

## NATIONAL ACTIVITY PROFFESSINAL WEEK JANUARY 22-28, 2024



Dogwood Senior Living is beyond, blessed to have both Activity Assistants Denett McFarlane and Kelly Jarvis on staff. These two

ladies are always sharing a smile, hug or simply a kind word. Both works super hard making sure the daily activities are provided for our residents. The talent and creativity they bring to the table are amazing. Please take time to thank them for doing a top-notch job!

## January Birthdays



1/3 Elizabeth Goodwin  
1/3 Cora Smith  
1/7 Victoria Mackenzie  
1/17 Ann Skidmore  
1/21 Mary Lou Baker  
1/21 Judith White

## RINGING THE NEW YEAR BINGO STYLE

1/4 Bingo W/Ellen  
1/7 Bingo W/Chelesa  
1/14 Bingo W/Ellen  
1/18 Bingo W/Ellen  
1/19 Bingo W/Activity Staff  
1/21 Bingo W/Chelesa  
1/25 Bingo W/Chelesa  
1/29 Bingo W/Activity Staff



## SOUP SALE

On January 11<sup>th</sup>, 2023. The activity department will be making homemade potato soup and vegetable soup. The soup will be sold in 32 oz containers for \$10 and 16 oz for \$5. You can pre-order with any activity staff member by 1/8/23.

We will do a few extras for the last-minute shoppers. Pick-up will be in the activity room on 1/12/23 from 10:00 AM to 11:30 AM. Thanks for your support!



Holiday Shopping  
Harrisonburg

## It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.

## Celebrating January

**Hot Tea Month**

**Blood Donor Month**

**Brain Teaser Month**

**New Year's Day**

*January 1*

**Trivia Day**

*January 4*

**Step in a Puddle and Splash**

**Your Friends Day**

*January 11*

**Dress Up Your Pet Day**

*January 14*

**Martin Luther King Jr. Day**

*January 15*

**Kid Inventors Day**

*January 17*

**Take a Walk Outdoors Day**

*January 20*

**Australia Day**

*January 26*

**National Seed Swap Day**

*January 27*

**Puzzle Day**

*January 29*

### In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

### January Outings

**Effective January 1, 2024 if you cancel the day of the trip you will not be allowed to go on the next outing unless you have medical reason. It is hard to refill the bus, get needed funds together and change the reservation at the place of business. Questions see Lisa Erb Activity Director.**

- 1/3 Dinner Country Cooking
- 1/5 Winter Drive
- 1/10 Winter Drive
- 1/15 Winter Drive
- 1/17 Shopping: Minute Man Antique Mall
- 1/31 Lunch: Outback Steak House

Please sign up with any activity staff member for the outings.



**Nashville Standard rocked the house!**



**Holiday wine & cheese social**



### Welcome

**Shirley Graham joined the Dogwood family in December. She was born in Blue Field West Virginia but has lived in**

**Orange Virginia since 1965. She has 3 children and a host of grandchildren. She graduated from Emory and Henry College with a degree in education. She is a retired elementary teacher. She spends her free time making prayer blankets for Trinity United Methodist church. Her hobbies are knitting, cross stitching, playing on her computer, and working jigsaw puzzles. Stop by and give her a down home welcome.**



### Welcome

**Lousie Trost was born in Queens, New York but has spent the last 20 years living in Virginia Beach, VA. She has one son and a niece. She is a retired legal secretary. Her hobbies are playing bingo, church and watching television. She shares her greatest accomplishment was raising her son alone after her spouse deceased at a young age. Join us in giving her a warm welcome.**

### JANUARY EVENTS

- 1/1 New Year's Scavenger Hunt
- 1/2 Hot Chocolate Bar W/Legacy Hospice
- 1/3 Blue Birds of Happiness
- 1/4 Rosie Play Date
- 1/8 Toilet Tissue Pong
- 1/9 Buck Wild Hunting
- 1/15 Mik Shake Cart (Room to Room)
- 1/16 Resident Council Meeting
- 1/16 Make It Fleece
- 1/17 Blue Birds of Happiness
- 1/18 Wine & Design
- 1/20 Surprise Saturday
- 1/22 Nails W/Heather (Sign Up Req)
- 1/23 Mini Car Challenge
- 1/24 Peanut Auction
- 1/25 Alan Newton Tunes
- 1/25 Thirsty Thursday Cart (Room to Room)
- 1/26 Bollywood Fitness
- 1/29 Wine & Cheese Social
- 1/30 Davis & Bradley



### HOLIDAY CHEER

Many thanks to visitors, staff, residents, and families who participated in our December raffle fundraiser. Pokie from housekeeping won lottery wreath and donated her winnings to activities.