

January 2021 Newsletter
Acclaim Health - Activity Newsletter



**From all of your friends at Acclaim Health Adult Day Caregiver Support,
we want to wish you a fantastic January and a Happy New Year!**

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January Fun Facts

- January is named after the Roman God Janus, whose name means “door” in Roman (opening the door into a new year)
- January is usually the coldest month of the year
- The Saxons used to call January the wolf month because hungry wolves would come into their towns searching for foods this time of year

Mark Your Calendar

January 1st - First Day of the New Year!

Happy New Year! Get out your firecrackers because January 1st marks the first day of 2021, which will hopefully become a better year for everyone than 2020 was.

January 12th - National Hot Tea Day!

On January 12th, make yourself a hot cup of tea, relax and rewind.

January 25th - Robbie Burns Day!

Robert Burns was a Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide.

January 31st - Backwards Day!

January 31st, the last day of the first month of the year, is your chance to do everything in reverse!

Symbols of January:

Birthstone: Garnet

Flower: Carnation

Zodiac: Aquarius & Capricorn

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Top 10 New Year's Resolutions

1. Spend Less Money / Save Money
2. Read More
3. Learn Something New
4. Eat Healthier
5. Spend More Time With Family and Friends
6. Keep the House Clean
7. Drink More Water
8. Clean Out the Closet
9. Quit Smoking / Drinking
10. Exercise More

January In Different Languages

Chinese - yiyuè

Danish - Januar

Italian - Gennaio

Latin - Ianuarius

French - Janvier

Spanish - Enero

Historical Names For January

Roman - Ianuarius

Saxon - Giuli

Germanic - Schee-mond

*Fun Fact: The German name for January translates into snow-month

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Address to a Haggis by Robbie Burns

Fair fa' your honest, sonsie face,	Deil tak the hindmost, on they drive,
Great Chieftain o' the Puddin-race!	Till a' their weel-swallow'd kytes belyve
Aboon them a' ye tak your place,	Are bent like drums;
Painch, tripe, or thairm:	Then auld Guidman, maist like to rive,
Weel are ye wordy of a <i>grace</i>	<i>Bethankit</i> hums.
As lang 's my arm.	Is there that owre his French <i>ragout</i> ,
The groaning trencher there ye fill,	Or <i>olio</i> that wad staw a sow,
Your hurdies like a distant hill,	Or <i>fricassee</i> wad mak her spew
Your <i>pin</i> wad help to mend a mill	Wi' perfect sconner,
In time o' need,	Looks down wi' sneering, scornfu' view
While thro' your pores the dews distil	On sic a dinner?
Like amber bead.	Poor devil! see him owre his trash,
His knife see Rustic-labour dight,	As feckless as a wither'd rash,
An' cut ye up wi' ready slight,	His spindle shank a guid whip-lash,
Trenching your gushing entrails bright,	His nieve a nit;
Like onie ditch;	Thro' bluidy flood or field to dash,
And then, O what a glorious sight,	O how unfit!
Warm-reekin, rich!	But mark the Rustic, <i>haggis-fed</i> ,
Then, horn for horn, they stretch an' strive:	

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The trembling earth resounds his
tread,

Clap in his walie nieve a blade,

He'll make it whistle;

An' legs, an' arms, an' heads will sned,

Like taps o' thrissle.

Ye Pow'rs wha mak mankind your care,

And dish them out their bill o' fare,

Auld Scotland wants nae skinking ware

That jaups in luggies;

But, if ye wish her gratefu' prayer,

Gie her a *Haggis!*



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Sing With Us - Auld Lang Syne**

Should auld acquaintance be forgot

And never brought to mind?

Should auld acquaintance be forgot

And days of auld lang syne?

For auld lang syne, my dear

For auld lang syne

We'll tak a cup o' kindness yet

For days of auld lang syne

We twa hae run about the braes

And pu'd the gowans fine

But we've wander'd mony a weary fit

Sin days of auld lang syne

We twa hae paidl'd i' the burn

Frae morning sun till dine

But seas between us braid hae roar'd

Sin days of auld lang syne

For auld lang syne, my dear

For auld lang syne

We'll tak a cup o' kindness yet

For days of auld lang syne

And surely ye'll be your pint-stowp

And surely I'll be mine

And we'll tak a cup o' kindness yet

For auld lang syne

And there's a hand, my trusty fiere

And gie's a hand o' thine

And we'll tak a right gude-willie waught

For auld lang syne

For auld lang syne, my dear

For auld lang syne

We'll tak a cup o' kindness yet

For auld lang syne

For auld lang syne, my dear

For auld lang syne

We'll tak a cup o' kindness yet

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Name: _____

January Word Search



JANUARY

WINTER

NEW YEAR

RESOLUTIONS

MLK DAY

CELEBRATION

COLD

GLOVES

SNOWMAN

JANUS

GARNET

NEW START

JULIAN

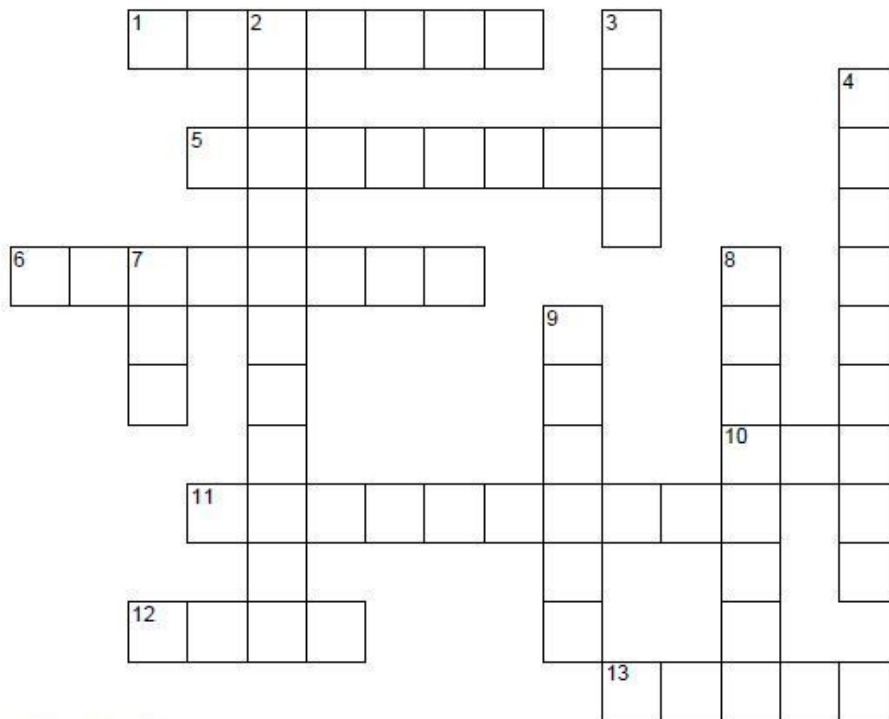
GREGORIAN

WOLF MONTH



New Year's Day

January 1st



www.elcivics.com

ACROSS

- 1 month New Year's is in
- 5 12:00 A.M.
- 6 small pieces of colored paper dropped on people at New Year's parties
- 10 the night before January 1st is called New Year's _____
- 11 a promise you make to yourself
- 12 couples do this at exactly midnight
- 13 day of the month New Year's is on

DOWN

- 2 blow these special whistles to make noise on New Year's
- 3 children bang these to make noise at midnight on New Year's
- 4 light these sticks to celebrate the new year
- 7 3-letter abbreviation for the city that has a famous New Year's celebration in Times Square
- 8 item that often hangs on a wall and is used to tell the date
- 9 there are twelve of these in a year

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JANUARY



RaisingOurKids.com

January days bring snowmen and sleds.