

December to Remember

Festive art from our crafty residents



Decorating the Christmas tree

Visit from Santa
(Thank you, Santa's Giving Project!)**January Birthdays**

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Some of note:

J. R. R. Tolkien (writer) – Jan. 3, 1892
 Soupy Sales (comedian) – Jan. 8, 1926
 Robert Stack (actor) – Jan. 13, 1919
 Rakesh Sharma (cosmonaut) – Jan. 13, 1949
 Ethel Merman (singer) – Jan. 16, 1908
 Oliver Hardy (comedian) – Jan. 18, 1892
 Dolly Parton (singer) – Jan. 19, 1946
 Neil Diamond (singer) – Jan. 24, 1941
 Oprah Winfrey (host) – Jan. 29, 1954
 Jackie Robinson (ballplayer) – Jan. 31, 1919

Happy New Year 2026**NEW YEAR
Resolutions**

Things I want to do:	
Things I want to achieve:	
Things I want to improve:	
Things I want to change:	

Jefferson Lodge

Jefferson Lodge Memory Care | 664 SE Jefferson Street, Dallas, Oregon 97338 | 503-623-8104

Meet our Team

Executive Director
 Bryan Rees

Business Office Manager
 Nora Ezquivel

Resident Service Director
 Debra Foley

Resident Service Director
 Travis Dillon

Dining Service Director
 Iain Klingberg

Plant Operations Director
 David Tracy

Environmental Director
 Lee Ingram

Community Relations
 Director
 Kevin Dent

UPCOMING EVENTS

Family & Friends Bingo
 Every 3rd Sunday of the month
 at 2pm
 January 18th, 2025

Please contact Darcie for more information
darcie@cascadeliving.com

Resident Birthdays
 Philip 1/10
 Ennis 1/18
 Larry K. 1/30
 Happy Birthday!



New Year's Traditions

*Eating black-eyed peas and greens on New Year's Day

*Open doors at midnight to let the old year out and welcome the new year

*Eating 12 grapes at midnight for 12 months of good luck

*Clean house on New Year's Eve to remove bad luck

*Setting resolutions for self-improvement for the year

*Wear specific colors:
Green for new year: associated with growth and prosperity. Yellow color new year: symbolizing happiness and optimism. Red for new year: Traditionally linked to good fortune in many cultures.



Kindness in Kalamazoo

While records of a man named Ralph C. Morrison—sometimes known as “The Peddler of Encouragement”—exist, little is known of the holiday he founded, the Toad Hollow Day of Encouragement, which is celebrated January 26. Morrison was an educator and storyteller in Kalamazoo, Michigan. One day he came across a newspaper article detailing the childhood of one of his older students, a woman named Eunice. Eunice had once attended Toad Hollow Country School. The name Toad Hollow stuck in the imagination of the storyteller, and he crafted many delightful tales about the place—so many tales, in fact, that Toad Hollow became a place of legend.

Kalamazoo County eventually offered Morrison a local park to do his storytelling. He accepted and soon formed a volunteer group dedicated to maintaining and refurbishing the park, complete with an 1800s-era, waterwheel-powered gristmill. These volunteers, or so-called “voluntoads,” embodied kindness, dedication, and selflessness—all characteristics celebrated during the Toad Hollow Day of Encouragement.

Trading Tomorrow's Gardens

Each year, eager gardeners await the last Saturday in January, Seed Swap Day. It's a chance to connect people with excess seeds to those searching for the perfect additions to their gardens.





Washington Gardener magazine, which organized the first seed exchange in 2006, explains that seed swapping is a fundamental part of the history of human society; seeds were some of the first commodities valued and exchanged among humans. Whether they're seeds for crops or flowers, a vibrant exchange promotes plant biodiversity. American president and avid gardener Thomas Jefferson once said, "The greatest service which can be rendered any country is to add a useful plant to its culture."

Snow Day Bingo

Dance Party!	Played a Board Game	Drew a Picture	Watched Winter Birds	Snowball Fight!
Made a New Craft	Sang a Song	Went Sledding	Built an Igloo	Called a Loved One
Watched Frozen	Wrote a Story	Free Space	Hot Cocoa Time!	Built a Snowman
Bundled Up	Caught Snowflakes	Organized Your Room	Made Snow Ice Cream	Read a Book
Made a Snow Angel	Explored Nature	Learned Something New	Ate a Sweet Treat	Built a Fort

JANUARY



Click with Caution

When you hop on a computer to browse the Web, how can you be sure no one is watching you? Governments collect data to fight threats. Social media platforms and search engines gather data to personalize their services. And retailers analyze behavior to optimize what you see. As a global reminder of just how much we share online, many countries observe Data Privacy Day on January 28.

Large institutions like banks and insurance firms invest heavily in securing their data. But how should individuals protect themselves? Time-tested advice includes the following: avoid oversharing in online profiles, because people who really know you already have much of that info; use private or incognito browsing to prevent local traces, though it won't hide your activity from websites or your internet provider. Use a password manager to create strong, unique passwords, and whenever possible enable multifactor authentication. Any of these measures can help reduce the risk of hackers stealing your data

Winged Wonders





Why wait every 12 years for the Chinese Year of the Dragon when you can enjoy Appreciate a Dragon Day every year on January 16? These massive flying, fire-breathing beasts are enough to appreciate in and of themselves, but perhaps even more fascinating is how the belief in dragons evolved independently among ancient peoples living in China, Europe, Australia, and the Americas. Anthropologist David E. Jones thought the widespread belief in dragons grew from the discovery of dinosaur fossils or whalebones that seemed to back up superpredator myths. With real-life 18-foot Nile crocodiles in Africa and eight-foot Australian perentie lizards, it seems that humans already have plenty of reptiles—of the non-fire-breathing variety—to wrangle.