

January 2022

# Craiglee News



After a short holiday we are ready to start a new month with increased vigor.

We once again welcome a new year that brings with it a message of hope. A dawning of a brand new chapter in our lives that shows us that it's okay to let go of the past and start again. It's a reset button. It's an opportunity to reinvent ourselves to keep moving forward.

The sun will start coming back from its winter sleep (no more eating dinner in the dark!) even if the cold will settle in for a couple more months.

## Celebrating January

**International Creativity Month**  
**Maintenance Workers Month**

**New Year's Day**  
*January 1*

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

**Martin Luther King Jr. Day**  
*January 17*

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

**Compliment Day**  
*January 24*

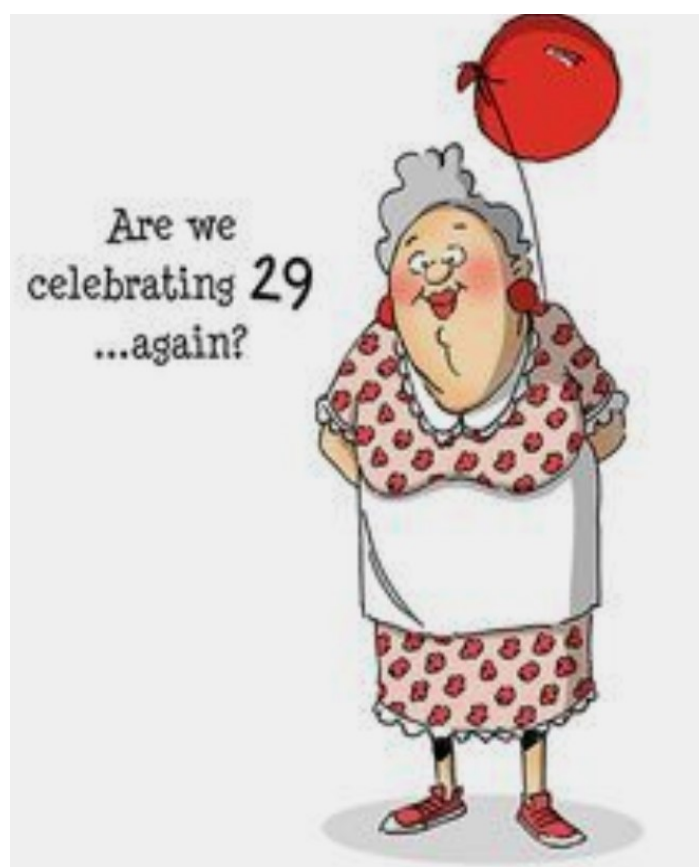
**Activity Professionals Day**  
*January 28*



Over the holidays, we have received a number of donations and gifts from families and friends. On behalf of the Residents' Council, Social Committee and Leadership Team, we'd like to thank you for your generosity!

*"Your mind expands when you give, your heart expands when you share, and your soul expands when you are charitable."* -- Matshona Dhliwayo (Zimbabwean-born, Canadian-based Philosopher)





Maria M	January 0
Emiliana F	January 05
Mary B	January 10
Robert S	January 11
Robert M	January 13
Konrad J	January 15
Karl G	January 17
Norma A	January 17
Hank Kun	January 18
Eugene W	January 21
Giovanni S	January 22
Vangie E	January 22
Ronald B	January 23
Suhitra S	January 23
Rodolph C	January 25
Pushpa	January 27
Thavama R	January 27
Marguerita A	January 31

## January Birthdays

Hurray, a fresh, new and dazzling year has come, which gives us the opportunity to start living anew, giving up bad habits and simply, refreshed from head to toe, start living on.

The main thing is to tune in correctly, remembering all the best..

The month of January is approaching and surely hopes and good wishes are renewed for the new year.

To everyone who was born in January,  
 I wish you happiness and health!  
 There are frosts in the yard,  
 I congratulate you on your love!  
 Let it be a birthday in winter,  
 And do not get roses for the holiday,  
 Celebrate it with your soul,  
 And let the frost not frighten you!





*It was such a privilege to have Lorna and Annalisa, both artists with opera Companies, perform for our residents on the 1st Floor . Our residents enjoyed the fantastic concert and excellent soprano voices of the artists. Thank you again, Lorna and Annalisa, for volunteering your time and talents! BRAVO!!!*



Christ Christmas Party 1st Flo PICCOLLAGE

*Our first Christmas party with the first-floor resident and families. Such a great afternoon! Live music, good food and first-class service from the management team.  
A day to remember!*





Christmas Party  
2nd Floor



PICCOLLAGE

"Christmas party for family and residents at Craiglee.  
Thank you to all departments and families for making  
this event a success."





Our Christmas Memory board was a hot spot for staff and residents. There were pictures from 2021 to 2019. So many memories, so little space!





PICCOLLAGE

Tactile art is also known as sensory art and includes any physical interaction with art through the sense of touch. At Craiglee, we use sensory art to strengthen motor functions and to allow our residents to express themselves in a meaningful way.



PICCOLLAGE

# *Snoezelen Cart*



PICCOLLAGE

Santa came earlier to deliver a big present for our resident. Surprise!  
A snoezelen cart!

The Snoezelen cart is a therapeutic environment created to deliver high levels of stimuli to our residents in a group or 1:1 setting. It displays optical illusions with combined lighting effects, aromas, colors, textures and sounds to stimulate a person's olfactory, auditory and gustatory systems.





PICCOLLAGE

The last 2021 show was performed by Tony, our favorite entertainer here at Craiglee. Our residents can't wait to have him back in January to celebrate Elvis' Birthday.





Ugly sweater contest at Craiglee .....





PICCOLLAGE

The residents voted for .....Carol! Congratulation!!!





*Thanks Santa!* for visiting Craiglee





PICCOLLAGE

FOR  
GIFTS EVERYONE



*Rocking around with  
the residents!  
Anika and Valentine  
brought laughter and  
joy to our residents  
with uplifting music  
and a youthful spirit.*



*Funny games with  
Moises the reindeer.*





## REMEMBERING MARTIN LUTHER KING

### **Martin Luther King Day**

Martin Luther King Day, a federal holiday in the United States, commemorates the birthday of the noted civil rights leader and nonviolent activist.

Celebrated the third Monday in January, it usually falls within a few days of his actual birth date of January 15.



### **Early History of Martin Luther King Day**

Most of us remember Martin Luther King Jr. as a stirring orator. His “I Have a Dream” speech is considered by many to be one of the most important speeches of the twentieth century, ranking with British Prime Minister Winston Churchill’s “Blood, Sweat and Tears” speech and President Roosevelt’s “Nothing to Fear but Fear Itself” speech. The difficult—but ultimately successful—struggle Dr. King led against racial segregation and discrimination in the late 1950s and 1960s changed the U.S. forever. Most can also remember his tragic assassination in 1968. But not many of us realize that the campaign to create a federal holiday honoring him actually began soon after his death. It took 15 years for the holiday to become official.

Nonviolent Social Change, established in 1968 by Dr. King’s widow, Coretta Scott King, tried to rally public support for a holiday commemorating King’s birthday. Important political figures and well-known entertainers came to her aid. World-famous musician Stevie Wonder helped popularize the cause by releasing his own version of *Happy Birthday* as a single in 1980 and by hosting the Rally for Peace Conference in 1981.

*Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.*

*Love is the only force capable of transforming an enemy into a friend.*

*We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.*

*Without love, there is no reason to know anyone, for love will in the end connect us to our neighbors, our children and our hearts.*

**-Martin Luther King Jr.**



**Do your part.  
Stop the spread of  
COVID-19.**



## **COVID-19 public health measures and advice**

In response to the rapidly-spreading and highly transmissible Omicron variant, the Ontario government, in consultation with the Chief Medical Officer of Health, is applying additional public health and workplace safety measures, including capacity and social gathering limits. These measures will help curb transmission and continue to safeguard Ontario's hospital and ICU capacity as the province continues to rapidly accelerate its booster dose rollout.

### **COVID-19: Stop the spread**

Take these everyday steps to reduce exposure to the virus and protect your health:

- ⇒ wash your hands often with soap and water or alcohol-based hand sanitizer
- ⇒ sneeze and cough into your sleeve
- ⇒ avoid touching your eyes, nose or mouth
- ⇒ avoid contact with people who are sick
- ⇒ stay home and self-isolate if you are sick (not related to getting a COVID-19 vaccine in the last 48 hours). Talk with a doctor if necessary.
- ⇒ wear a face covering or mask





# SPIRITUAL PAGE

## To Start The Day

Read the full prayer @ christianstt.com

Thank you for loving me, for walking with me and for caring about the smallest details in my life.

Fill me with grace, lord, that I may have the strength to face what is before me today. I know not what today will bring forth, but make me ready, Lord, for whatever it may be.

## KINDNESS

/kīn(d)nəs/ **noun**

1. Loaning someone your strength instead of reminding them of their weakness.

Happy are they who take life day by day, complain very little, and are thankful for the little things in life.

—ANONYMOUS



## Three Stories

Once, all villagers decided to pray for rain. On the day of prayer all people gathered but only one boy came with umbrella.

**-That's Faith.**

f/UsefulGen



When you toss a one year old baby in the air, he laughs because he knows his father will catch him.

**-That's Trust**

Every night we go to bed, we have no assurance to wake up alive next morning, but still we set alarm for tomorrow

**-That's Hope**



*Psalm 34:1*

I will bless the LORD  
at all times:  
his praise shall  
continually be in  
*My Mouth.*

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”  
— LEO BUSCAGLIA





# LAUGHTER THE BEST MEDICINE

When I get to work,  
I first hide. Because  
a good worker is hard  
to find.

I exercised once, but found  
out I was allergic to it!  
My skin flushed and my  
heart raced.  
I got sweaty  
and short  
of breath.  
Very dangerous!



... and that is WHY the  
chicken crossed the road.

I don't know much about  
birds but I can easily  
identify the husband in  
this picture



DEAR GOD,  
SO FAR TODAY,  
I'VE DONE ALL RIGHT.  
I HAVEN'T GOSSIPED.  
I HAVEN'T LOST MY TEMPER.  
I HAVEN'T BEEN GREEDY, GRUMPY,  
NASTY, SELFISH, OR OVERINDULGENT.  
I'M VERY THANKFUL FOR THAT.  
BUT IN A FEW MINUTES, GOD, I'M  
GOING TO GET OUT OF BED...  
AND FROM THEN ON, I'M PROBABLY  
GOING TO NEED A LOT MORE HELP.  
AMEN

crosses.com





## Famous January Birthdays

The following people were born in January. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Bob **DENVER**
- B. Neil **DIAMOND**
- C. George **FOREMAN**
- D. Benjamin **FRANKLIN**
- E. Wayne **GRETZKY**
- F. Diane **KEATON**
- G. Douglas **MACARTHUR**
- H. Wolfgang **MOZART**
- I. Edgar Allan **POE**
- J. Paul **REVERE**
- K. Andy **ROONEY**
- L. Vidal **SASSOON**

V	Z	X	B	H	I	E	F	R	A	Y	T
M	K	D	N	A	R	G	R	O	R	K	Q
C	A	C	N	E	I	F	A	O	Q	Z	O
H	Y	C	V	O	O	F	N	N	V	T	V
Q	O	E	A	R	M	M	K	E	Y	E	H
T	R	R	E	R	D	A	L	Y	G	R	Z
C	U	M	R	T	T	E	I	X	H	G	T
U	A	H	A	H	M	H	N	D	P	H	D
N	O	O	S	S	A	S	U	V	A	R	V
K	E	A	T	O	N	E	I	R	E	H	S
T	R	A	Z	O	M	N	O	H	R	R	B
M	P	J	N	R	P	A	U	P	H	R	K

**Bonus:** Match the person to the correct clue.

- |  |                                  |
|--|----------------------------------|
| 1. <i>60 Minutes</i> commentator _____ | 7. Singer/songwriter _____       |
| 2. Movie actress _____                 | 8. Hockey player _____           |
| 3. Composer _____                      | 9. Author and poet _____         |
| 4. Boxer _____                         | 10. WWII general _____           |
| 5. British hair stylist _____          | 11. Revolution patriot _____     |
| 6. TV actor _____                      | 12. Inventor and statesman _____ |

## Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

R	S	R	E	O	A	T	L	N	W	I	G	Y	V	Y
M	A	C	A	O	Q	U	X	C	Y	N	G	A	C	R
W	O	E	M	D	C	F	A	L	I	Q	O	D	J	A
H	A	J	Y	G	N	R	I	K	F	V	A	A	B	U
S	N	T	C	W	N	E	L	R	Y	G	T	I	C	N
W	K	A	E	A	E	N	L	G	S	J	Q	L	A	A
M	U	E	T	R	I	N	I	A	K	T	G	A	P	J
K	C	I	T	T	B	H	E	T	C	J	G	R	R	Q
C	O	V	R	J	W	E	E	S	U	U	R	T	I	S
N	D	A	F	E	Y	N	A	M	E	J	J	S	C	Z
B	M	Z	W	N	R	G	C	R	U	N	I	U	O	L
S	U	I	R	A	U	Q	A	V	E	U	I	A	R	D
Z	N	T	G	W	I	N	T	E	R	R	Z	H	N	H
N	E	W	Y	E	A	R	S	D	A	Y	H	S	C	S
J	J	U	U	M	G	P	F	E	U	S	W	H	L	T

AQUARIUS  
AUSTRALIA DAY  
CALENDAR  
CAPRICORN  
CARNATION  
CHINESE NEW YEAR  
FIRST



GARNET  
GOAT (Capricorn)  
JANUARY  
MARTIN L. KING (Day)  
NEW YEAR'S DAY  
WATER BEARER (Aquarius)  
WINTER



# Martin Luther King Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



N	C	K	A	N	T	F	T	A	L	E	A	D	E	R
J	O	D	A	O	O	S	R	M	L	I	N	X	S	R
A	L	I	X	I	I	N	W	E	S	U	X	I	O	N
N	D	T	T	T	R	E	V	R	E	O	T	T	N	S
U	K	Z	P	A	C	G	L	I	G	D	C	H	T	M
A	A	A	Y	R	N	J	T	C	O	O	O	H	E	E
R	B	U	N	T	U	I	P	A	D	L	G	M	Q	R
Y	S	L	I	S	R	N	M	N	Z	I	E	U	E	L
P	E	K	T	N	K	E	U	I	R	G	A	N	G	U
M	H	I	R	O	X	M	B	L	R	L	F	V	T	F
S	C	M	A	M	A	W	I	I	I	C	X	P	Q	E
E	R	E	M	E	Q	V	O	T	L	Q	S	W	A	C
I	A	X	R	D	I	R	Y	K	I	N	G	I	W	A
G	M	D	U	C	R	E	T	S	I	N	I	M	D	E
B	V	J	S	E	G	R	E	G	A	T	I	O	N	P

AMERICAN  
BAPTIST  
CIVIL RIGHTS  
DEMONSTRATION  
DISCRIMINATION  
DOCTOR  
DREAM

EQUALITY  
FREEDOM  
JANUARY  
JUSTICE  
KING  
LEADER  
LIBERTY

LUTHER  
MARCHES  
MARTIN  
MINISTER  
NONVIOLENT  
PEACEFUL  
SEGREGATION

## Secret Champagne Quote

Follow the instructions to cross off words in the table.  
What do the remaining words say?

1. Cross off all words that are associated with football.
2. Cross off all words that are six-letter words.
3. Cross off all words that are vegetables.
4. Cross off all words that are types of tea.
5. Cross off all words that rhyme with *start*.



branch	life	chart	kale
is	kickoff	darjeeling	pea
tart	too	formal	sack
earl grey	short	to	part
whisky	sprouts	not	snap
have	mint	hibiscus	leek
end zone	oysters	dart	tassel
smart	and	champagne	chard
punt	orange spice	yam	sometimes
art	splash	cart	touchdown



## New Year's Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



M	R	T	I	M	E	Y	W	J	Q	S	J	C	J	R
I	B	E	E	D	A	R	A	P	R	X	S	K	D	Z
D	N	U	F	P	Y	N	T	E	S	E	E	T	W	C
N	J	Z	N	L	U	K	K	S	S	C	R	N	K	Y
I	N	Q	D	A	E	A	C	O	R	A	X	O	B	T
G	E	T	R	D	M	C	R	J	D	I	Q	I	E	R
H	W	Y	G	E	T	A	T	I	G	X	F	T	G	A
T	R	E	S	O	L	U	T	I	O	N	S	A	I	P
N	Y	I	D	L	P	I	T	T	O	P	S	R	N	B
V	O	M	Z	S	O	T	B	T	F	N	H	B	N	X
N	B	A	K	N	Z	V	U	E	S	U	J	E	I	G
F	O	O	T	B	A	L	L	F	H	M	N	L	N	R
P	M	L	I	D	R	P	A	N	Y	T	B	E	G	W
R	A	D	N	E	L	A	C	O	A	T	L	C	O	S
U	J	T	H	Z	H	U	Y	C	W	J	T	W	Z	U

BEGINNING  
CALENDAR  
CELEBRATION  
CONFETTI  
FIRST  
FOOTBALL

FUN  
JANUARY  
MIDNIGHT  
NEW  
NOISEMAKERS  
PARADE

PARTY  
REFLECTION  
RESOLUTIONS  
ROSES  
TIME  
TRADITION

Happy  
**2022**  
New Year

