

Show Your Birthday Colors!

Orange (Jan. 1–10)

You and your goal-oriented personality tend to ring in the new year with a list of resolutions. What's more, you often accomplish them all! You are a responsible and caring person. It can sometimes take a while for you to warm up to new people, but when you do, you become friends for life.

Yellow (Jan. 11–24)

Your sweet demeanor makes you a joy to be around, and your friends and family love having such a dependable companion. A logical and thoughtful person, you generally make the right choice at the right time. For this reason, those around you often seek you out for advice.

Pink (Jan. 25–31)

You have a great sense of humor and a sensitive soul. You are a hard worker and give every task your all. Those close to you know they can count on you to help them get the job done—and that caring for others is your top priority. Just make sure you don't forget to take care of yourself in this new year.



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Waterford's Leadership Team

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Manor

Ernie N 1/11
JoAnn S 1/16
Don K 1/19
Roxie K 1/19
Arlou W 1/26

Estates

Gertrude G 1/01
John M 1/01
Rose M 1/01
Margaret O 1/03
Pat O 1/06
Susan M 1/08
Donald K 1/14
Pricilla H 1/22
Pat G 1/23
Laverne G 1/25

Townhomes

David Z 1/04
Marilyn W 1/23

Memory Care

Sue R 1/04
Iris R 1/25



JANUARY 2022

Waterford
A not-for-profit retirement community

Waterford Talk

Martin Luther King, Jr. Day

Monday, January 17

On the third Monday of the month, we honor the achievements of Martin Luther King, Jr., a Baptist minister who advocated the use of nonviolent means to end racial segregation.

Did you know?

1. King's birth name was Michael, not Martin.
2. King entered college at the age of 15.
3. King received his doctorate in systematic theology.
4. King's 'I Have a Dream' speech was not his first at the Lincoln Memorial.

(<https://www.history.com/news/10-things-you-may-not-know-about-martin-luther-king-jr>)

January is National Bath Safety Month

In the United States, more than 43,000 children suffer injuries due to slips and falls. But children aren't the only ones this month-long observance seeks to protect. Adults of all ages slip and fall in the tub. There are steps that can be taken to make your bathtub safer:

- Install slip-resistant strips or mats on the floor of the bathtub or shower.
- Add grab bars.
- Install a shower seat.
- Use a nonslip rug to prevent slips and falls when exiting the bath.
- Check the temperature of the hot water heater. The standard temperature is 120°F to avoid scalding risks.
- Add a spout cover to the faucet to protect heads and other body parts in the event of a fall.

Preventing bathroom accidents is easy if you take the right precautions and your family will thank you!



"Winter came down to our home one night, quietly pirouetting in on silvery-toed slippers of snow; And we, we were children once again."

~ Bill Morgan Jr.



Waterford Talk

BUS RULES

- **WINTER WEATHER**—Winter is upon us, which means snow, ice, and frigid wind chills. The safety of our residents is of utmost importance. Therefore, activities may be cancelled due to inclement weather. Anyone signed up will be notified of the cancellation.
- **RESIDENTS MUST SIGN UP!** Decisions are based on the number of people signed up for an activity. If you are not signed up, we may decide to cancel. Anyone signed up, will be notified of the cancellation. Also, if you are not signed up, you may not be allowed to board the bus at the last minute.
- **RESIDENTS MUST BE ON-TIME!** The calendar designates the time the bus will leave Waterford. The bus will leave close to that time. After shopping, you must be at the departure area at the assigned time. If you are not there, the bus will return to Waterford. The bus will return to pick you up. If you are still not ready, you will have to find your own ride home.
- **At this time, face masks must be worn over the mouth and nose while on the bus.**



January 9



Crack a Smile

By Gary L (Manor resident)

Whenever you are feeling sad
 Your eyes fixed upon the ground
 You need someone to cheer you up
 To turn your frown upside down

When times can get real rough
 You need someone to lift your chin
 Or tickle you till you can't breathe
 Or till you simply grin

A kiss is just a kiss
 A hug a mere embrace
 But nothing beats the worldly known
 A smile upon your face



Special Days

- New Year's Day:** January 1
- Epiphany:** January 6
- National Ring, Ring Day:** January 13
- Makar Sankranti (Hindu Harvest Festival):** January 14
- Orthodox New Year:** January 14
- Tu B'Shevat (Jewish Arbor Day):** January 16–17
- Martin Luther King Day:** January 17
- National Cheese Lovers' Day:** January 20
- National Puzzle Day:** January 29

Waterford Talk

New Year's Around the World

Americans often use fireworks to celebrate New Year's, while Puerto Rican children throw water out of their windows at midnight on New Year's Eve to rid their homes of evil spirits. In France, a stack of pancakes is eaten for luck and good health. In Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What's your family's New Year's tradition?



FUN AT THE WATERFORD

