

JANUARY 2025

Oakcrossing News

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Adopt a Rescued Bird Month

Mentoring Month

International Creativity Month

New Years Day
January 1st

National Word Nerd Day
January 9th

Cut Your Energy Costs Day
January 10th

National Hat Day
January 15th

Popcorn Day
January 19th

Belly Laugh Day
January 24

**Bubble Wrap
Appreciation Day**
January 27

Chinese New Year
January 29



BRAIN BENDING FUN

January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- Dreamt is the only English word that ends with the letters mt.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR - DEB SIMS

Where did 2024 go? We had such a busy year at Oakcrossing. We launched the education for the Butterfly Model- Emotion based care on our home area Juniper. We installed air conditioning into everyone's rooms.

We have changed a lot of the admission process to support resident care, and next year we are going to launch a pilot project for wound care. We are looking forward to Mazhar being the leading this project with the clinical team to enhance the care residents with wound care receive.

In the new year we will have some work done on the boilers, generator. We will be upgrading our assessments that the Directors of Resident Quality and Outcomes work on to support funding based on the care needs of the people who live here.

On behalf of the leadership team, I want to thank you for entrusting your loved ones in the care of our team. We are looking forward to 2025 and what it brings for us.



In loving memory of



All the people we lost in 2024

Our deepest thoughts and sympathies go out to the family and friends.

"He spoke well who said that graves are the footprints of angels."



~Henry Wadsworth Longfellow

DECEMBER BIRTHDAYS

Brent S.	January 4th
Dean S.	January 9th
Helen H.	January 10th
Karl W.	January 13th
Isabella M	January 15th
Jerry P.	January 15th
Brenda H.	January 15th
Glenna H.	January 17th
Alana C.	January 21st
Harry Q.	January 22nd
Elizabeth S.	January 25th
Jane W.	January 26th
Lynn B.	January 28th
Daphne P.	January 31st

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WELCOME TO OAKCROSSING
John Kershaw (Red Oak) 
Dorothy Stoneburg (Sugar
Maple) 

UPCOMING COUNCIL MEETINGS
Next **residents' council** meeting is Wednesday
January 8th @10:30am in the back lounge of
Norway Spruce.

Next **family council** meeting is Wednesday
January 15th 2025 at 7:00pm in person at
Oakcrossing LTC. Zoom link also offered.



MESSAGE FROM YOUR DIRECTOR OF PROGRAMS

On behalf of the Recreation Team, we would like to extend our heartfelt thanks for your support throughout the past year. Your continued involvement and encouragement have played a role in making our recreational activities enjoyable and meaningful for all of our residents.

Thank you to everyone who donated gifts through the giving tree. You truly made a difference this Christmas!

We look forward to another year of exciting programs and shared moments with your loved ones. Here's to a healthy happy new year filled with fun and new memories

Abbey and Recreation Team

WELCOME STELLA OUR NEW
OFFICE MANAGER.



Let's warmly welcome Stella, our new office manager! You can find her office on the first floor.

The Oakcrossing Recreation Team!



HAPPY NEW YEAR WORD SEARCH



Find and circle the words.

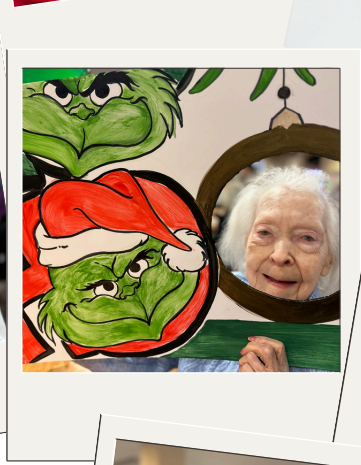
F	I	R	E	W	O	R	K	A	S	W	H	P	T
R	U	L	N	E	W	Y	E	A	R	C	L	C	M
U	R	M	I	D	N	I	G	H	T	O	D	E	Q
T	K	F	W	N	T	W	P	E	A	U	N	L	F
R	E	S	O	L	U	T	I	O	N	N	J	E	A
X	Y	Z	D	U	L	O	R	H	A	T	A	B	M
H	F	R	I	E	N	D	S	R	C	D	N	R	I
U	X	G	B	P	A	R	T	Y	K	O	U	A	L
M	E	M	O	R	I	E	S	S	P	W	A	T	Y
P	G	O	D	Y	B	S	O	N	T	N	R	E	U
K	T	R	A	D	I	T	I	O	N	D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

Firework
Midnight
Tradition
Memories

Party
Family
Friends
January

New Year
Celebrate
Resolution
Countdown

CHRISTMAS FUN AROUND THE HOME



Exciting News!

As the jingle bells start to fade, I've got some electrifying news to sprinkle into your holiday cheer! Drumroll, please... we're about to welcome not one, but TWO shiny 75" Smart Boards into our program lineup! This upgrade is going to spruce up how we roll out our recreation programs like never before! Expect their grand entrance in the second week of January.

Wishing you all a festive holiday season!

Abbey McCraw
Director of Programs



What is a Smart Board?

A Smartboard is an interactive whiteboard that combines the functionality of a traditional whiteboard with modern technology. It connects to a computer and projector to display digital content, allowing users to interact with the board using a pen, finger, or stylus. Smartboards are commonly used in classrooms, meetings, and conferences to enhance learning and collaboration. They enable users to write, draw, move objects, and access multimedia such as videos and websites, making them a versatile tool for education and presentations.

TIME TO HIT THE HAY!

Sleep in without feeling guilty on January 3, Festival of Sleep Day. The holidays are over, and everyone is exhausted. What better time to catch up on some napping? Sleep has been proven to boost the immune system, repair the body's cells, trigger the release of important hormones, as well as improve learning, memory, and concentration. While a cat sleeps 12 hours a day, a bat 20, and a giraffe only 2, human adults need 7 to 10 hours of sleep. In fact, sleep is more vital than food. A person will die sooner from a total lack of sleep than from starvation. Sleep is serious business!



"Age is not how old you are, but how old you feel. Keep embracing life with passion, and every day will bring new possibilities."

Here's a simple guide to the dates of each zodiac sign:

Aries: March 21 – April 19

Taurus: April 20 – May 20

Gemini: May 21 – June 20

Cancer: June 21 – July 22

Leo: July 23 – August 22

Virgo: August 23 – September 22

Libra: September 23 – October 22

Scorpio: October 23 – November 21

Sagittarius: November 22 – December 21

Capricorn: December 22 – January 19

Aquarius: January 20 – February 18

Pisces: February 19 – March 20

JANUARY 2025 HOROSCOPE

This month brings fresh energy for all signs as the new year unfolds. It's a time for setting intentions, reflecting on personal growth, and embracing opportunities.

Aries: Focus on your career goals this month, but don't forget to nurture personal relationships. Balance work and play for optimal success.

Taurus: January encourages you to take a creative leap. Trust your instincts and explore new ideas that bring excitement to your life.

Gemini: Take time for self-care and rest. January is a great time to reflect on past achievements and plan for the future.

Cancer: Social connections are key this month. Engage with friends and family, and be open to new opportunities that bring joy and growth.

Leo: Pay attention to your health and well-being. A focus on fitness and routines can help you feel more energized and ready for the year ahead.

Virgo: Romance and personal relationships are highlighted this month. Open your heart to new connections and strengthen bonds with loved ones.

Libra: January is the perfect time to focus on home and family. Make your living space a place of peace and comfort.

Scorpio: Communication is key this month. Be clear and direct in your conversations, and you'll find your ideas are well received.

Sagittarius: Finances are on your mind. Take practical steps toward financial security and avoid impulsive decisions.





Happy Lunar New Year

Lunar New Year, often referred to as Chinese New Year or Spring Festival, signifies the start of the lunar calendar year and is celebrated by various cultures throughout Asia, including China, Vietnam (Tết), Korea (Seollal), and more. The date fluctuates, occurring between January 21 and February 20, based on the lunar cycle.

The festivities can last for up to 15 days, with the most important celebrations taking place on New Year's Eve and the first day of the new year. These celebrations feature family reunions, lavish feasts, the exchange of red envelopes (filled with money for good luck), dragon and lion dances, fireworks, and paying respect to ancestors. Each year is linked to one of the 12 zodiac animals, and 2024 was the Year of the Dragon. Lunar New Year embodies themes of renewal, hope, and the welcoming of good fortune for the upcoming year. This year is indeed the year of the snake.

Wishing everyone a joyful Lunar New Year!

JANUARY BIRTHDAYS

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Isaac Asimov (author) – January 2, 1920

Diane Keaton (actor) – January 5, 1946

Zora Neale Hurston (author) – January 7, 1891

Elvis Presley (musician) – January 8, 1935

Vidal Sassoon (designer) – January 17, 1928

Edgar Allan Poe (author) – January 19, 1809

Ernest Borgnine (actor) – January 24, 1917

Wayne Gretzky (athlete) – January 26, 1961

Oprah Winfrey (TV host) – January 29, 1954

Gene Hackman (actor) – January 30, 1930

A MAGICAL START OF THE YEAR



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome fire-breathing foes.

These winged beasts can fly, and perhaps this is why the word dragon comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above. Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science fiction, the scientific advancement must present some dreadful and unforeseen challenge.



January 15th 2025

MARTIN LUTHER KING JR. DAY

"And so even though we face the difficulties of today and tomorrow, I still have a dream."



Martin Luther King Jr. Day, observed annually on the third Monday of January, honors the life and legacy of Dr. Martin Luther King Jr., a pivotal figure in the American civil rights movement. The day was established as a national holiday in 1983, following a long campaign led by activists and lawmakers. King, known for his leadership in advocating for racial equality and justice through nonviolent means, delivered some of the most influential speeches in history, including his iconic "I Have a Dream" address.

For many, MLK Jr. Day is also an opportunity to revisit his teachings of nonviolence and unity, ensuring that his message remains alive for future generations. Whether through volunteering, attending local events, or simply reflecting on his contributions, Martin Luther King Jr. Day serves as a reminder of the ongoing need to fight for equality and justice in society.

DOWN THE RABBIT HOLE IN JANUARY

January is a significant month for Alice in Wonderland enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898.

His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the "nonsense poem," one of the best examples of which is "Jabberwocky," which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting *Wonderland* to marvel at the unique genius of Carroll and his enduring creation.

FUN FOOD DAYS

January 8th National
English Toffee Day ~
Cookie English Toffee
With Skor
January 30th ~ National
Croissant Day



Happy
New Year

A graphic featuring the words "Happy New Year" in a black, cursive script. To the right of the word "Happy" is a stylized illustration of a firework or starburst in shades of gold and brown.