

Neighborhood News

January 2019

HAPPY NEW YEAR!

2019

DID YOU KNOW?

JANUARY IS NATIONAL HOBBY MONTH!
WHY HOBBIES ARE GREAT . . .

A. They enrich our lives

Hobbies keep us multi-dimensional and well-rounded. They also bring experiences to our lives that we wouldn't normally get from work or at home.

B. There are so many to choose from

No matter how many hobbies you have, you can always add more. Each one gives you different experiences.

C. They are not a long-term commitment

Hobbies are low maintenance. If you need to take a break, it will still be there for you to enjoy down the road.

D. We can share them with others

Sharing your hobbies with friends and family creates quality time you can spend together.



Join us in wishing
Dr. Harold Johnston
A Happy Retirement!



Dr. Johnston has provided quality, compassionate care to the Cook area for over 40 years. Please join us in a celebration of his years of dedication.

Friday, December 28th

Doug Johnson Recreational Center
510 E. Johnson Road, Cook MN
5:00 - 8:00 Appetizers and Cake Available
6:00 Program

Top 10 New Year's Resolutions

1. Spend more time with family and friends.
2. Fit in fitness.
3. Tame the bulge.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.

WINTER WONDERLAND

R B H B B H I C E S K A T E S
 Y U O K I L S K L C U Q Y A P
 W N T S W C I L K W S Q Z W C
 O D C N F I I Z E D X Z J S Y
 O L O O L M N C Z D W W C K W
 L E C W U I C D L A D Y F I H
 E U O F R T K Q C E R I K I I
 N P A L R T M K C H S D N N B
 S M Q A I E T U L Z I P T G E
 U Q G K E N E Q R C P L F D R
 N Q M E S S F R O S T Y L P N
 N R E S O L U T I O N S E A A
 Z E W L O N G J O H N S J R T
 M K X M J Z S N O W M A N K E
 F I R E P L A C E W M M F A T

SNOWFLAKES
 MITTENS
 SLEDDING
 BLIZZARD
 FIREPLACE
 HOT COCOA
 WINDCHILL
 BUNDLE UP
 ICICLES
 HIBERNATE
 SNOWMAN
 LONG JOHNS
 RESOLUTIONS
 WOOLENS
 FROSTY
 SKIING
 PARKA
 FLURRIES



JANUARY FUN FACT

January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the Calends, and people decorated their homes and gave each other gifts. January is also one of the newer months to the calendar we know today and originally had only 29 days. Julius Caesar gave it the 31 days it still has in the modern Gregorian calendar.



Cover Your Cough

What does it mean to “cover your cough”? When you have to cough or sneeze cover your mouth and nose with a tissue or cough/sneeze in the bend of your elbow. Then dispose of the tissue in the trash and always clean your hands with soap and water or alcohol-based hand cleaner. Why “Cover Your Cough”? To prevent the spread of serious illnesses such as influenza and whooping cough. How can you stay healthy? Wash your hands often with soap and water or alcohol-based cleaner. Avoid touching your eyes, nose, or mouth. Avoid close contact with people who are sick.

Welcome Ann Joki!

The Cook Care Center would like to welcome Anne. Anne was born in Virginia, MN. She graduated Mountain Iron High School in 1945. Anne worked as a clerk at the Co-op in Zim for a short time. She and husband Bill raised their family in Zim. Anne says she was blessed with very nice sons. She and Bill enjoyed traveling and seeing different places. Her favorite food is spaghetti. Anne also enjoys country western music, playing poker and winning at BINGO. She enjoys being around animals, loving both cats and dogs equally. Anne is wanting to get to know other people and invites everyone to stop in and say “hi”.



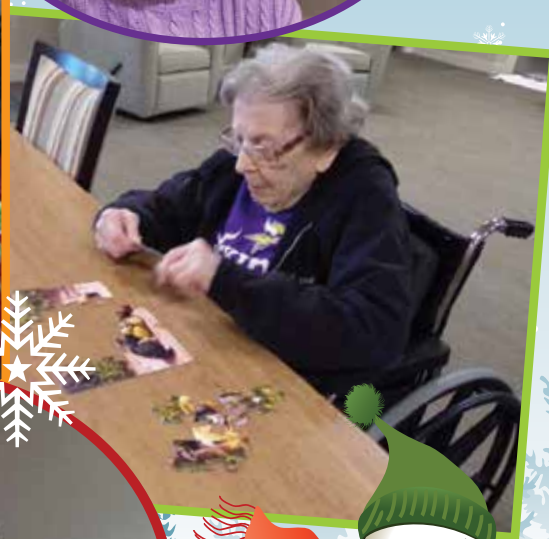
Ann Joki from Zim, MN.

Photo Gallery



Happy Birthday!

Theano Sigford 1/8
Donna Rautiola 1/8



Country Apple Dumpling



Prep Time: 20 mins
Cook Time: 45 mins
Ready In: 1 hr 5 mins

Ingredients

- 2 large Granny Smith apples, peeled and cored
- 2 (10 ounce) cans refrigerated crescent roll dough
- 1 cup butter
- 1 1/2 cups white sugar
- 1 teaspoon ground cinnamon
- 1 (12 fluid ounce) can or bottle Mountain Dew

Directions

1. Preheat the oven to 350° F (175° C). Grease a 9x13 inch baking dish.
2. Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish.
3. Melt butter in a small saucepan and stir in the sugar and cinnamon. Pour over the apple dumplings. Pour Mountain Dew over the dumplings.
4. Bake for 35 to 45 minutes in the preheated oven, or until golden brown.





TRIVIA CORNER! JANUARY

- The birthstone of January is
A. Diamond B. Amethyst C. Garnet D. Pearl
- Who Of the following was NOT born in January?
A. Paul Revere B. George H.W. Bush C. Franklin D. Roosevelt D. Martin Luther King
- Which female historical figure was born in January?
A. Betty Ford B. Susan B. Anthony C. Eleanor Roosevelt D. Besty Ross E. Billy Jean King
- Which is colder?
A. The North Pole B. The South Pole C. Minnesota
- The average temperature in Minnesota in January is:
A. 4.5° F B. 22° F C. 15.6° F
- The average snowfall for January in Minnesota is:
A. 12" B. 18.25" C. 9.5"

- What is the coldest temperature ever recorded in Minnesota?
A. -100° B. -60° C. -43° D. -32°
- What famous carnival is held in the Twin Cities in January?
A. The State Fair B. The Renaissance Festival C. The Parade of Homes D. The Winter Carnival
- What year was the St Paul Winter Carnival established?
A. 1886 B. 1919 C. 1953 D. 1982
- Approximately how many visitors does the Winter Carnival attract each year?
A. 20,000 B. 120,000 C. 250,000 D. 1,000,000
- Which of the following is NOT a Winter Carnival Legend?
A. King Boreas B. The Fire King C. Princess Kay of the Milky Way D. The Klondike Kates
- The Winter Carnival is famous for ...
A. Frigid weather B. Ice Palaces C. Fancy Hotdish Competition D. Treasure Hunt E. All of the above

Good Luck!

- C. Garnet
- B. George H.W. Bush
- D. Betsy Ross
- B. The South Pole
- C. 15.6° F
- A. 12"
- B. -60° F
- D. The Winter Carnival
- A. 1886
- C. 250,000
- C. Princess Kay of the Milky Way
- E. All of the above

ANSWERS

Isn't that special?

Special Days celebrated in January include: National Trivia Day (4th), National Clean Off Your Desk Day (9th), National Penguin Awareness Day (19th), National Polka Dot Day (22nd), National Chocolate Cake Day (27th)!!

SENIOR HUMOR



Winter Jokes

- Q: What do women use to stay young looking in the Arctic?*
A: Cold Cream
- Q: What's an "ig"?*
A: A snow house without a loo!
- Q: Why did Frosty the snowman want a divorce?*
A: Because he thought his wife was a flake
- Q: Getting a job in the Arctic in the winter is great! Why?*
A: When the days get short, you only have to work a 30 minute work week.
- Q: Why do seals swim in salt water?*
A: Because pepper water makes them sneeze!
- Q: What 8 letters can you find in water from the Arctic Ocean?*
A: H to O! (H2O)
- Q: Why was the snowman sad?*
A: Because he had a meltdown.