

January 2024

Northern Pines News

Northern Pines Assisted Living | 130 Mary Ann St. Grayling, MI 49738 | (989) 344-2010



Celebrating January

New Year's Day

January 1

Trivia Day

January 4

Step in a Puddle and Splash

Your Friends Day

January 11

Dress Up Your Pet Day

January 14

Martin Luther King Jr. Day

January 15

Happy Birthday Lynne!!

January 17

Take a Walk Outdoors Day

January 20

Happy Birthday Butch!!

January 21

Happy Birthday Ron!!

January 22

National Seed Swap Day

January 27

Puzzle Day

January 29

It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

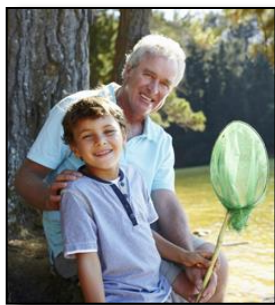
In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.

Work Hard by Hardly Working



It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore.

We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two “think weeks” every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of “think weeks” off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, “I'm a great believer in luck, but I find the harder I work the more I have of it.”

January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

Victor Borge (comedian) – Jan. 3, 1909
 Sterling Holloway (actor) – Jan. 4, 1905
 Charlie Rose (journalist) – Jan. 5, 1942
 Kate Middleton (princess) – Jan. 9, 1982
 Joe E. Lewis (comedian) – Jan. 12, 1902
 Michelle Obama (first lady) – Jan. 17, 1964
 Ann Sothorn (actress) – Jan. 22, 1909
 Maria Tallchief (ballerina) – Jan. 24, 1925
 Elmore James (guitarist) – Jan. 27, 1918
 Jackie Robinson (ballplayer) – Jan. 31, 1919

Queen of the Sea



On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

Queen Mary 2 has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the *QM2* is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.