

### Notable Quotable

“An optimist stays up until midnight to see the New Year. A pessimist stays up to make sure the old year leaves.”

~ Bill Vaughn, columnist



## January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

### New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year's traditions year after year?

Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations.

It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during holiday celebrations.

Betsy Ross – January 1, 1752  
Isaac Asimov – January 2, 1920  
Joan of Arc – January 6, 1412  
Zora Neale Hurston – January 7, 1891  
David Bowie – January 8, 1947  
Alexander Hamilton – January 11, 1755  
Faye Dunaway – January 14, 1941  
A.A. Milne – January 18, 1882  
Edgar Allan Poe – January 19, 1809  
Benny Hill – January 21, 1924  
Virginia Woolf – January 25, 1882  
Bessie Coleman – January 26, 1892  
Tom Selleck – January 29, 1945

Scotland's national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* translates to “for old times' sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year's celebration in New York's Roosevelt Hotel. No New Year's party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year's masquerade balls, partiers wore scary masks to embody these spirits. The masks were then torn off at midnight, and a kiss was shared by revelers as an act of purification to chase away malign spirits. These are just a few of the centuries-old traditions that have made New Year's a time of celebration, nostalgia, and hope.

# The Views News

January 2019



RidgeView Assisted Living  
MeadowView Memory Care Village  
2975 & 3005 F Ave NW  
Cedar Rapids, IA 52405  
[www.ViewsSeniorLiving.com](http://www.ViewsSeniorLiving.com)

### Celebrating January

#### Special Events

**MeadowView Art with Xene**  
January 2

**Crafts with Coolidge**  
January 10

**Faith Group with Ellen**  
January 23

**RidgeView Tenant Council**  
January 3<sup>rd</sup>

**Men's Coffee**  
January 8<sup>th</sup>  
January 22<sup>nd</sup>

**Cooking Class with Chef**  
January 24

**Ice Cream Social**  
January 31

## Happy New Year!

January is a perfect month to reflect on all the things we have to be grateful for and to look ahead to things we want to accomplish in the new year. The days are starting to grow longer (though it's not obvious yet) and our thoughts turn toward Spring and warmer weather. But before we wish January away, here are a couple of fun facts about this month.

One fun fact about January is that it was named after Janus, the Roman god. January was made the first month of the year via the Georgian calendar, which has been adopted by most of the world. Also, according to the Anglo-Saxons, January was known as the wolf

month because of the wolves who would search the villages for food during this time.

We, at The Views, would like to wish you all health and happiness in the coming year and cozy evenings until Spring arrives.

Beth Gray  
Executive Director  
RidgeView Assisted Living



### RidgeView Bus Outings

**January 8<sup>th</sup>**- Tama casino. Bus leaves RidgeView at 10:30am and returns by 3:30pm.

**January 15<sup>th</sup>**- Lunch at Culver's. Bus leaves RidgeView at 11:45am.

**January 22<sup>nd</sup>**- Potters Obsession. Bus leaves RidgeView at 1:00pm and returns by 3:00pm.

Please sign up with Jennifer Hejda

### RidgeView Pancake and Omelet Breakfast!

Please join us for a special pancake and omelet breakfast bar!

Thursday January 10<sup>th</sup> from 8:30am-10:30am.



@ViewsSeniorLiving

## Beating the Winter Blues



Winter is well under way! The winter season can play a key factor in someone's mood, especially seniors. Winter can leave a person cooped up inside for days causing the "winter blues". Here are some ways we are helping our tenants combat the winter blues this season.

Enjoying as much natural light as possible. Vitamin D actually improves mood. We are opening blinds to enjoy the sunshine! In addition, our unique MeadowView atrium allows lots of sunlight through the skylights. We dress warm and step outside to take a bus ride enjoying the Vitamin D and getting a breath of fresh air.

coordinate enjoyable activities and outings. An article recently stated that, "elderly people in the U.S. who have an active social life may have a slower rate of memory decline." *10 Powerful Senior Living Statistics*

Keeping a healthy diet. The holiday season can be a time of sugar overload. We are making sure we are keeping a consistent diet of a variety of foods.

We welcome volunteers! If you are not a tenant and are looking to stay active this winter, contact Jennifer or Katelyn to get involved in our life enrichment program.

If you notice signs of the winter blues, please be sure to try some of the items listed above or see your primary doctor to discuss your concerns. -content by Danielle Helgerson

We are staying active! Daily chair exercises and options to walk in our spacious buildings are available.

Socializing with friends and family is important. Our Recreation Program Directors work hard to

## Housekeeping Corner

Please be sure you are checking our lost and found for clothing.

RidgeView lost and found located in the copy room at RidgeView.

MeadowView lost and found is located at the front desk at MeadowView. Please ask our front desk administrative assistant about looking through the lost and found. Some tenants at MeadowView may have received NEW clothing items during the holidays. PLEASE be sure to mark all tenant clothing with initials and apartment number.

## Happy Birthday

Joyce- 1/1

Darlene- 1/12

Cindy- 1/28

Helen R.- 1/30

Carmen- 1/31

Wayne- 1/31

With cold and flu season in full swing, please be sure you are picking up any tissues that you use.

A general reminder to all: If you are sick, please refrain from visiting our communities until you are feeling better.



## MeadowView-Exploring Sense of Touch

Touching different textured objects can help with sensory stimulation for those living with dementia. This type of activity helps reduce anxiety and depression while increasing social interaction.

MeadowView understands the importance of offering these opportunities to our tenants. We have invited Wickiup Hill Learning Center to come to MeadowView on Wednesday January 23rd at 4:00pm.

Wickiup staff will be teaching our tenants about different types of animal fur and allowing tenants to feel the fur textures.

As always, family members are welcome to join this fun and unique event.



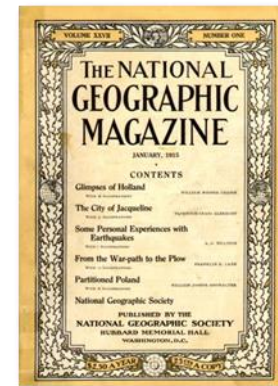
## A History of Exploration

On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: "the increase and diffusion of geographical knowledge." Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society. The Society's first president, Gardiner Greene Hubbard, was not a scientist but a lawyer and philanthropist. He embodied the organization's mission to share scientific knowledge with the layperson and to open up the world to everyone.

in photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Grosvenor became known as one of the "fathers" of photojournalism, and his legacy continues today, with the magazine's worldwide circulation at 6.7 million.

The *National Geographic* magazine is certainly the Society's most important and well-known outlet for spreading knowledge, and all revenue from the magazine is used to sponsor new expeditions and research. Indeed, the National Geographic Society has aided some of the world's most fascinating explorations: Robert Peary's journey to the North Pole, Jacques Cousteau's dives to the deepest parts of the seas, Hiram Bingham's uncovering of Machu Picchu, and Jane Goodall's communes with chimpanzees. For over 130 years, it has stood by its original motto, and it continues to make important discoveries, such as an ancient megalopolis hidden in the Amazon jungle and new species of tarantula living in the Andes mountains.

"You feel with every part of your body that contains nerves. When you touch something, a hot stove, for instance, the nerve endings in your hand send a message through the nerves of your hand and arm to your spinal chord, which then sends a message to your brain. It is actually the brain that "feels"; so tactile stimulation is brain stimulation!"  
-Best Alzheimer's Products



The very first issue of National Geographic magazine featured articles on "The Great Storm of March 11-14, 1888."