



BELLAIRE AT DEVONSHIRE



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Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.

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.

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.



January 2021



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.



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| Ginny Dalton | 01/19 |
| Madge Dawson | 01/19 |
| Anne McCormick | 01/21 |
| Verna Cochran | 01/22 |
| Pat Griner | 01/29 |



"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.