



Notable
Quotable

“January, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes.”

~ Charmaine J. Forde

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.

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

Resident Birthdays

Elsie R. – 1/11

Pam L. – 1/13

Irv H. – 1/14

LuVerna S. – 1/18

Gary E. – 1/27

Barb M. – 1/28

Ed C. – 1/31

Staff Birthdays

Lisa K. – 1/3

Tammy S. – 1/4

Vivian V. – 1/5

Tamiko M. – 1/6

Kitty T. – 1/12

Jill M. – 1/12

Jasmin N. – 1/20

Kimberly W. – 1/21

LaShawn W. – 1/23

Zach Y. – 1/27

Jodi H. – 1/29

They say that those born in the month of January are loyal and attentive. They enjoy both learning and teaching, and they do not mind hard work because they like to be productive. Some studies report that they are creative problem solvers.

People born in January tend be tidy and respectful of other people’s personal space. When around others, they are quiet and reserved. In addition, they are noted to have a sense of humor, albeit a sarcastic one. January folks are true romantics, and they throw their whole heart and soul into relationships. They take pleasure in the simple things in life. January folks are also very picky eaters.

Top career choices for those born during the month of January include: Archaeologist, Jewelry Maker, Accountant, Politician, Doctor, Inventor, Miner and Writer.

If you are a January baby, what do you think? Do you feel like this describes you or were the studies completely off in their findings?

Crest Health News

January 2019



Crest Health Center at Ridgecrest Village
4128 Northwest Boulevard
Davenport, Iowa 52806
563-391-3430

Celebrating
January

**Happy New Year
No Activity Staff**
January 1

**Music with Jim
Lucy**
January 3

**Birthday Party &
Music with Skip
Clarquist**
January 11

Moxie Strings
January 15

**Martin Luther King
Jr. Day**
January 21

**Melodies with
Marilyn**
January 24

**Resident Council
Meeting**
January 25

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.

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.



Chaplains Bench

A New Perspective for a New Year

What do you think? If a man owns a hundred sheep and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? –Jesus

As I was mowing the lawn one day a few years back, I looked up and saw a 2 or 3 year-old boy walking alongside the road, barefoot and sobbing. I jumped off my mower and approached him calmly, not wanting to scare him and risk him running into traffic. I noticed his feet were bleeding and that he was extremely distraught.

I picked him up and carried him to a relative’s house that lived nearby. I received a call from his mom later that day and she thanked me through tears for helping her little boy. She had stepped outside to do some work while he napped. When he woke, he couldn’t find her and went looking.

There have been times when I have felt like that little boy, lost and afraid, not knowing what was going to happen. Maybe you know what I mean. As we grow older, we learn to hide the fear and pain. But deep inside, we are wondering about our worth and whether or not we matter. Like the little boy, we are looking for someone who cares.

The reality is that all of us have great worth in God’s eyes. Just as the Scripture from Matthew’s Gospel illustrates, God sees each of us as valuable and will pursue us with a shepherd’s intensity. In another passage, Jesus is described as laying his life down for his sheep. Of course, that’s exactly what he did for us. The truth is, no matter what our past or present may tell us, we all matter and have great worth.

I have found great comfort in understanding how much God values me. Every person matters more to God than we can imagine. If we matter to God, why do so many often feel less than valuable or important? The answer is that many of us believe false messages of our past experiences. It’s as though we are basing our value on a time we were abandoned or lost rather than on what God knows to be true.

When we choose to believe God’s view of our worth, a new outlook shows up in the way we treat others, how we think about our future, and what we believe we can accomplish. When we realize that we are loved and valued, we naturally begin to live into our potential. Our relationships are enhanced, our work takes on new meaning, and even the dreams of our future are enlarged.

My prayer is that each of us will start the New Year by choosing to accept God’s view of our value and potential. I am committing myself to valuing myself and others according to God’s perspective rather than my own. I invite you to join with me in this. It could change your life!

~ Chaplain Doug

“...For I know the plans I have for you,” declares the Lord,
“Plans to prosper you and not to harm you, plans to give you hope and a future...”

Jeremiah 29:11

Bus Outings in January & February

Due to the possibility of cold temperatures and poor driving conditions during these winter months, we will not schedule any bus rides. If you have any questions regarding bus outings, please contact Jennifer

With Deepest Sympathy

We have loved them in life; let us not forget them after death.

In loving memory of:

Elsie Schultz



Clothing reminders

With the passing of the recent holiday, please remember to mark any new clothing you may have received. If clothing is not marked, we cannot guarantee that it will be returned to you. We value the importance of your personal belongings and are continually working to improve our laundry process. We have permanent markers available if needed. Please contact your nurse or aide if you need assistance. Also, please be sure that you have a winter coat, hat and pair of gloves. Though you may not leave the facility on a regular basis, there could be an emergency that requires us to evacuate the facility.

Thank you!

If you are in need of a 2019 calendar, please contact the Activity department. We would be happy to provide you with one!



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

