



THE RESERVE at Daleville

25 Daleville Lane • Daleville, VA 24083

JANUARY 2021



NOTES & NEWS

Mug Mix-Ins

A mug of hot cocoa is a cold-weather favorite. While marshmallows and whipped cream are go-to additions, tickle your taste buds with other flavorful add-ins. Stir in some maple syrup, a sprinkle of cinnamon, a spoonful of peanut butter or caramel sauce, a crushed peppermint stick, or a scoop of ice cream.

Ready, Set, Goals!

Setting goals for the new year? There's one thing that can help make them happen: Write them down. People who put their plans on paper were 42% more likely to achieve them. This simple step creates a visual reminder of your goals and codes their importance into your brain.

Hand Sanitizer Tip

The alcohol in hand sanitizer can cause dry skin, but don't let this stop you from using these products when soap and water aren't available. Keep your hands healthy and moisturized by using hand sanitizer, letting it dry completely, then applying a lotion or balm.

HIGHLIGHTS

Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

Have Your Back

When sitting at a desk or table for long periods, give your spine the support it needs. Place a rolled-up towel or small pillow between your lower back and the chair, and sit all the way back on the seat. This will decrease stress on your spine and help prevent back pain.

Resale Shopping Boom

Whether you're looking for furniture, clothing, shoes or jewelry, resale websites may have what you're looking for. Bargains can be found on a variety of sites that allow you to buy secondhand goods as people unload items they no longer want.

Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.

Make Someone's Day

Jan. 24 is National Compliment Day.

BULLETIN BOARD

Positive Thought

"DIG deep—get deliberate, inspired and going."
—Brené Brown

Track Your Towels

To get a handle on germs, experts recommend changing out bathroom hand towels and kitchen dish towels every other day. Always hang them up so they can dry between uses.

Winter Office Hours

Monday - Friday 9am to 6pm
Saturday 10am to 3pm
Sunday Closed

TRIVIA WHIZ



Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- A classic seasonal activity for kids, making paper snowflakes is an example of the art of paper cutting, which is practiced in many cultures.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high—almost as tall as the Statue of Liberty—and was made of 13 million pounds of snow!
- Some animals sport white coats or feathers in winter to match their snowy surroundings. Arctic foxes, snowshoe hares and the bird known as the ptarmigan are examples.
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.
- The North and South Poles are known for their extreme temperatures. Do you know which one is colder? It's the South Pole, since it sits on the continent of Antarctica. The North Pole has no land and consists only of thick sea ice, so it absorbs more heat by floating on top of the water.



Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

Wake up to music. Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Budget-Friendly Fun

This year, make a resolution to have fun! Here are some ideas for free and low-cost activities:

For at-home entertainment, explore streaming services that offer free programming. Take advantage of free trials of streaming movies, TV, music and audiobooks. Just be sure to set a calendar reminder to cancel the service before the trial period ends. With a library card, you can access e-libraries of streaming video, music and magazines, as well as borrow DVDs and CDs.

Call nearby museums, zoos or aquariums or check their websites to find out if they offer admission-free days.

When dining out, make the most of any discounts, happy hours or daily specials, and kids-eat-free meals. Your birthday can get you a free drink or meal at some eateries.

Stay offline. If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed. This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.

Put in a sweat session. Not having enough time is one reason people give for not exercising. Working out first thing ensures this healthy habit gets done, ahead of conflicts that could cancel your plans.

Try a cold blast. Before getting out of the shower, brace yourself and end it with a short blast of cold water. You'll get a surge of energy from your body's reaction, and research shows the icy temp helps release endorphins.

To exercise without sweating the expense, check to see if local gyms or yoga studios offer free passes to use their equipment or take a class. You can also follow fitness trainers online. And the great outdoors provides nature trails, state parks, public beaches and playgrounds.

Many businesses and attractions give discounts to students, veterans and older adults, so always ask. There may be members-only rates for those who work for certain employers or use a specific wireless provider or bank.





Feel-Good Films

Start the new year off with some inspiration and motivation! Hit "play" on these movies that are popular picks for their uplifting stories.

"The Wizard of Oz" (1939).

Called one of history's greatest films, this classic musical fantasy has stood the test of time. Young Dorothy and her new pals experience lessons in friendship, courage and wisdom as they travel a yellow brick road to get help from a wizard.

"The Shawshank Redemption" (1994). For over a decade, fans on the movie website IMDb have ranked this timeless drama No. 1 for its tale of friendship between two men in prison and message of never losing hope.

"Apollo 13" (1995). "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

"Coach Carter" (2005). Ken Carter, a real-life high school basketball coach, makes the news for benching his undefeated team due to poor grades. Carter begins to train his players to succeed off the court so they'll have a shot at a brighter future.

"Akeelah and the Bee" (2006). An 11-year-old girl battles self-doubt, and with the help of her family, friends and community, pursues her talent for spelling all the way to the National Spelling Bee.

"Slumdog Millionaire" (2008). To find his long-lost love, a young man from the slums of India becomes a winning contestant on a national TV quiz show, but is accused of cheating.

"Moana" (2016). This animated Disney musical follows the feisty daughter of a Polynesian chief as she embarks on a daring ocean journey to save her island and fulfill her destiny as a leader.

What's Cooking

Tomato-Tortellini Soup

With just a few ingredients, you'll have a rich and creamy soup ready to eat in about 15 minutes.

Ingredients:

- 2 14-ounce cans reduced-sodium chicken or vegetable broth
- 1 9-ounce package refrigerated tortellini
- 1 8-ounce tub cream cheese spread, chive and onion flavor
- 1 can condensed tomato soup
- Fresh or dried parsley flakes (optional)

Directions:

In a medium saucepan, bring broth to a boil. Spoon out 1/3 cup of broth and set aside.

Add tortellini to remaining broth in saucepan, and reduce heat. Let simmer, uncovered, for 5 minutes.

In a bowl, whisk the 1/3 cup hot broth with cream cheese spread until mixture is smooth, then pour into saucepan.

Stir in tomato soup and simmer until heated through.

If desired, serve soup sprinkled with parsley flakes.

Find more recipes at Culinary.net.



WIT & WISDOM

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."

—**Mary Lou Retton**

"Perpetual optimism is a force multiplier."

—**Colin Powell**

"No matter what happens, I feel you must move forward with optimism."

—**Gloria Estefan**

"Dare to be optimistic. It doesn't cost you money or time. It's free and makes you feel better."

—**Remez Sasson**

"Be fanatically positive and militantly optimistic. If something is not to your liking, change your liking."

—**Rick Steves**

"You have to look to the future with optimism instead of negative ideas.

Take the good and the bad and face it head on."

—**Goldie Hawn**

"Part of being optimistic is keeping one's head toward the sun, one's feet moving forward."

—**Nelson Mandela**

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient."

—**Daniel Kahneman**

"I believe any success in life is made by going into an area with a blind, furious optimism."

—**Sylvester Stallone**

"Optimism for me isn't a passive expectation that things will get better; it's a conviction that we can make things better."

—**Melinda Gates**



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>New Year's Day!</i>	2
3	4 <i>National Spaghetti Day!</i>	5	6	7	8	9 <i>National Law Enforcement Appreciation Day!</i>
10	11	12	13 	14	15 <i>National Bagel Day!</i> <i>Make Sure to Stop by Donnie D's to Celebrate!</i>	16
17 	18 <i>Martin Luther King Jr. Day!</i>	19 <i>National Popcorn Day!</i>	20	21	22	23
24/31 <i>Opposite Day!</i>	25	26	27	28	29 	30

"This Month In History" JANUARY

1906: "M'm! M'm! Good!" Campbell Soup Company registers a trademark for the red and white label design of its canned soups.

1927: Outside Chicago, the Harlem Globetrotters exhibition basketball team plays its first game.

1949: Honoring the new medium of television, the first Emmy Awards are presented at a ceremony in Hollywood.

1959: The jet age takes off as American Airlines begins the first cross-country jet service. Passengers could fly between Los Angeles and New York City in about five hours.

1961: John F. Kennedy becomes the first U.S. president to hold a live televised news conference.

1977: When a cold front barrels across Florida, snow falls for the first—and only—time in the city of Miami.

1980: American Mary Decker becomes the first woman to run a mile in under 4.5 minutes.

1991: The Persian Gulf War begins when the U.S. launches Operation Desert Storm.

2002: Twelve countries in the European Union officially change their currencies to the new euro.

2010: At 2,717 feet, the Burj Khalifa skyscraper in Dubai, United Arab Emirates, opens as the world's tallest building.

2019: Missy Elliott makes music history as the first female rapper inducted into the Songwriters Hall of Fame.