



Celebrating January

Polka Music Month

Change Your Stars Month

Book Blitz Month

First Foot Day

January 1

World Braille Day

January 4

Bubble Bath Day

January 8

MARTIN LUTHER KING DAY

January 15

Thank Your Mentor Day

January 18

Activity Professionals Week

January 21–27

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*.

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.

**CONGRATULATION TO OUR
2018 PRESIDENT AND VICE
PRESIDENT OF RESIDENT
COUNCIL:**

**PRESIDENT:
RICHARD KRESS
VICE PRESIDENT:
MATT PETRINA**

TRANSITIONS MEMORIAL SERVICE WEDNESDAY

**JANUARY 31, 2017
@ 2:30 PM
IN OUR DINING ROOM**

**PLEASE JOIN US IN
REMEMBERING OUR
RESIDENTS WHO HAVE
PASSED ON
IN 2017**

JANUARY OUTINGS AND SPECIAL EVENTS

- Jan. 1st...BIG BUCKS BINGO**
- Jan. 3rd...MINIATURE HORSE
SHOW**
- Jan. 4th...100th BIRTHDAY PARTY
AND ENTERTAINMENT
BY GASHOUSE ANNIE**
- Jan. 8th...LUNCH AT FIVE GUYS**
- Jan. 10th...FOOD COMMITTEE
MEETING**
- Jan. 22nd...SHOPPING & LUNCH
AT TARGET**
- Jan. 23rd...ACTIVITY
PROFESSIONAL'S WEEK
CELEBRATION AND
PIZZA PARTY**
- Jan. 26th...RESIDENT BIRTHDAY
PARTY/ENTERTAINMENT
BY TIM LITVIN**
- Jan. 31st...TRANSITIONS
MEMORIAL SERVICE**

The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas,

as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

WELCOME NEW EMPLOYEES:

MARK WARGO – MAINTENANCE DIRECTOR

SANDY BERTANI - BUSINESS OFFICE MANAGER

MICHAEL KULDABUSINESS OFFICE ASSISTANT

Flying High

Save the eagles! You'll get your chance on January 10, Save the Eagles Day. There are more than 70 species of eagles around the world, some of which are listed as endangered species, but fortunately most of these majestic birds are large and powerful enough to survive in most any condition. Eagles may not be the fastest or most agile of raptors, but compared to hawks and falcons, they stand out as the largest. Stellar's sea eagle from the northeastern coast of Asia is the heaviest at 20 pounds, but the Philippine eagle, at 3.35 feet tall and with a more than seven-foot wingspan, is considered the largest. This eagle, the national bird of the Philippines, is the world's rarest and most powerful eagle. At the other end of the spectrum is the South Nicobar serpent eagle, considered the world's smallest. Found only on India's Great Nicobar Island, this eagle is barely 1.5 feet tall and, as the name suggests, eats mainly snakes and lizards. Eagles tend to be loners and fly at high altitudes, sometimes up to 10,000 feet. They can hunt from such high altitudes because they can see clearly up to 50 miles away with their "eagle eyes."

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Assistant Director of Nursing

Pat Wagner, Admissions Director
Rob Kalas, Social Service Director
Mark Wargo, Maintenance Director

Kim Bartos, Environmental Services
Jackie Austin, Dietary Manager
Marsha Kirker-Bozich, Life Enrichment Director

RECIPE OF THE MONTH

Creamy Rhubarb Custard Pie

Ingredients:

- 3 cups chopped rhubarb
- 1 unbaked pie shell, thawed
- 1 1/4 cups sugar
- 3 eggs, beaten
- 1 cup heavy cream
- 3 tablespoons flour
- 1/2 teaspoon salt

Directions

1. Preheat oven to 400°F.
2. Place rhubarb in an even layer in the bottom of the pie shell.
3. Combine sugar, eggs, cream, flour, and salt in a medium bowl.
4. Pour mixture over rhubarb.
5. Bake 10 minutes. Allow to cool before cutting and serving.

Makes 8 servings



January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focused on ambitious goals. They 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.

Robert Loughner January 1
Margaret Hoffman January 5
Louise Ervin January 6
Kathleen Bauer January 7
Marlene Anson January 9
Helen Bowersox January 11
Rita Remus January 21
Ramona Lucas January 26
Joseph "Pip" Cecere January 29
Angelina Startare January 31

CONGRATULATIONS TO OUR
DECEMBER KUDOS WINNERS
JACKIE AUSTIN – DIETARY
MARSHA KIRKER-BOZICH-LED

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CONGRATULATIONS!
Transitions Resident Council
recognizes
Mickey Jones, CNA
As an outstanding employee for
November