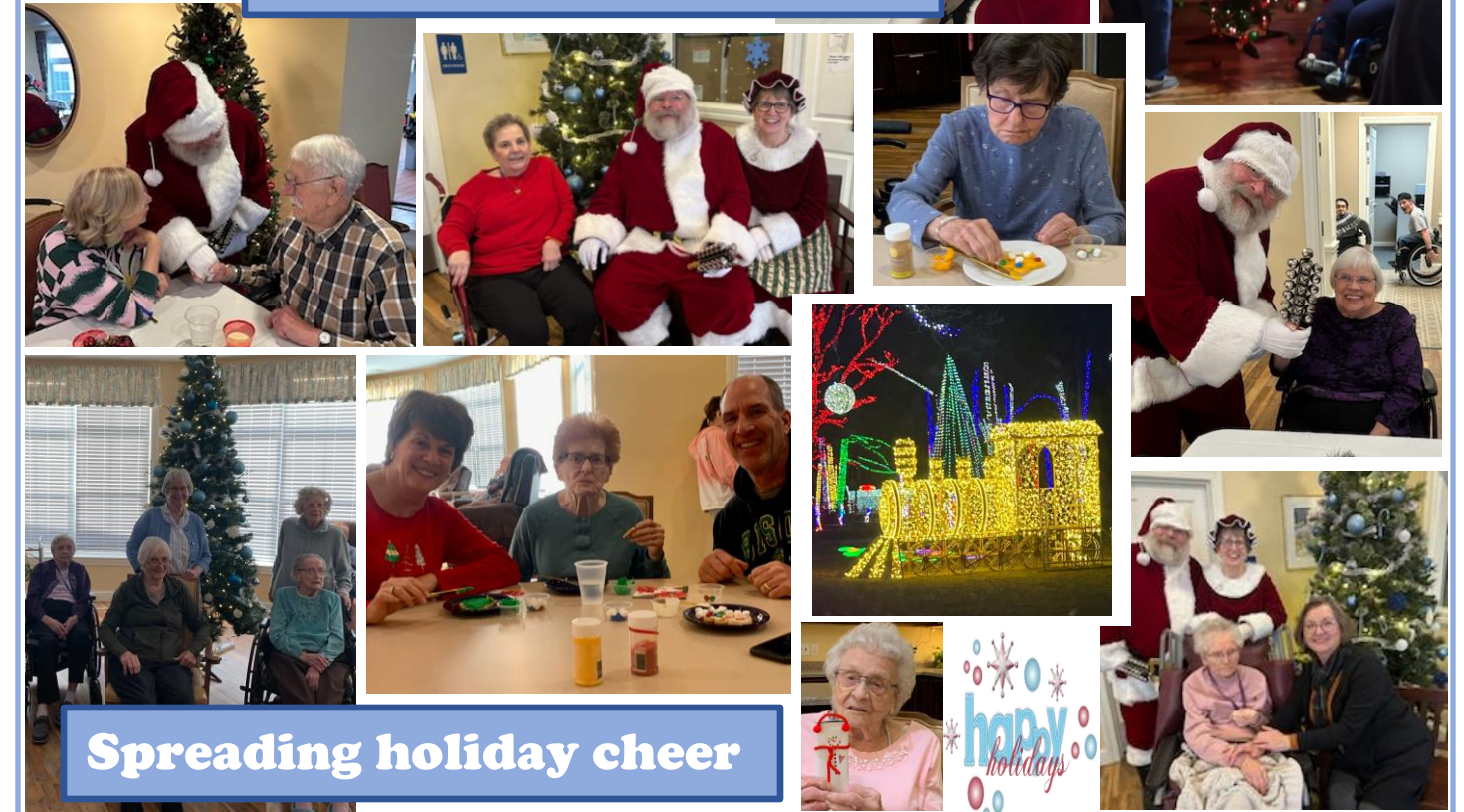
Help for Bad Posture

Good posture can boost well-being. But if you are starting to slump, try some of these ideas-

- Get flexible with yoga, chair yoga or Pilates to help elongate your muscles.
- Try balance exercises, like standing on one foot for 30 seconds, then switching to the other foot. (You can start in smaller increments of 15 seconds as well.) Be sure to have something steady to hold onto like a heavy chair or counter.
- Pinch your shoulder blades. While sitting or standing, keep your head and neck straight and squeeze your shoulder blades together. Hold for 20 seconds. Repeat throughout the day.



Some of our holiday fun



Spreading holiday cheer