

January 2022

Waterstone on Augusta

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Celebrating January

**International Creativity
Month**

Black Diamond Month

Mentoring Month

New Year's Day
January 1

Bird Day
January 5

**Make Your Dream Come
True Day**
January 13

Use Your Gift Card Day
January 15

Martin Luther King Jr. Day
January 17

**World Snow Sculpting
Championship**
January 18–23

Compliment Day
January 24

Activity Professionals Day
January 28

Beginning at the End

“New year, new me” is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year’s resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it’s the start of a new year doesn’t mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year’s Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don’t want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you’ve set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn’t always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn’t until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn’t adopt the date until the 18th century.

Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a “day on, not a day off.” People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Out of the Minds of Babes



American founding father Ben Franklin was renowned as a writer, printer, scientist, inventor, philosopher, and politician. His birthday on January 17 was declared Kid Inventors' Day so that

innovative kids could find inspiration to turn their own inventive dreams into reality.

At age 11, Ben Franklin invented the first swim flippers. Chester Greenwood was only 15 when he developed the first earmuffs. And Louis Braille, at age 12, began his work inventing a new language for the blind. Well into the 21st century, kids are still innovating. Fourteen-year-old Sarah Buckel wanted an easy way to decorate her locker. Thanks to her, kids now have magnetic locker wallpaper. Children are the future, and their inventions are bound to improve the way we all live.

Searching for January

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



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

AQUARIUS

GARNET

AUSTRALIA DAY

GOAT (Capricorn)

CALENDAR

JANUARY

CAPRICORN

MARTIN L. KING

CARNATION

NEW YEAR'S DAY

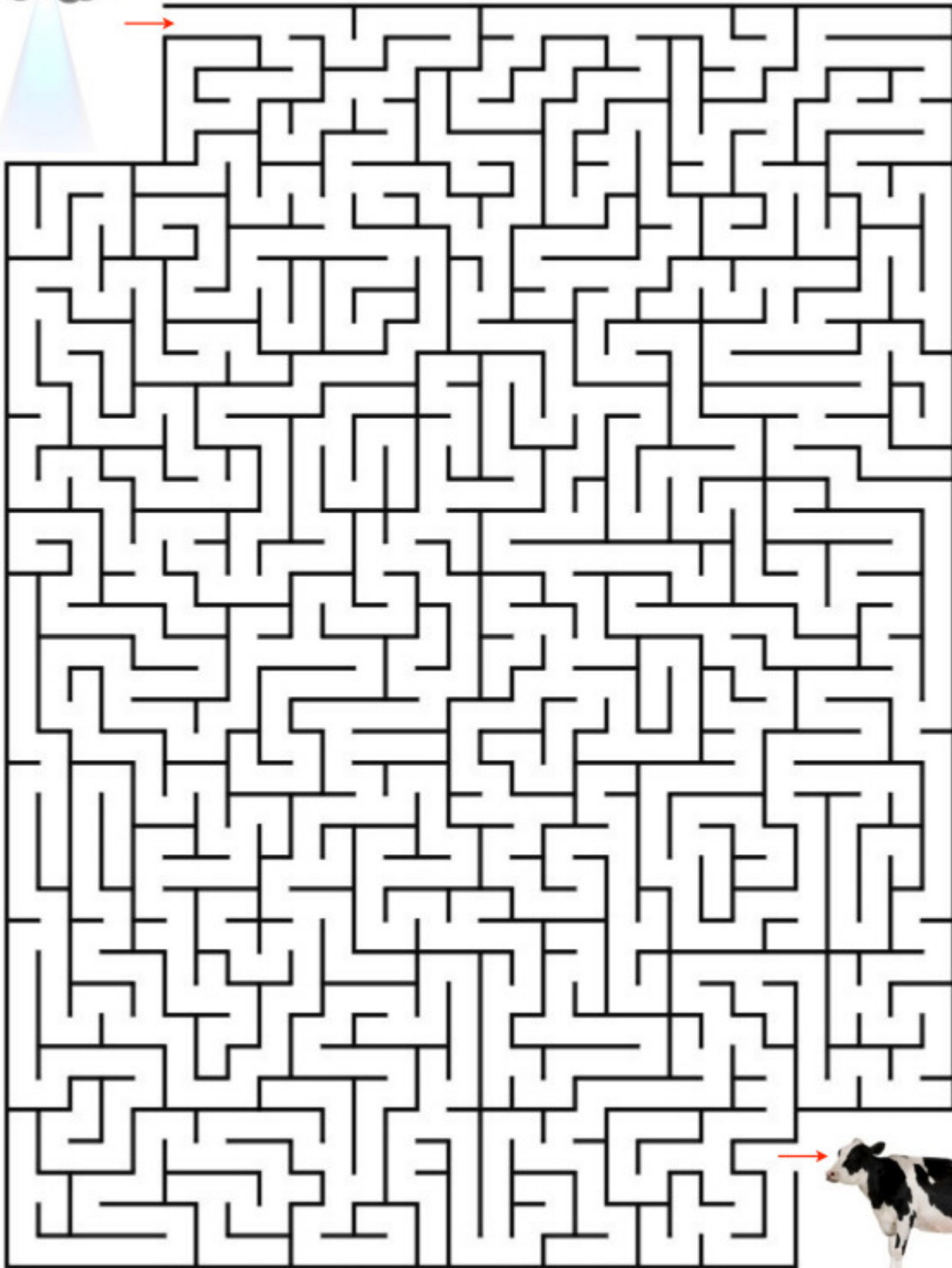
COLD

WATER BEARER (Aquarius)

FIRST

WINTER

A-Mazing UFO





This Month's **Resident of the Month** is Ms. Ellie Cox! Ms. Ellie has the brightest smile and a positive attitude! She is always willing to help and can brighten anyone's day!

January Spirit Week

Monday January 3rd – Mondays New Year's Resolution
Find out everyone's New Year's Resolutions!

Tuesday January 4th – Tasty Tuesday
Try something new!

Wednesday January 5th – Bucket List Wednesday
Create a bucket list of things you've always wanted to do

Thursday January 6th – New Activity Thursday
Plan a new activity/go on a new outing

Friday January 7th – Dress to Impress Friday
Wear Black, Gold, and Silver to celebrate the New Year!



This Month's **Employee of the Month** is Ms. Tammy! Tammy is reliable and always attends all our staff meetings and events! We are lucky to have an employee like Tammy on our team!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY NEWS YEAR!!!
 9:00am Resident New Year Devotion. CR
 10:30am Happy New Year Puzzle CR.
 1:00pm My Fair Lady TR
 3:00pm Walk for your health
 6:00pm Daily Chronicles FP

January 2022
 PROVIDING NEW BEGINNINGS FOR OUR SENIORS!!!!

<p>9:30am Coffee/News B 11:00am Morning Worship CH6 2:00pm New Years Fill In CR 3:30pm Tabernacle Baptist Church 6:00pm Sunday Sports CH B</p>	<p>9:30am Resident Devotion CR 10:15 Sunrise Bingo CR 11:00am Chocolate covered Cherry Day/Word search B 2:00pm Wayne Cassasaria B 3:00pm I Love Lucy Show CR 4:00pm Nail Spa CR 6:00pm Pet Therapy FP</p>	<p>9:30am Resident Devotion CR 10:15 Sunrise Bingo CR 11:00am Show & Tell Staff & Res. Bistro 1:30pm Book Club 4:00pm Nail Spa CR 6:00pm Pet Therapy FP</p>	<p>9:30am Resident Devotion CR 10:15 Sunrise Bingo CR 11:00am When Craft B 2:00pm Sit and Stretch 3:00pm Bingo 4:00pm Practice writing 6:00pm Card Game Night B</p>	<p>9:30am Resident Devotion CR 11:00am Carrabba's Outing 11:15am When Craft B 2:00pm Sit and Stretch 3:00pm Bingo 4:00pm Practice writing 6:00pm Card Game Night B</p>	<p>9:30am Resident Devotion CR 11:00am Simon Said 2:00pm Ladies Red Hat Club 3:00pm Yoga with Kristi 4:00pm The Virginian TR 6:00pm Soothing Sounds FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>	<p>9:30am Resident Devotion CR 11:00am House of Pancakes 1:30pm His by Design B 3:00pm BINGO 4:00pm Yoga with Kristi 6:00pm Cuddle by Day by the fireplace FP</p>
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CR Card Room
 TR Theatre Room
 L Library
 B Bistro
 FP Fireplace
 DR Dining Room

PLEASE TAKE NOTICE, SOME ACTIVITIES OR SUBJECT TO CHANGE DAILY AND WEEKLY!!!!

Waterstone on Augusta, 1004 Augusta Street, (664)-605-7288 FAX (664) 605-1235

Tomb of the Boy King

British archaeologist Howard Carter spent two years exploring and excavating a tomb in Egypt's famed Valley of the Kings before making the find of a lifetime. On January 3, 1924, he discovered a solid gold coffin containing the mummified remains of the boy-king, Tutankhamen.

King Tut was just nine years old when he began his rule. His time as pharaoh lasted just 10 years before he died at age 19. Historians are unsure how Tut died. Following tradition, Tut was mummified and buried with myriad treasures. The tomb was sealed, and the desert sands swallowed its entrance, hiding the tomb for over 3,000 years.

When Carter first arrived in Egypt in 1891, many of the tombs of Egypt's greatest pharaohs had been discovered. But the tomb of one little-known pharaoh, the boy-king Tutankhamen, was unaccounted for. Carter spent 30 years searching Egypt's shifting sands. Carter intensified his search for King Tut's tomb after the end of World War I with financing from one of the world's wealthiest collectors of antiquities. In November 1922, Carter's water boy stumbled across some ancient steps hidden in the sands. Carter knew that he had stumbled on a find of great importance.



Carter opened the tomb and was amazed to find that its contents had not been looted. According to Carter's diary, "Details of the room within slowly emerged from the mist, strange animals, statues, gold—everywhere the glint of gold." It took nearly two years for Carter and his team to reach the Pharaoh's burial chamber. It was filled with golden shrines, jewel-studded chests, and Tutankhamen's sarcophagus. He raised the lid to reveal a coffin of pure gold. Carter's discovery ignited a worldwide fascination with Egyptology and turned him into a celebrity. Meanwhile, his wealthy financier had been bitten by a mosquito and soon died of an infection. Journalists attributed his death to the "Mummy's Curse."

The Best Medicine

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, "How do I make myself laugh at exactly 1:24 p.m.?"

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

History Down Under



January 26 brings Australia Day in the country Down Under. This national day remembers the landing of Britain's First Fleet at Sydney Cove in 1788 under the command of Naval Captain Arthur Phillip. Phillip raised the British flag, declaring the land for Britain and establishing the first colony in Australia. Of course, Australia was already inhabited at the time of Phillip's arrival by Aboriginal Australians. For this reason, protests have erupted in recent years asking for a change in the date of Australia's National Day. The Australian government has responded by making concerted efforts to make Australia Day a day for all Australians, especially recognizing Indigenous Australians and their contributions to Australian society.

Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



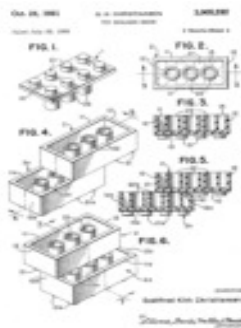
By the time Bly suggested her around-the-world trip, she had her editors' full support, so there was no question that she would undertake the adventure. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Betsy Ross (upholsterer) – Jan. 1, 1752
 Diane Keaton (actress) – Jan. 5, 1946
 Zora Neale Hurston (novelist) – Jan. 7, 1891
 Soupy Sales (comedian) – Jan. 8, 1926
 Max Roach (jazz drummer) – Jan. 10, 1924
 Jeff Bezos (Amazon exec) – Jan. 12, 1964
 Regina King (director) – Jan. 15, 1971
 Muhammad Ali (boxer) – Jan. 17, 1942
 Ernest Borgnine (actor) – Jan. 24, 1917
 Oprah Winfrey (talk show host) – Jan. 29, 1954
 Jackie Robinson (ballplayer) – Jan. 31, 1919

Building Blocks



On January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a "Lego brick." The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In January 1958, Godtfred gathered his best engineers and sketched some designs to improve their construction, including three inner tubes that would improve the bricks' sticking power. These three inner "clutch tubes" became the design feature that helped Lego bricks become one of the world's most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun for both boys and girls. The freedom and creativity with which people can build have made Lego bricks attractive to not only kids but also adults all over the world.