

January 2022

# Townehall Place



Townehall  
PLACE  
SENIOR LIVING

## January Birthday's

Cuba Gooding Jr. (actor) – January 2, 1965  
Bobby Hull (hockey player) – January 3, 1939  
Greta Thunberg (climate activist) Jan 3, 2003

Joan of Arc (heroine) – January 6, 1412  
Katie Couric (news anchor) – January 7, 1957  
Stephen Hawking (physicist) – Jan 8, 1942  
Kate Middleton (duchess) – January 9, 1982  
Rod Stewart (musician) – January 10, 1945  
L.L. Cool J (rapper) – January 14, 1968

Regina King (actress/director) – Jan 15, 1971  
Katy Jurado (actress) – January 16, 1924  
Édouard Manet (painter) – January 23, 1832  
Virginia Woolf (writer) – January 25, 1882  
Nolan Ryan (ballplayer) – January 31, 1947

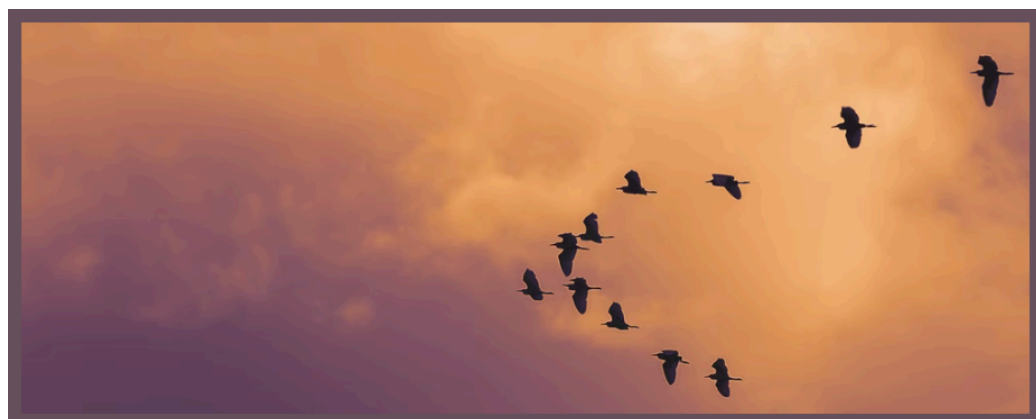
## Monthly Highlights

### Entertainment with Terri Barnaby

#### Putting a Stamp on January

A Canadian Bluenose might sound like someone who's been out in the cold for too long, but it's actually the name of a stamp issued in Canada on January 8, 1929. It features an image of the Canadian schooner *Bluenose*, a celebrated racing ship, fishing vessel, and iconic symbol of Nova Scotia. The beautiful stamp is considered one of the most magnificent ever made and is worth

*The bad news is  
time flies. The  
good news is  
you're the  
pilot. -  
Michael  
Altshuler*



## Happy Birthday to You!

John R.	1/3
Ann P.	1/10
Betty S.	1/11
Sara B.	1/12
Cyrus O.	1/28



## The Power of the Resolution

It's the beginning of the New Year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This raises the question: why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well. Instead, focus on the positive and resolve to use your natural gifts in powerful ways.

**January** is the first month of the year in the Julian and Gregorian calendars. The month did not exist until around 713 BC, when it was added to the original Roman calendar along with February. January is named after Janus, the god of gateways and beginnings, who is typically depicted as a two-headed man looking forward and backward simultaneously. This is a fitting image for the first month of the year—remembering the past while also looking to the future.