

January 2022

Boyson Heights

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Celebrating January

International Creativity Month

Black Diamond Month

Mentoring Month

New Year's Day

January 1

Bird Day

January 5

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

Beginning at the End

“New year, new me” is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year’s resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it’s the start of a new year doesn’t mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year’s Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don’t want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you’ve set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn’t always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn’t until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn’t adopt the date until the 18th century.

Welcome Kristina!

Where did you grow up?
Vinton, IA

What is your favorite color?
Yellow

If you could live anywhere, where would it be?
Seattle, Washington

What is your favorite food?
Pasta, or anything with Cheese!

Why do you like working at Boyson Heights?
I love my co-workers! The teamwork at a job is very important!

Would you rather ride a bike, ride a horse, or drive a car?
DRIVE!

What are your hobbies?
Arts and Crafts, making people happy and napping!

What's your favorite family tradition?
Halloween! Huge family every year!

What three items would you take with you on a deserted island?

- 1) My cat
- 2) A good book
- 3) My phone

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.

Tenant/Staff

Neema – 1st

Mary Grafe – 17th



Welcome Debbie!

*Where did you grow up?
In Africa*

*What is your favorite color?
Green*

*If you could live anywhere, where
would it be?
Dallas, Texas*

*What is your favorite food?
Seafood*

*Why do you like working at Boyson
Heights?
A good working relationship*

*Would you rather ride a bike, ride a
horse, or drive a car?
Drive a car!*

*What are your hobbies?
I love singing*

*What's your favorite family tradition?
Dancing*

*What three things would you take
with you on a deserted island?
The word of God*

Joke Corner!

*What do you call someone with no body and no
nose?
Nobody knows!*

*What do you call a snake wearing a hard hat?
A boa constructor!*

*When you're 20 and you drop something, you pick
it up.
When your 80 and you drop something, you decide
you don't need it anymore!*

*What did the football coach say to the broken
vending machine?
Give me my quarterback!*

*Why did the man get fired from the orange juice
factory?
Lack of concentration!*

*Why don't they play poker in the jungle?
Too many cheetahs!*



