

JANUARY 2025

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

— Aristotle

January is National:

- Bath Safety
- Black Diamond
- Blood Donor
- Braille Literacy
- Hobby
- Hot Tea
- Mentoring
- Menudo
- Oatmeal
- Slavery and Human Trafficking Prevention
- Slow Cooking
- Soup
- Sunday Supper

Month

Just to name a few!

Symbols of January:

Birthstone: **Garnet**

Flower: **Carnation & Snowdrop**

Zodiac Signs:

Capricorn & Aquarius



A New Year of Possibilities at Oak Meadows

Happy New Year! As we usher in January, it's the perfect time to reflect on the past year and embrace new opportunities in the year ahead. January is more than just the start of a new year; it's a month of fresh beginnings, self-care, and the chance to set new goals. At Oak Meadows, we are excited about the possibilities the new year holds and the chance to continue providing meaningful experiences for our residents.

The sense of community is one of the most important aspects of life at Oak Meadows. As we start a new year, we continue to encourage social connections and the building of lasting friendships. January brings opportunities to reconnect with old friends and meet new neighbors. From social gatherings and themed events to casual coffee chats, there are always ways to build meaningful relationships and feel connected.

While the colder weather might keep us inside more often, January also offers the beauty of winter landscapes. Whether it's watching a snowfall from the warmth of our community spaces or enjoying a winter stroll through the memory garden, this season offers its own unique charm. We invite our residents to enjoy the natural beauty around us.

As we move through January, we look forward to all the exciting activities and events planned for the year ahead. This month is just the beginning of what promises to be an enriching and fulfilling year at Oak Meadows. Together, we will create memories, build new friendships, and continue to live life to the fullest. Here's to a bright and joyful 2025!

With warm regards,
Kristina Dickhausen
Activities Director



Avoid norovirus over the holidays

More than 40 outbreaks of norovirus — sometimes called “stomach flu” — have been reported to the Minnesota Department of Health (MDH) so far this December, almost twice the usual number. Noroviruses cause vomiting, diarrhea and stomach cramping. Other symptoms can include low-grade fever or chills, headaches and muscle aches. Noroviruses are very contagious; they are the leading cause of foodborne illness outbreaks in Minnesota and the most common cause of short-term diarrhea/vomiting illness in the United States. Most people will get norovirus about five times in their lifetime.

“Particularly ahead of holiday gatherings, we want to make sure people are aware of this increase in norovirus outbreaks and taking steps to prevent spreading illness to family or friends,” said Jessica Hancock-Allen, infectious disease division director at MDH.

Most norovirus illnesses and outbreaks can be prevented through good handwashing and appropriate food handling. To prevent getting and spreading norovirus, health officials recommend that you:

- Always wash your hands with soap and water for 20 seconds before preparing or eating foods, and after using the bathroom or changing diapers. Note: most hand sanitizers do not kill norovirus.
- Do not prepare food for others at all if you have been sick with vomiting or diarrhea in the last three days. Likewise, do not eat food prepared by someone who is ill with vomiting or diarrhea.
- Clean and disinfect surfaces with a household bleach solution immediately after surfaces come in contact with vomit or diarrhea.

Cook oysters and other shellfish before eating them.

Illness usually goes away in one or two days with no long-term health effects. People who are ill with symptoms of norovirus should drink plenty of fluids to help avoid becoming dehydrated. If you have questions or concerns, contact your health care provider.

[Restaurants](#), schools, child care, long-term care and similar facilities should follow outbreak prevention guidelines and employee/attendee vomiting and diarrhea illness exclusions.

For more information, visit [Norovirus Infection](#).

-MDH-

Happy January Birthday!

Resident Birthdays:

Martha D. 2-Jan

Gennie G. 3-Jan

Wanda S. 8-Jan

Phyllis H. 17-Jan

Donald D. 17-Jan

Delores H. 18-Jan

Ralph U. 29-Jan

Karen S-B 30-Jan



***Birthday
Lunch will be
served at 11:30
on January 9th
in the
dining room!***

Staff Birthdays:

Fikerte H. 1/1

Hodan M. 1/1

Barbara P. 1/11

Amie K. 1/14

Sarah O. 1/22

Marie J. 1/24



Chaplain's Corner

Greetings in the name of the Lord. Amen. The Apostle Paul wrote in the Holy Scriptures that he always thanked God and remembered early Christians in his prayers. I do indeed thank God for each and every one of you each day and have been blessed by each one of you. This past year brought many blessings, however many heartaches. It is my hope for this coming year that you take every opportunity to share the large and the small and sometimes overlooked blessings with one another. This is just a reminder that starting January 1st, my hours will be Sunday mornings and Monday through Wednesdays 8-4:30. In addition I will be taking a religious pilgrimage to Assisi, Italy with 20 members of my Franciscan religious order in which in addition to viewing the sights, we will be meetings with religious orders throughout the United States and Europe. I will be leaving Sunday, January 5th and returning Thursday January 16th. Rest assured that I will be bringing greetings and prayers from Oak Meadows and beyond to Rome and Assisi.

Shalom,

Chaplain John Syvertson



Why did the Minnesota snowman go to therapy?

Because he had *meltdown* issues!



January - A Fresh Start

Poet: Byron Pulsifer

January comes, a time to reflect,
On what you've gained, and what to correct.

The past year's lessons, both big and small,

Are stepping stones — you've faced them all.

Leave behind what weighs you down,
The doubts, the fears, the worried frown.

This is your chance to start anew,
To focus on goals that matter to you.

Plan your path, take it slow,
Growth takes time; let it show.
January's gift is a brand-new page,
A time to thrive, no matter your age.

Each sunrise brings a fresh design,
A chance to improve, to truly shine.
Grasp the moments, they're yours to steer,
Make the most of this promising year.

Hold on to hope when challenges rise,
For strength is found where courage lies.
With every effort, with every try,
You'll reach new heights; aim for the sky.

So walk with faith, and don't delay,
Let passion and purpose guide your way.
The year is yours, a canvas wide,
Create a life filled with joy and pride.



WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER