

January 2022

Caraton Commons

De Pere |1500 Arcadian Lane| 920- 339- 0601| assistedlivingbyhillcrest.com
Green Bay *653 Woodside Road| 920- 465- 7600| assistedlivingbvhillcrest.com



Celebrating January

Resident Council Meeting

January 27th, 2022

Building One De Pere
@ 1:30

Building Two De Pere
@ 2:30

Building Three De Pere
@ 3:30

**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

Activity Professionals Day
January 28



Resident of the Month Annette V.

Meet Annette V, our
Resident of the Month
for January!

Annette is originally from East De Pere area; she is the middle child of Eight. She graduated High School from East De Pere, continued schooling at NWTC and received a certificate for Child Care. She went on to become a Daycare Teacher. As she was continuing this part of her life, she went on to have one daughter named Kendra. Family is everything to Annette, she kept her self-busy with lots of great hobbies! She enjoys card games, arts & crafts, swimming and you'll always catch her scrolling through Facebook on her iPad! When it comes to December its Annettes favorite time of the year, she loves decorating the Christmas trees and cookies while listening to Christmas carols. When we asked Annette what her favorite thing about living at Caraton Commons she replied, "The great staff, the beautiful building, and the activities!" She then gives us a beautiful piece of advice, "Always have a peaceful and loving day, don't let any negative thoughts wreck your day!"

Our Shining Star!

Meet Hope!



Hope has been with us since August of last year as Med-Passer, as well as doing activities a few days a week! She sees herself in ten years staying within this profession but possibly going back to school to complete her Nursing degree. Some of the reasons why Hope loves her job is the impact that she has on the residents lives every day, spending one on one time with the residents. Hope has four siblings, three sisters and one brother.

While Hope isn't at work, she's enjoying the outdoors with her boyfriend Josh and her German Shepherd Molly. They're always fishing, skiing, or on the Motorcycle. Last year Josh and Hope took a trip to Sturgis, South Dakota she says the best part about the trip was seeing the thousands of different motorcycles as well as the Black Hills. Hope's favorite time of year is Summer, being able to be out on the boat catching lots of fish!

The end of last year was very exciting to Josh and Hope they bought their very first home in Howard. Keeping in mind the house needed to be big enough to get another puppy and to start a family one day soon, the yard for Molly, and the extra shop for Josh. If Hope won the lottery, she would fix up their new home, and get a few more German Shepherds!

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?

History Down Under



January 26 brings Australia Day in the country Down Under. This national day remembers the landing of Britain's First Fleet at Sydney Cove in 1788 under the command of Naval Captain Arthur Phillip. Phillip raised the British flag, declaring the land for Britain and establishing the first colony in Australia. Of course, Australia was already inhabited at the time of Phillip's arrival by Aboriginal Australians. For this reason, protests have erupted in recent years asking for a change in the date of Australia's National Day. The Australian government has responded by making concerted efforts to make Australia Day a day for all Australians, especially recognizing Indigenous Australians and their contributions to Australian society.

Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



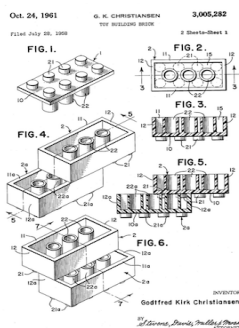
By the time Bly suggested her around-the-world trip, she had her editors' full support, so there was no question that she would undertake the adventure. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

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

Building Blocks



On January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a “Lego brick.” The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In January 1958, Godtfred gathered his best engineers and sketched some designs to improve their construction, including three inner tubes that would improve the bricks' sticking power. These three inner “clutch tubes” became the design feature that helped Lego bricks become one of the world's most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun for both boys and girls. The freedom and creativity with which people can build have made Lego bricks attractive to not only kids but also adults all over the world.