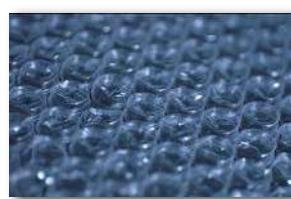


Pop Therapy



All those who love the sensation of popping Bubble Wrap can hardly wait for January 25, Bubble Wrap Appreciation Day, to arrive. Why on earth do so many of us insist on popping those tiny little bubbles? Professor of psychology Kathleen M. Dillon believed that the answer stems from the power of touch.

In ancient Greece, it was common for people to carry a smooth stone called a “fingering piece” or “worry bead” in their pockets. Touching or petting the stone created a calming effect. These stones, Dillon observed, are similar to Catholic rosary beads or needlework projects like embroidery or knitting in their ability to calm the mind. Dillon even went so far as to conduct experiments on her students using sheets of Bubble Wrap. As it turns out, students who popped the bubbles were more relaxed and more focused than those who did not pop. She concluded that releasing muscle tension in the hands reduces stress in the rest of the body.

Sealed Air Corporation, the maker of Bubble Wrap since 1957, has updated its packaging options in recent years. In 2024, the company introduced a new fiber-based wrap that provides cushioning while being recyclable and more space-efficient for shipping. The design is intended to protect products during transit and reduce material use, though the classic poppable Bubble Wrap is still produced for those who enjoy the traditional experience.

That's good news for people like April Holliday, a member of an online group called “Popping Bubble Wrap.” She loves the material so much that she has even wrapped herself in a blanket of it. And if several YouTube videos are any indication, even raccoons would be sad to see the pop go out of Bubble Wrap. If you feel the urge to pop but don't have any Bubble Wrap on hand, you can virtually pop the bubbles in a number of online games. Clicking a bubble and hearing the familiar popping sound is *almost* as satisfying as the real thing!

January Birthdays

Chris – Jan. 7

Janet – Jan. 10

Kathy – Jan 31

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

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.”

Select Senior Living

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Celebrating January

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Eric Gebel
 Director of Maintenance

Jameel Robertson
 Director of Culinary



North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward, more than six decades ago, remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, “North to the Future,” captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

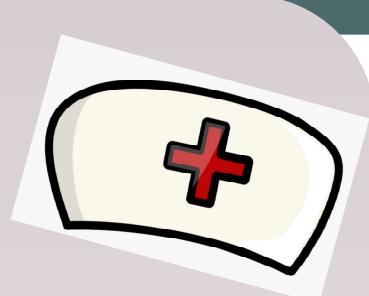
Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.

As we settle into January, Alaska's journey can encourage us to take our own steps toward renewal. Like the state that looked north and saw its future, we too can embrace new beginnings with strength, resilience, and hope for the year ahead.



From our Director of Nursing



Happy New Year everyone!

I cannot believe how fast 2025 went!

I would like to take this opportunity to remind everyone that we are still very much in the middle of the cold and flu season. If you are feeling ill, please remember to wear a mask in public areas and isolate yourself to help prevent the spread of illness.

I would also like to take this opportunity to briefly introduce our new nurse that is going to be joining our team on January 5th. Her name is Tami, and she brings many years of nursing experience with her. We are excited to have her, and she will be a great addition to the team! More to come when she settles in.

From the Maintenance Department



Great news! We will have two housekeepers starting in the next couple of weeks.

Kim will be working in the evenings, and Stephanie will be working during the day. Make sure to welcome both of them and thank them for all their hard work.



Update from Life Enrichment

Welcome to 2026! We are excited to kick off the new year with updates and insights to keep you informed. Let's make 2026 a year filled with growth, positivity, and wonderful memories.

On Wednesday, January 7 we will be having an activity planning meeting. This is a meeting where all the residents can come and have input into the next months calendar. This is where you can input ideas for outings, movies, and activities.

This month, we're diving into the wonders of Alaska, the Last Frontier. Discover the rich history, vibrant culture, and breathtaking landscapes of this majestic state. From the stunning Northern Lights to the diverse wildlife, there's so much to explore and learn about Alaska. On **Monday, January 5** we will be watching a movie about Alaska. **Thursday, January 8** we will learn about this amazing state. **Wednesday, January 7** we will be having a fun snack from Alaska. On **Thursday, January 22** we will be having a fun craft surrounding Alaska, and lastly **Friday, January 30** we will be having fun learning about facts and symbols of Alaska.

The book club is currently reading the Art Forger by Barbara Shapiro and will be meeting on Thursday, January 15 to discuss this book.

Outing-

Monday, January 12 – Walmart
Monday, January 19 – Dollar Tree
Tuesday, January 27 - Culvers

Craft Time-

Wednesday, January 7 – Snowman
Thursday, January 22 – Moose Painting

Happy Hour with Music

Friday, January 9 – Bill Mann
Friday, January 16 – Ross McLeod