



OAK LANE

RETIREMENT

727 SW Rogue River Avenue • Grants Pass, OR 97526 • (541) 476-7727

To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.



Dreaming of Spring Gardens

In her horticultural guide "The Country Garden," author Josephine Nuese writes, "Gardening begins in January with the dream." That's why green thumbs look forward to National Seed Swap Day, held on the last Saturday of January every year. Many garden clubs and organizations host seed trading events on this date and throughout the late winter, letting gardeners get started on planning their spring plantings.

January 2023

LEADERSHIP TEAM

| | |
|-------------------------------------|------------------|
| Administrator | Tina Williams |
| Director of Health/Wellness | Penny Stocks, RN |
| Resident Care Manager | Lisa Dixon |
| Director of Culinary Services | John Williams |
| Activities | Colleen Head |
| Business Manager | Heidi Paulson |
| Community Relations | Rachael Ostling |



Mission:

Enhancing Lives.

Vision:

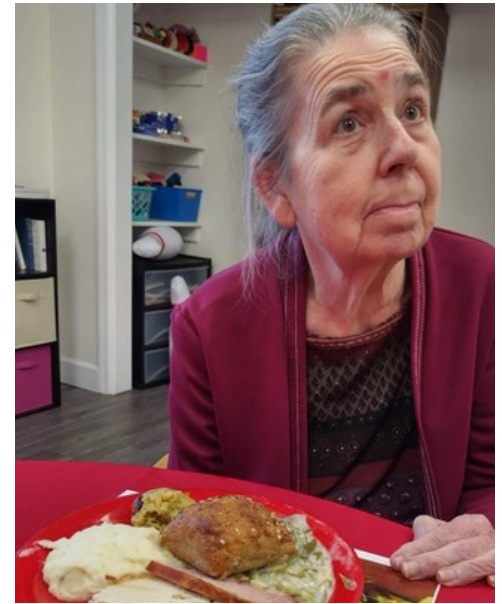
Redefining experience,
where life
and caring come together.

Penny Stocks, RN



Humor and Health

January's winter doldrums paired with the post-holiday blues can start to wear on a person. Perhaps that's why Global Belly Laugh Day is celebrated Jan. 24. What's so great about laughter? It's a great way to bond with other people while improving your own mood. The more you laugh, the more resilient you are to negative events. Laughter is great for your health, too. It burns calories and raises the heart rate, like a mild workout. A good laugh also releases tension, stress and increases your immunity and infection-fighting antibodies.



MY Monthly PLAN

To Do:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

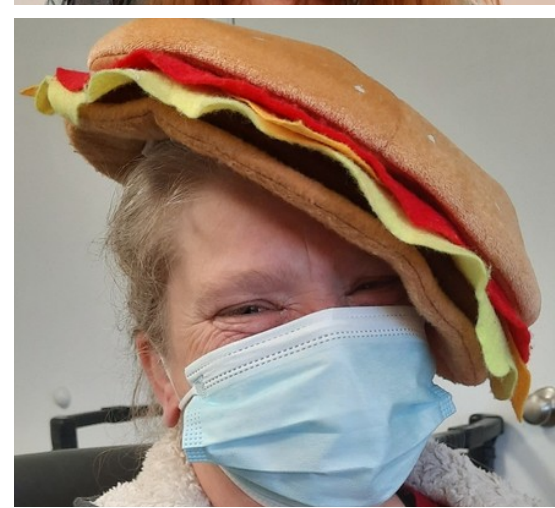
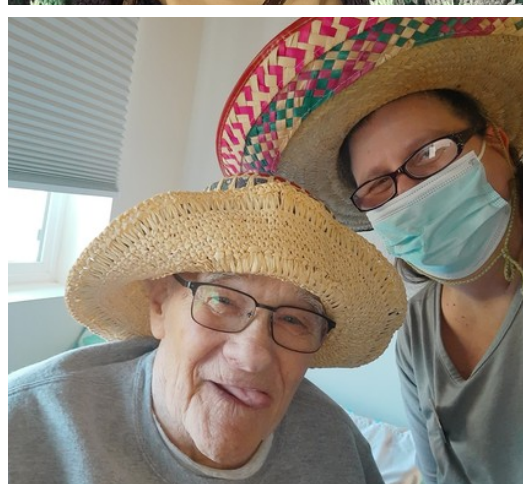
Goals:

Don't Forget!

BILL MALL



Bill Mall was born on May 3, 1941 in Fort Bragg, Cali. He was raised with two brothers. He got married, had three children then moved to Grants Pass, Or. to give them a better life. He had two daughters and a son. He was a jack of all trades when it came to a work, but his main career choice was as a maintenance man. He loves riding motorcycles and shooting pool. One of his favorite pastimes is sitting and watching the 49ers while eating a juicy bacon cheeseburger with some Cheetos. For dessert his favorite is Junior Mints.






Please let's Welcome our
New Community
Relations Director
RACHAEL OSTLING



- Jan. 2-Food Committee
2:00-D
- Jan. 5-Resident
Gathering 10:30-L
- Jan. 10-Entertainment,
Bobbie Ann-2:00-L
- Spirit Day Jan. 11-
Pajama Day
- Spirit Day Jan. 25- Crazy
Tourist Day

Pick a Puzzle
Jigsaw puzzles,
crosswords, word
searches and puzzles of
every kind can be relaxing
while also engaging the
brain. If you're not
already a puzzler, take
your pick and solve one
on National Puzzle Day,
Jan. 29.

| Sunday | Monday | Tuesday |
|--|---|---|
| New Year's Day 1 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes | 2 9:00-Pretty Nails-A 10:30-What Is That-A 2:00-Food Committee-D 3:00-Deal or No Deal-F.S.R | 3 9:00-Bank Day-*** 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L |
| 8 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes | 9 9:00-Dominos-A 10:30-What Is That-A 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R | 10 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 2:00-Entertainment: Bobbie Ann-L 3:00- Outburst-L |
| 15 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes | Martin Luther King Jr. Day 16 9:00-Pretty Nails-A 10:30-What Is That-A 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R | 17 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L |
| 22 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes | 23 9:00-Pretty Nails-A 10:30-What Is That-A 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R | 24 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L |
| 29 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes | 30 9:00-Dominos-A 10:30-What Is That-A 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R | 31 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L |

| Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|
| <p>4</p> <p>9:00- Shopping- Bi Mart*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R</p> | <p>RESIDENT GATHERING 10:00 5</p> <p>9:00-Scrabble-L 10:00-Resident Gathering-L 1:30-Yahtzee-A 3:00-Name That Tune- L</p> | <p>6</p> <p>9:00- Giant Sorry- A 10:30- Darts-F.S.R. 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.</p> | <p>7</p> <p>9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R</p> |
| <p>11</p> <p>9:00- Shopping-Fred Meyers*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R</p> | <p>12</p> <p>9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L</p> | <p>13</p> <p>9:00- Giant Sorry- A 10:30- Darts-F.S.R. 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.</p> | <p>14</p> <p>9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R</p> |
| <p>18</p> <p>9:00- Shopping- Safeway*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R</p> | <p>19</p> <p>9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L</p> | <p>20</p> <p>9:00- Giant Sorry- A 10:30- Darts-F.S.R. 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.</p> | <p>21</p> <p>9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R</p> |
| <p>25</p> <p>9:00- Shopping- Wal Mart*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R</p> | <p>26</p> <p>9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L</p> | <p>27</p> <p>9:00- Giant Sorry- A 10:30- Darts-F.S.R. 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.</p> | <p>28</p> <p>9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R</p> |
|  | | <p>CALENDAR SUBJECT TO CHANGE</p> | <p>Key: F.P.-Front Porch D-Dining Room L-Living Room F.S.R-Fireside Room A-Activity Room</p> |

Laugh Lines

Ring in the New Year

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

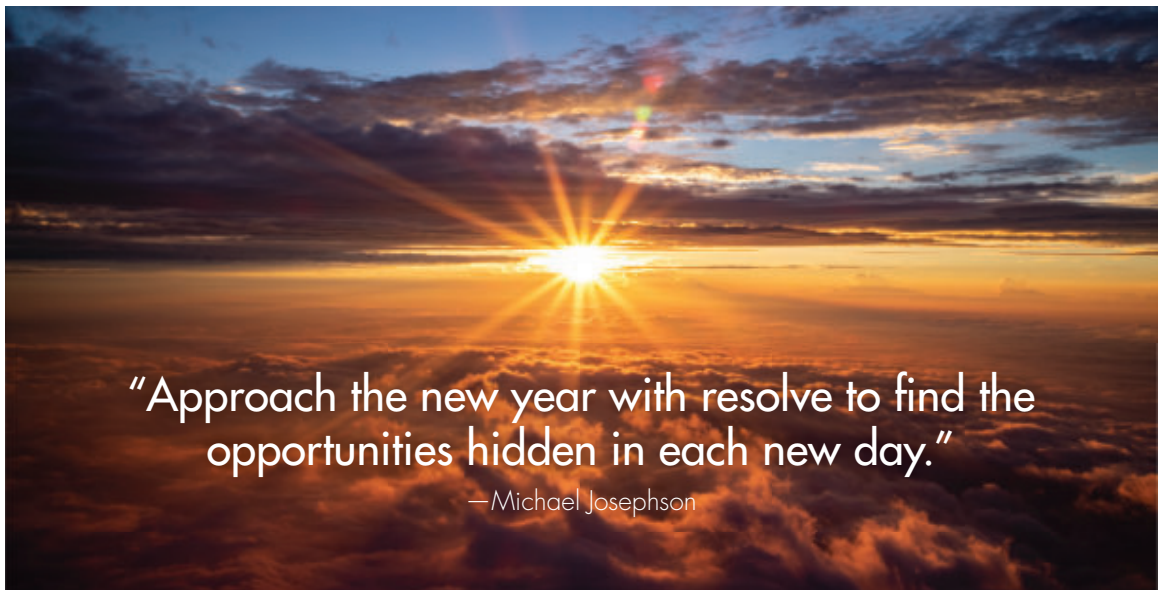
My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."



Wintertime Wit

Q: What is Jack Frost's favorite thing about school?

A: Snow and tell!



"Approach the new year with resolve to find the opportunities hidden in each new day."

—Michael Josephson

GEORGE LANE



George Lane was born on May 5, 1944 in Tucson, Az. He grew up with 8 siblings, he being 2nd to the eldest. After school he joined the Air Force for four years. He was a Jet Engineer Maintenance man. He's also done plumbing and electrical work. After getting out he got married and raised four children. He lived mostly in Monmouth, Or. until moving to Grants Pass, Or. He loved to travel to all 50 states. He enjoys drinking hot cocoa and watching westerns. George says the Lord uses him in many ways and doesn't allow limits on his life. He enjoys helping people.



January 2023



Puzzled Through Time

We use them to pass the time and make our brains stronger. Take a break from your daily crossword to peruse some puzzle history.

| Year | Event |
|-------------|---|
| 1762 | A mapmaker named John Spilsbury creates the first jigsaw puzzle. |
| 1783 | Swiss mathematician Leonhard Euler comes up with a logic game called Latin Squares, the predecessor to Sudoku. |
| 1890 | An early version of a word search, titled "Proverbs Within a Maze," appears in a British puzzle book. |
| 1913 | Journalist Arthur Wynne creates the first crossword puzzle and publishes it in the New York World newspaper. |
| 1942 | Winners of a crossword challenge, issued by London paper The Daily Telegraph, are recruited to work as codebreakers for the Allies. |
| 1968 | A modern-like word search, containing the names of over 30 Oklahoma towns, is published in a digest owned by Norman E. Gibat. |
| 1974 | Erno Rubik, a professor in Hungary, invents the Magic Cube puzzle toy, later rebranded as Rubik's Cube. |
| 2021 | Software engineer Josh Wardle releases an online word puzzle called Wordle, which becomes a viral success on social media. |

"Then & Now"

"This Month In History"

JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.