

JANUARY 2022

ST. PATRICK'S RESIDENT NEWSLETTER

New Year's Eve Celebrations

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles (Dillsburg, Pennsylvania) to possums (Tallapoosa, Georgia) at midnight on New Year's Eve.

Chicago Weather

January Blast of Cold & Snow

January is usually the coldest, snowiest, and driest month in Chicago. The average temperatures are 17°F to 31°F - most of the days remain below freezing. Snowfall is 10.8" as many days receive a fresh amount of snow.

"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others."

Mandy Hale



Julianne	Jan. 1
Mary S.	Jan. 1
George M.	Jan. 1
Sylvia K.	Jan. 8
Edward F.	Jan. 9
Darlene G.	Jan. 14
David D.	Jan. 25
Gail P.	Jan. 28
Charles	Jan. 29
Julie W.	Jan. 31

Flower: Carnation

This month's flower has rich in history and significance as it is diverse—and with around 300 species, that's saying something! Its genus, *Dianthus*, means "flower of the gods." The flower was a favorite among early Romans, who made them into celebratory wreaths.

Birthstone: Garnet

The birthstone for the month of January is the garnet. This gem is a symbol of friendship, protection, and truth, and also denotes the second wedding anniversary. The name garnet comes from the Latin word *granatum* (which means "pomegranate"), as the stone resembles the rich red color and form of this fruit.

The Difference is Love

St. Patrick's Residence | 1400 Brookdale Rd. | Naperville, IL 60563

stpatricksresidence.org

Director of Life Enrichment: Jill Whitledge | 630.753.1528 | jwhitledge@stpatricksresidence.org

New Year's Day Good Luck Foods

We pour the bubbly on New Year's Eve, but what about the menu? That depends on where you live. In different cultures, certain foods are considered to bring good luck in the year ahead.

- Black-Eyed Peas - Ancient Egypt & Southern United States
- Pork - Germany & Eastern Europe
- Cabbage - Germany & Eastern Europe
- Cake - Greece
- Greens - Southern United States
- Lentils - Italy
- Fruits - Philippines
- Fish - Scandinavian Countries
- Noodles - China, Japan & Asian Cultures

HAPPY
New Year

Important Phone Numbers

Nursing Directors

Libby	Ext. 1545	Marla	Ext. 1586
Anna	Ext. 1597	Liz	Ext. 1502

Life Enrichment

Jill	Ext. 1528	Gloria	Ext. 1589
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Dietary

Janelle	Ext. 1521	Kitchen	Ext. 1523
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Housekeeping

Daytime	Ext. 1584
Evening	Ext. 1603 or 1604

Beauty Salon Ext. 1568

Front Desk "0" for Operator

Martin Luther King Jr.

On Aug. 28, 1963, the Rev. Martin Luther King Jr. delivered his "I Have a Dream" speech from the steps of the Lincoln Memorial. This historic speech helped galvanize the Civil Rights Movement and brought the plight of the disenfranchised to a larger national and international audience.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed — we hold these truths to be self-evident: that all men are created equal."

Snowflake Fun Facts

Many of us love to see the first snow of the winter.

The temperature and dampness of the cloud constantly changes, which affects the shape of each snowflake.

It is indeed extremely unlikely that two complex snowflakes will look exactly alike.

Snowflakes are not frozen raindrops. Frozen raindrops are known as sleet. According to the Guinness World Records, the largest snowflake in the world was 15 inches wide and 8 inches thick.

Special Days

Jan. 1 - New Year's Day

Jan. 6 - Epiphany

Jan. 17 - Martin Luther King Jr. Day