

FRIENDSHIP HAVEN



NEW YEAR'S RESOLUTIONS IDEAS FOR SENIORS

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? Here are six resolutions to get you started:

Stay Connected: Resolve to participate in more social activities such as games, crafts, or movies. Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Daily Physical Activity:

Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New:

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits:

Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Read More: Cultivate a reading habit by setting aside time each day to enjoy

a good book or explore new topics of interest.

Maintain a Positive Outlook:

Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.



January is National Blood Donor Month

Make a Life-Saving Difference

This January, the American Red Cross celebrates National Blood Donor Month by honoring the vital contributions of blood, platelet, and plasma donors.

Donating blood is a simple yet powerful way to save lives. Every two seconds, someone in the U.S. needs blood—whether for surgeries, cancer treatments, chronic illnesses, or emergency care. **A single donation can help multiple patients and provide hope during critical times.**

Why not make it a 2025 goal to donate blood at least once if you're able? It's a meaningful way to give back and make a difference in your community. When scheduling your appointment, be sure to ask what you can do to prepare so you have the best experience possible.

All blood types are urgently needed. Find out how you can help and make a life-saving difference today! Schedule an appointment through the American Red Cross Blood Donor app or by visiting [redcrossblood.org](https://www.redcrossblood.org).

Source: [cdc.gov](https://www.cdc.gov) | [redcrossblood.org](https://www.redcrossblood.org)



WARM UP WITH A CUP OF HOT CHOCOLATE!



Few things can brighten a cold, rainy day like a warm, creamy cup of hot chocolate. This delightful drink has roots in the Mayan and Aztec civilizations, where roasted cocoa seeds were blended with spices like chili and annatto to create a rich, flavorful beverage. In ancient times, chocolate was considered a source of health and power, often reserved for royalty and the upper class.

Today, anyone can enjoy this comforting treat, whether made from scratch or a simple packet. Celebrate Hot Chocolate Day on January 31 by trying a new twist on your cocoa:

Sweet-tooth twist: Swap regular milk for a splash of coconut milk for a rich, tropical flavor.

Spicy kick: Add a pinch of cayenne and cinnamon powder for a bold, warming kick.

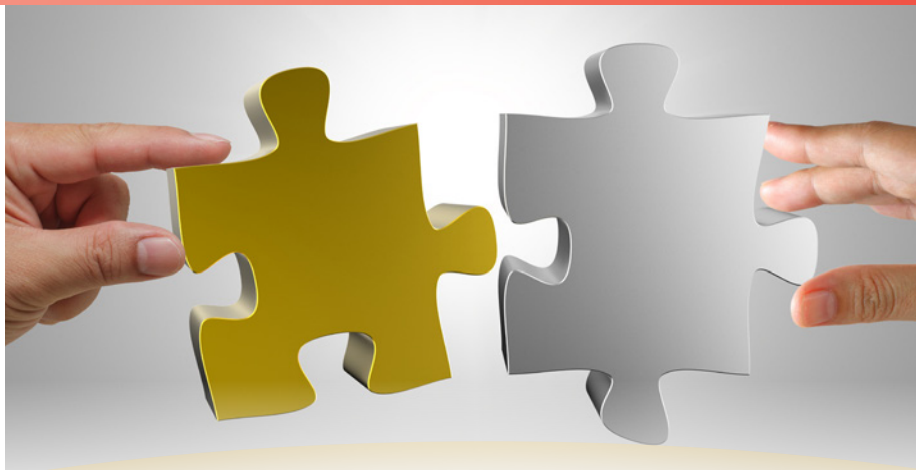
Minty delight: Stir with a candy cane, melt a peppermint patty or add a tiny splash of peppermint extract for a refreshing twist.

Warm up and indulge in the timeless joy of hot chocolate!



Glaucoma Awareness Month

Glaucoma is an eye condition that can lead to vision loss and blindness if not detected and treated early. It often develops without noticeable symptoms in its early stages, making regular eye check-ups crucial for early diagnosis. Increasing awareness about glaucoma and its risk factors, such as age and family history, is vital for prevention.



JIGSAW PUZZLES: THE PERFECT PIECE FOR WINTER

Jigsaw puzzles have been a favorite pastime for over two centuries! The very first puzzle, crafted by a cartographer, was a wooden map of Europe cut into pieces, sparking a tradition that continues to bring joy today.

Puzzles appeal to all ages, offering challenges that range from a few pieces to thousands. They're perfect for keeping the mind engaged, passing time on cold winter days, or simply enjoying the satisfaction of completing a beautiful image. Popular themes include scenic

landscapes with fluffy clouds, vibrant sunsets, and serene meadows—ideal for a calming and rewarding activity.

For those recovering from illness or surgery, puzzles can provide a relaxing way to spend time. **They also make thoughtful gifts and are a great way to connect with family across generations.**

This National Puzzle Day, January 29, find a puzzle that speaks to you—whether in-store or online—and enjoy the timeless pleasure of fitting the pieces together!

DRAW A DINOSAUR DAY

Tired of too many jigsaw puzzles? Bored of binging television and movies? Don't feel like reading, but still looking for something fun to do? Draw a Dinosaur Day on January 11 is a colossally creative way to chase away those winter blues.

Be creative! Will your creation have spikes, horns or scales? Will it have a long neck, short forearms and a long tail? Will it be green, brown or blue? Or maybe your dinosaur will be interested in fashion and wears jewelry, a tuxedo or Hawaiian shorts? Maybe your dinosaur is the studious type with glasses and shoes?

Use your imagination and have a DINO-MITE day!



Happy Activity Professionals Week: January 19-25, 2025

A big thank you to our activities team for keeping our residents and families engaged, active, and safely involved in so many creative ways! From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 19-25 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this

week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say "thank you!" Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.





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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

ACTIVITIES
CHOCOLATE
COCOA
CONNECTED
DONOR
DREAM
EQUALITY
EYES
GOAL
HOBBY
NEW YEAR
POSITIVE
PUZZLE
RESOLUTION
SIGHT