

# JANUARY 2026

## 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.

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### 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.

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### Friday, January 16 at 10:00 a.m. Carmel Hall Resident Council

We look forward to your ideas!  
Every resident is an automatic member of the resident council with the rights to attend meetings.



Mary S.	Jan. 1
Dennis B.	Jan. 2
Patricia S.	Jan. 3
Henry S.	Jan. 4
Prudence A.	Jan. 5
Carol K.	Jan. 8
Georgia B.	Jan. 9
Sr. Grace R.	Jan. 15
Clare S.	Jan. 17
Ruth H.	Jan. 17
Marlene K.	Jan. 18
Norma M.	Jan. 18
Jerry P.	Jan. 20
Alex R.	Jan. 24
Charles W.	Jan. 29
Jim G.	Jan. 30
Alberder L.	Jan. 30

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### 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.

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## The Difference is Love

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

[stpatricksresidence.org](http://stpatricksresidence.org)

Director of Life Enrichment: Jill Whitledge | 630.753.1528 | [jwhitledge@stpatricksresidence.org](mailto:jwhitledge@stpatricksresidence.org)

## New Year's Day Good Luck Foods

In different cultures, certain foods are considered to bring good luck in the new year.

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

## Important Phone Numbers

### Nursing Directors/Managers

Rachel Ext. 1545      Sr. Theresa Ext. 1586  
Anna Ext. 1622      Lori Ext. 1508

### Nurse's Stations

1 West Ext. 1530      3 West Ext. 1550  
2 East Ext. 1560      3 East Ext. 1570

### Restorative Therapy Director

Tammy Ext. 1598

### Clinical Services & Advanced Care

Andrea M. Ext. 1548

### Life Enrichment Director - Jill Ext. 1528

Virginia Ext. 1595  
Gloria/Tanfie/Ashley Ext. 1589

### Social Services

Ebony C. Ext. 1577      Mayra C. Ext. 1596

### Pastoral Care Director - Sr. Raphael Ext. 1512

### Personal Funds/Bank - Brenda Ext. 1506

### Dietary Director - Dave Ext. 1585

Gretta Ext. 1521      Diet Office Ext. 1524

### Maintenance Director - Bob Ext. 1503

### Housekeeping Director - Dorota Ext. 1584

Housekeeping Evening Ext. 1639

### Salon Appointments Ext. 1528

### Front Desk "0" for Operator

### Ombudsman - DuPage County

Karina Vazquez - 630-407-6483

## 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

### Snow is actually transparent:

While appearing white, snowflakes are made of tiny ice crystals that are translucent, reflecting light to create the white appearance.

### A snowflake's journey:

It can take around an hour for a snowflake to fall from the cloud to the ground.

### Largest snowflake ever recorded:

The Guinness Book of World Records states the largest snowflake measured 15 inches wide, reported in Fort Keogh, Montana.

### No two snowflakes are exactly alike:

Each snowflake travels a unique path through the clouds, encountering slightly different conditions, resulting in a distinct shape and structure; making every snowflake unique.

### Biggest snow storm in U.S. history:

The Great Blizzard of 1888, also known as the Great White Hurricane left as much as 55 inches of snowfall in some areas, and caused disaster wherever it went. The entire area from Washington, D.C., to Maine suffered from brutal winds and massive snowdrifts.