



Celebrating January

**International Creativity
Month**

Black Diamond Month

Mentoring Month

New Year's Day
January 1

Bird Day
January 5

**Make Your Dream Come
True Day**
January 13

Use Your Gift Card Day
January 15

Martin Luther King Jr. Day
January 17

**World Snow Sculpting
Championship**
January 18–23

Compliment Day
January 24

Activity Professionals Day
January 28

The "Girls of Grace" did it again! Sharing gifts of God's love to the residents!



Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik’s Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.



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Welcome...

Alice Herweyer, Susan Lord, Robert Sheridan and Donna Nestell to Fountain View. We are so glad that you are here!



Thank you Andrea and Jessica for organizing an employee Christmas Party at 327 Pizza!



Celebrating Christmas 2021



The Best Medicine

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, "How do I make myself laugh at exactly 1:24 p.m.?"

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?



Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



By the time Bly suggested her around-the-world trip, she had her editors' full support, so there was no question that she would undertake the adventure. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

Leadership Team

Connie Clauson
Vice President Operations

Kelly Miller
Regional Operations Director

Lindsey Braun
Administrator

Nancy Brewer
Business Manager

Andrea Steffes
Life Enrichment & Volunteer Director

Gary Lutz
Food Service Director

Jessica Gordon
Director of Recruitment & Clinical Care

John Lutz
Maintenance Director

No power....No problem! Pastor Lloyd ministered by flashlight in early December

