

MUSTANG ARBOR HOUSE TIMES

hello
january

January 2019

1st **HAPPY NEW YEAR**

21st Martin Luther King Jr. Day

Interesting Facts about January

- 1. The Anglo-Saxons called January “Wulfmonath” as it was the month hungry wolves came scavenging at people’s doors.**
- 2. The Romans named it January after Janus, the God of gateways.**
- 3. Janus had two heads so he could look in both directions, back at the old year and forward towards the new year, at the same time.**
- 4. According to the International Standard Organisation’s ISO 8601, week 1 of any year is the week including January 4.**
- 5. Daytime temperatures in January make it the coldest month of the year in the UK. February nights are colder in England (but not Scotland).**
- 6. The only Shakespeare plays that mention January are Much Ado About Nothing and Winter’s Tale.**
- 7. The birthstone for January is the garnet; the flower is the carnation.**
- 8. The first recorded reference to a “January sale” in the UK was in 1865.**
- 9. There is a variety of cold-tolerant winter cabbage grown in England known as January King.**
- 10. More couples separate or divorce in January than in any other month.**



1/6 Carol Hunt

1/24 Maria Martin



JANUARY

seasonal produce list

VEGETABLES

Broccoli

Brussel Sprouts

Cabbage

Celery

Collard Greens

Garlic

Kale

Leeks

Onions

Parsnips

Potatoes

Rutabagas

Sweet Potatoes

Winter Squash

FRUITS

Apples

Bananas

Citrus

Pears

Persimmons

Pomegranate



**Birthstone:
Garnet**



**Birth Flower :
Carnation**



WINTER WORD SEARCH

FIND THE WORDS!



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

BOOTS

COLD

FREEZING

HAT

SCARF

SLEDDING

SNOWFLAKE

CHRISTMAS

DECEMBER

FROST

ICE

SHOVEL

SNOWANGEL

SNOWMAN

COAT

FEBRUARY

GLOVES

JANUARY

SKIING

SNOWBALLS

WINTER

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security. The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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Our Staff

- Executive Director.....Cristy Davis
- Director of Nursing.....Lynne Zepeda
- Wellness Coordinator.....Tonda Morris
- Dietary Manager.....Sandy Wilson
- Engagement CoordinatorDoug McCollough
- CD Assistants.....Allison Shepherd
- Maintenance.....Jamey Footz
- Housekeeping:..... Cassandra Gastingau