

**Resident's Birthdays!**

- Shirley H. 1/2
- Luella K. 1/5
- Greg M. 1/8
- Beverly D. 1/9
- Beverly B. 1/12
- Pat S. 1/26
- Shirley K. 1/31

**Staff Birthdays!**

- Anna Xiong 1/1
- Jesse Barton 1/9 1/12
- Katie Kinzel 1/21
- Robin Couillard 1/27
- Suzanne Markgraf 1/29

**Happy Birthday Everyone!**



**January Birthdays**

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

- J.R.R. Tolkien (author) – January 3, 1892
- Joan of Arc (heroine) – January 6, 1412
- Zora Neale Hurston (writer) – January 7, 1891
- Elvis Presley (musician) – January 8, 1935
- Rod Stewart (musician) – January 10, 1945
- Martin Luther King Jr. (activist) – Jan. 15, 1929
- Muhammad Ali (boxer) – January 17, 1942
- George Burns (comedian) – January 20, 1896
- Virginia Woolf (writer) – January 25, 1882
- Nolan Ryan (ballplayer) – January 31, 1947

**Hubby's Day**



According to old Viking calendars, the Friday of the 13th week of winter is celebrated as Husband's Day in Iceland. Also known as *Bóndadagur*, it is the first day of the month of

Þorri, or Thorri, in honor of Thor, the god of thunder. There are many traditions associated with this holiday honoring both the god and the master of the house or farm, or *bóndi*. In olden times, husbands were expected to rise first and welcome Thor with a special ceremony where they would go outside dressed in a shirt, with one leg of his trousers on and the other dragging behind him. He would then hop on one leg as a welcome to Thor. Since the mid-19th century, though, this day is more like Valentine's Day, and men are given gifts and treated to dinner. Not to be forgotten, Wife's Day arrives a month later on February 24.

**The Pebbles of Lake Phalen**

The Shores of Lake Phalen Independent & Assisted Living\* 1870 East Shore Drive \* 651) 777-7784\*



**Happy New Year Everyone!**



Well we are now in 2020 it's amazing how time flies!

We end our year with several wonderful holiday parties and celebrations and we're ready to have a wonderful beginning new year. Let's look back before we start our new year and look at some of the wonderful pictures from the different parties and celebrations in 2019.

**Celebrating January**

**Get Organized Month**

**Skating Month**

**Polka Music Month**

**First Foot Day**

*January 1*

**Bird Day**

*January 5*

**Static Electricity Day**

*January 9*

**International Kite Day**

*January 14*

**Martin Luther King Jr. Day**

*January 20*

**Compliment Day**

*January 24*

**Inspire Your Heart**

**with Art Day**

*January 31*



### Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

*The Lone Ranger* hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

### Fun in January!

**In the Month of January, we will celebrate a few national days for fun and enjoyment.**

**January 15th**  
**The first fun day will be National Hat Day! Resident are encouraged to wear hats of any style and humorous.**

**January 20<sup>th</sup>**  
**The second fun day will be National Popcorn Day! This day falls on Dr. Martin Luther King Day. Staff will provide flavored popcorn and a movie will be featured in the movie theater in memory of Civil Rights leader, Dr. Martin Luther King Jr.**

**January 28<sup>th</sup>**  
**The Third fun event will be Fun in the workplace.**

### Clothing Alterations

**Cathy Birkeland\*\*\* 651)777-5350**

If you're looking for someone to alter your clothing, please use my sewing service. I provided sewing services to senior citizens for over 25 years. Shortening pants, skirts or taking in the waist are just a few of the common alterations I have done. Services includes picking up and delivering to your home. Other sewing services available.



### Honoring Ray Petschel

In December, we honored one of our very own, Ray Petschel, for serving as a WWII Vet along with our many other residents. Ray was also acknowledged for serving and retiring from the St. Paul Police Department. Ray is also the first resident to move into The Shores. Ray has enjoyed going on the outings and visiting with his neighbors during Happy Hour. Congratulations and Thank You, Ray for being one of our many wonderful residents.



**Honoring Dr. Broman**

December 18<sup>th</sup> Mayor Furlong and City Council Members recognized resident Dr. Harold R. Broman Jr on 35 years of dedicated care and compassion provided to citizens in and around our community.

Dr. Broman delivered 1.400 babies during his tenure at North St. Paul Medical Center. He served as President of Minnesota Medical Board of Examiners, appointed by Governor Al Quie, served on the Health Resources Board to begin building of St. John Hospital in Maplewood among many Other accomplishments. A husband and father to four children, and Grandfather...We commend you!! Congratulations Dr. Broman for a life well Lived.

### Employee of the Month

Our employee of the month for December, is appreciation of all the staff at The Shores of Lake Phalen.

We had a Holiday Party to celebrate the employees also giving a choice of a ham or turkey in appreciation.

