January 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, IA. 52544 Phone # 1-641-856-2757

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

Our thoughts and prayers go out to the families and friends of

Linda Clark
Fred Fett
Steven Steele
Loal Tarbell

Dorothy Riley- January 9th
Anna Shoot- January 24th
Leona Bitner- January 28th

Thank you to everyone that made our residents Christmas wonderful.

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 Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again.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.

Beginning at the End

"New year, new me" is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it's the start of a new year doesn't mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn't always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn't until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn't adopt the date until the 18th century.

Tomb of the Boy King

British archaeologist Howard Carter spent two years exploring and excavating a tomb in Egypt's famed Valley of the Kings before making the find of a lifetime. On January 3, 1924, he discovered a solid gold coffin containing the mummified remains of the boy-king, Tutankhamen.

King Tut was just nine years old when he began his rule. His time as pharaoh lasted just 10 years before he died at age 19. Historians are unsure how Tut died. Following tradition, Tut was mummified and buried with myriad treasures. The tomb was sealed, and the desert sands swallowed its entrance, hiding the tomb for over 3,000 years.

When Carter first arrived in Egypt in 1891, many of the tombs of Egypt's greatest pharaohs had been discovered. But the tomb of one little-known pharaoh, the boy-king Tutankhamen, was unaccounted for. Carter spent 30 years searching Egypt's shifting sands. Carter intensified his search for King Tut's tomb after the end of World War I with financing from one of the world's wealthiest collectors of antiquities. In November 1922, Carter's water boy stumbled across some ancient steps hidden in the sands. Carter knew that he had stumbled on a find of great importance.

Carter opened the tomb and was amazed to find that its contents had not been looted. According to Carter's diary, "Details of the room within slowly emerged from the mist, strange animals, statues, gold—everywhere the glint of gold." It took nearly two years for Carter and his team to reach the Pharaoh's burial chamber. It was filled with golden shrines, jewel-studded chests, and Tutankhamen's sarcophagus. He raised the lid to reveal a coffin of pure gold. Carter's discovery ignited a worldwide fascination with Egyptology and turned him into a celebrity. Meanwhile, his wealthy financier had been bitten by a mosquito and soon died of an infection. Journalists attributed his death to the "Mummy's Curse."

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?

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Postage Information

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Betsy Ross (upholsterer) – Jan. 1, 1752
Diane Keaton (actress) – Jan. 5, 1946
Zora Neale Hurston (novelist) – Jan. 7, 1891
Soupy Sales (comedian) – Jan. 8, 1926
Max Roach (jazz drummer) – Jan. 10, 1924
Jeff Bezos (Amazon exec) – Jan. 12, 1964
Regina King (director) – Jan. 15, 1971
Muhammad Ali (boxer) – Jan. 17, 1942
Ernest Borgnine (actor) – Jan. 24, 1917
Oprah Winfrey (talk show host) – Jan. 29, 1954
Jackie Robinson (ballplayer) – Jan. 31, 1919