

January 2024

# Gladding Ridge

Gladding Ridge Assisted Living & Memory Care | 1660 Third Street Lincoln, CA 95648 | (916) 645-0106 | RCFE# 317000780



## 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*

## 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.

## 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.

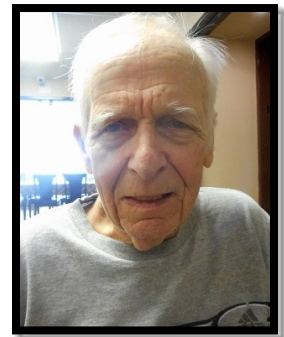
## Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.



**Gary A.  
Jan. 3<sup>rd</sup>**



**Dorothy R.  
Jan. 15<sup>th</sup>**

## A Mesmerizing Idea



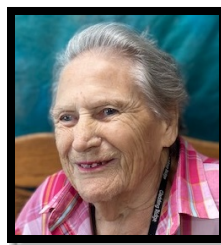
On January 4, you may feel like you're getting sleepy because it is World Hypnotism Day. In fact, hypnosis has nothing to do with falling asleep. The old image of a turban-wearing mystic lulling someone to sleep with a swinging pocket watch could not be further from the truth.

Hypnosis is actually a state of increased mental focus and awareness. A hypnotized person is able to concentrate fully on a subject, blocking out all distractions and vividly seeing a situation or memory in their imagination. Under hypnosis, people feel extremely calm and relaxed and are more open to considering different possibilities and suggestions. Doctors believe that such a mental state allows people to gain more control over their thought processes and behaviors, which is why some psychologists use hypnotism as a way to treat patients with phobias. This hypnosis is a far cry from the mind control depicted in movies and books.

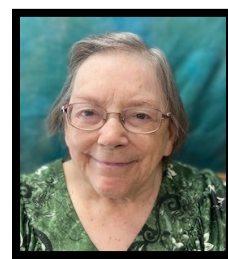
Of course, hypnosis has its skeptics. Some believe that it is not a state of heightened awareness at all. Some argue that patients, under the guise of hypnosis, are simply trying to please their doctors by agreeing with everything their doctors say. Indeed, it seems that some people are better at becoming hypnotized than others. This psychological "talent" might mean that some are more open and sensitive to suggestion or that they have more vivid and active imaginations.

Even practiced hypnotists admit that they don't know exactly how hypnosis works, but they do believe it can change people's lives for the better. In a world filled with more distractions than ever, from digital electronics to constant advertisements, it may not necessarily be a bad thing to give our minds a chance to focus on the things that matter most.

## HAPPY ANNIVERSARY



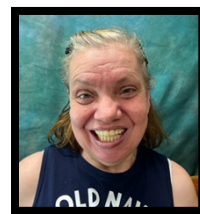
Barbara H.  
4 Years



Barbara W.  
4 Years



Elizabeth D.  
2 Years



Maria D  
2 Years

**This month marks anniversary of how long you have lived here at Gladding Ridge. Thank you for choosing us as your home.**

## By Any Measure



Maybe you've forgotten because they've been covered in wool socks all winter, but January 23 is Measure Your Feet Day. Why would someone do such a thing? Perhaps to buy a new pair of snow boots, ice skates, or ski

boots. Or perhaps you should measure your feet on this day because 88 percent of women routinely wear shoes that are too small, and 70 percent of men wear shoes that are the wrong size. Furthermore, not only does the size of your foot change over time, but your two feet are likely not the same size. It is no wonder that so many people wear uncomfortable shoes.



# MEET OUR TEAM



Interim Executive Director  
Patrick Doppelmayr



Executive Director  
Kristine Reymont



Business Office Manager  
Rae Harmon



Activities Director  
David Collison



Wellness Coordinator  
Brianna Gallier



Wellness Director  
Amy Roth



Dietary Director  
Phillip Reilly



Housekeeping Director  
Tere Gonzales

## COUNCIL MEETING



Want to have your voice heard and know what's going on in your community?

Come to the Resident Council Meeting

- Chat about issues you may have.
- Discuss community events/activities, menu and quality of care.
- Make suggestions.
- Ask questions.
- Create change within the community.



Tuesday January 16<sup>th</sup> @ 2:00pm

In the Activities Room



### Queen of the Sea

On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

*Queen Mary 2* has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the QM2 is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.