

TIMELESS

AN EDITORIAL BY BRENNITY AT FAIRHOPE

JANUARY 2025

Masterpieces

of
the
Mind

This month isn't just about relaxing, it's about finding a sense of fulfillment and serenity that carries through the year.



BRENNITY AT FAIRHOPE | INDEPENDENT LIVING

Open House



Open house was a lovely event! We enjoyed an evening of Christmas music, good food, a kids' program, and a visit from Santa himself.



Employee Spotlight

Marlonta is the first smile you see when you come to our community. Marlonta has worked with us for three years, starting out as a med-tech before transferring to the front desk. "Mark," as most residents call him is the youngest of five siblings. Marlonta was born and raised here in Fairhope. He loves to cook, fish, and spend time with his family. He is very close to his mother. Marlonta is an Auburn fan on the weekends and loves spending his days with our residents.

Marlonta loves working in the senior care field and has plans to expand his education and career in business. Marlonta has a green thumb and loves plants. He always has a cheerful attitude and is full of jokes and pranks. We are so happy to have him as a part of our team here at The Brennity.



January 2025

Executive Team

Ashley Lee
Executive Director

Raekell Hooks
Business Director

Josh Beaman
Culinary Director

Katie Lee
Lifestyle Director- AL

Jennifer Steiniger
Lifestyle Director- IL

Terry Drake
Maintenance Director

Hollie Mattos
Resident Services



Merry Christmas
& Happy New Year!

HAPPY BIRTHDAY!

Marie M.	1/5	Carolyn W.....	1/29
Melvin F.	1/7	Jo G.	1/30
Juanita B.	1/11	Ron G.	1/31



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Fairhope, AL 36532
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January 2025

Brennity at Fairhope - Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Masterpieces of the Mind</p>			New Year's Day 10:00 Awaken Yoga- CH 10:30 Bridge Club - CH, I 1:30 BINGO - CH 3:00 Cottage Crafting 4:00 Wine Down Wednesday-CH	10:30 Mindful Meditations- CH 11:00 Seated Weight Class - CH 1:30 Left, Right, Center- Bring Quarters-CH 3:00 Did you know? Japan Trivia-CH	9:30 New Year & Goals Walking Club-I 10:30 Grief Support Group - CH 1:30 Farkle Friday - CH 3:00 Puzzle Time- CH, I	10:00 Coffee on the Porch - I 12:30 Lunch Buffet - CH 1:30 Scrabble - CH 5:00 Patio Serenity
10:00 Sunday Rise N' Shine - I 12:30 Champagne Brunch - CH 4:00 Pool Playing - CH, I 5:30 Sunset Sipping - CH, I	10:00 Page Turners - CH, I 11:00 Seated Therapeutic Movement - CH 1:30 Mexican Train - CH 4:00 Cottage Connect-CH	10:30 Catholic Communion-ALCR 11:00 Calisthenic Stretching - CH 1:30 Left, Right, Center- CH (Bring Quarters) 2:30 Helping Hands in our Community- I	10:00 Awaken Yoga- CH 10:30 Bridge Club - CH, I 1:30 BINGO - CH 3:00 New Resident Orientation- CH 4:00 Wine Down Wednesday-CH	10:00 Lambert's Lovable Lop Bunnies- AL 11:00 Seated Strength Class-CH 1:30 King's Corner Game - CH 3:00 Did you know? Japan Trivia-CH 5:00 The Ultimate Japan Travel Guide (youtube)-CH, I	9:30 New Year & Goals Walking Club-I 10:30 New Beginnings Devotional-CH 1:30 Farkle Friday - CH 3:00 Lifestyles Planning Meeting-CH	10:00 Coffee on the Porch - I 12:30 Lunch Buffet - CH 1:30 Puzzle Time- CH 5:00 Patio Serenity
10:00 Sunday Rise N' Shine - I 12:30 Champagne Brunch - CH 4:00 Pool Playing - CH, I 5:30 Sunset Sipping - CH, I	10:00 Page Turners - CH, I 11:00 Seated Therapeutic Movement - CH 1:30 Mexican Train - CH 4:00 Cottage Connect-I 5:00 12 Most Beautiful Places to Visit Japan (youtube)-CH,I	10:00 Photobook & Journaling-CH 10:30 Catholic Communion-ALCR 11:00 Calisthenic Stretching - CH 2:00 Let's Go Shopping - CH 4:00 Garden Club - I	10:00 Awaken Yoga- CH 10:30 Bridge Club - CH, I 1:30 BINGO - CH 3:00 Cottage Crafting 4:00 Wine Down Wednesday-CH	10:30 Mindful Meditations- CH 11:00 Seated Weight Class - CH 1:30 Left, Right, Center- Bring Quarters-CH 3:00 Did you know? Japan Trivia-CH 6:00 Poker Night-CH, I	9:30 New Year & Goals Walking Club-I 10:30 Grief Support Group - CH 1:30 Farkle Friday - CH 3:00 Puzzle Time- CH, I 5:00 Supper Club- Master Joe's	10:00 Coffee on the Porch - I 12:30 Lunch Buffet - CH 1:30 Bingo-CH 5:00 Patio Serenity
10:00 Sunday Rise N' Shine - I 12:30 Champagne Brunch - CH 4:00 Pool Playing - CH, I 5:30 Sunset Sipping - CH, I	Martin Luther King Jr Day 10:00 Page Turners - CH, I 11:00 Seated Therapeutic Movement - CH 1:30 Mexican Train - CH 4:00 Cottage Connect-CH	10:30 Catholic Communion-ALCR 11:00 Calisthenic Stretching - CH 1:15 Culinary Corner with Chef Josh-CH 1:30 Left, Right, Center- CH (Bring Quarters) 2:30 Helping Hands in our Community- I	10:00 Awaken Yoga- CH 10:30 Bridge Club - CH, I 1:15 Doll Club- CH, I 1:30 BINGO - CH 4:00 Wine Down Wednesday-CH	11:00 Seated Strength Class-CH 1:30 Resident Association Meeting 2:30 ELVIS in Concert- AL 5:00 Japanese Food Tour (youtube)- CH, I	National Compliment Day 9:30 New Year & Goals Walking Club-I 10:30 New Beginnings Devotional-CH 1:30 Farkle Friday - CH 3:00 Tea Time! My Cup Runneth Over- CH	10:00 Coffee on the Porch - I 12:30 Lunch Buffet - CH 1:30 Scrabble- CH 5:00 Patio Serenity
10:00 Sunday Rise N' Shine - I 12:30 Champagne Brunch - CH 4:00 Pool Playing - CH, I 5:30 Sunset Sipping - CH, I	10:00 Page Turners - CH, I 11:00 Seated Therapeutic Movement - CH 1:30 Mexican Train - CH 4:00 Cottage Connect-I	10:00 Photobook & Journaling-CH 10:30 Catholic Communion-ALCR 11:00 Calisthenic Stretching - CH 2:00 Let's Go Shopping - CH 4:00 Garden Club - I	National Puzzle Day 10:00 Awaken Yoga- CH 10:30 Bridge Club - CH, I 1:30 BINGO - CH 3:00 Puzzle Time-CH, I 4:00 Wine Down Wednesday-CH	10:30 Mindful Meditations- CH 11:00 Seated Weight Class - CH 1:30 Left, Right, Center- Bring Quarters-CH 3:00 Did you know? Japan Trivia-CH 5:00 Japan's Historic & Moving Attractions (youtube)-CH, I	National Hot Coco Day! 9:30 New Year & Goals Walking Club-I 10:30 Grief Support Group - CH 1:30 Farkle Friday - CH 3:45 Birthday Bash 4:00 Hot Chocolate Happy Hour-CH	Location and Activity Key: CH - Clubhouse I - Independently Led Resident Assoc. Meeting - 4th Thursday. Trash Pick-up - Monday & Thursday afternoons.



Christmas Cheer at The Cottages!

We had many great activities, including Baldwin Pops, Mobile Symphony, and a great Dirty Santa exchange.



Many people look forward to winter. The thought of a white Christmas gives them goosebumps. They long for the opportunities to drink hot cocoa cozied up by the fireplace, perhaps rereading a withered copy of the same *Penguin Classic* they've had for 20 years. Other people embrace winter solely because it's a period of time when they aren't dealing with oppressive heat. Either way, there's lots to look forward to in winter, even for those who love the outdoors or those who are seemingly homebound for the season.

- Games, games, games! There are a ton of games, crossword puzzles, word searches and more to keep one's mind occupied during the winter months. Not only are they fun and can be enjoyed by individuals or groups, but also, and more importantly, they keep the mind active and can be quite challenging. These sorts of activities, like tournament-style trivia, card games and Mahjongg, are great for groups.
- Speaking of group activities, if a winter book group isn't on the list, it's definitely worth considering! A popular winter activity is reading, which is also good brain exercise. Reading gives people a quiet chance to learn about something new – genres, hobbies they're interested in, fiction, nonfiction, poetry – the literary world is filled with amazing things. Plus, it also serves as a means to engage socially, especially if joining a book club is in the cards.
- Dancing, anyone? Dancing is one of those activities that can be done by anyone, is great exercise and ... you guessed it ... fun! From beginners to amateurs to pros and everything in between, dancing appeals to a variety of people and can happen solo or as a social engagement. Winter dance classes have a high enrollment rate, regardless of age or stage in life.

The History of Presidential Inaugurations

Presidential elections have been held since 1789, when George Washington became the first U.S. president. With every election comes an inauguration designed to connect the chosen leader with those whom they serve. Since 1933, following the 20th Amendment's ratification, this event has continued to occur at noon on Jan. 20. And, since 1981, the presidential oath has been taken at the Capitol building's West Front. But what about years prior?

While there's genuine consistency in the process, taking the oath of office hasn't always looked the same. Let's take a look.

- A resolution approved in 1788 by Congress determined that the first Wednesday in March would become the standing inauguration date. That year, it happened to fall on March 4.

- Washington's inauguration occurred on April 30, 1789. There were a number of logistical issues, plus terrible weather, that played a role in this date shift. Kicking off a new federal government ratified under a new Constitution had its difficulties.
- Washington was inaugurated in two cities – something no other president has done.
- In 1792, Congress proclaimed March 4 would be the ongoing inauguration date, but that date changed in 1933.
- The phrase "under God" or some variation of it is repeated by the president during the ceremony, but the origins of this tradition aren't definitively known.
- During inauguration, presidents often place their hand on a Bible or religious book of some kind, but it's not required. It's an age-old tradition.



PUPPY PAW PADS

Dog owners are all too familiar with the scents of their beloved furry friends. Big or small, old or young, there's always a "dog" smell. It varies, but it exists, nevertheless. "Wet dog" smell is a demon of a different type. We aren't even going there. But where we will go this month is the puppy paw pad place. Doggy feet are known to have a fairly distinct smell. It's been consistently described as that of corn chips (think Fritos). You might be thinking, "That's weird" or "I've never noticed that with my dog." It's not a thing that happens with all dogs all the time. It is something

that happens often enough for it to be dubbed a reality for pet owners, though. Think about it. They encounter all sorts of bacteria every single day. They don't wear shoes like humans. It only makes sense that they'd have some sort of smell. The particular bacterium associated with the corn chip complex are *Proteus* and *Pseudomonas*. These are commonly described as having "yeasty" smells, which can be likened to something like corn chips.



Dogs lick their paws for a number of reasons. It's perfectly normal but we do have to be wary of why. If your pup's pads smell like corn chips and you find it truly off-putting, or they do because they're constantly licking them, there's a simple solution. Mix a little bit of mild soap with water and scrub the pads gently. Afterward, make sure to dry completely. Give them a thorough examination and make sure there aren't any cuts or abrasions that might be irritating the dog, too.

Masterpiece of the Mind

In today's fast-paced world, where distractions are endless and true relaxation feels increasingly rare, people across the globe are turning to ancient cultural practices to find balance and peace. Two of the most cherished and widely embraced philosophies are Japan's Zen and Scandinavia's Hygge. Though they originate from vastly different regions, both Zen and Hygge offer profound insights into the art of mindful living. By understanding Zen's focus on inner clarity and Hygge's embrace of cozy simplicity, we can uncover ways to bring a sense of calm and fulfillment to our own lives.

Zen is philosophy and spiritual practice that finds its roots in Buddhism. Zen emphasizes direct experience and mindfulness, encouraging practitioners to move beyond conscious thought to attain a sense of inner illumination and deeper intuition. Unlike many philosophical practices that prioritize intellectual understanding, Zen focuses on breaking through mental barriers and achieving enlightenment through everyday actions and awareness.

Similarly, the Scandinavian concept of Hygge (pronounced hue-guh) offers its own pathway to a fulfilling and mindful life. Hygge, deeply rooted in Danish and

Norwegian cultures, encompasses the ideas of contentment, warmth, and coziness. It's about embracing simplicity, slowing down, and finding pleasure in small, comforting experiences. Like Zen, Hygge encourages presence and awareness, but its focus lies in creating a comforting environment that promotes peace and relaxation.

While Zen and Hygge originate from distinct cultures and traditions, both share a focus on being fully present and grounded. Zen cultivates this through introspection and discipline, aiming for inner clarity and insight, whereas Hygge finds joy and comfort in one's surroundings, enhancing emotional well-being through connection and a restful atmosphere. Together, they offer timeless lessons for modern life, reminding us that simplicity, mindfulness, and warmth are universal keys to a balanced and peaceful existence.



JANUARY TRIVIA

- Actress and comedian Betty White was born January 17 of which year?
A. 1922 B. 1920 C. 1918 1. _____
- Which former president became governor of California in January 1967? 2. _____
- On January 14, 1954, Major League Baseball player Joe DiMaggio married this famous actress and model. 3. _____
- On January 13, 1968, this famous singer held two concerts while incarcerated. 4. _____
- Author J.D. Salinger was born January 1, 1901. *True or False?* 5. _____
- In January 1959, the 49th state joined the union. Which state was it? 6. _____
- In January of 2012, which Disney film was re-released as a 3D picture?
A. *The Little Mermaid* B. *Snow White and the Seven Dwarfs*
C. *Beauty and the Beast* 7. _____
- Who announced the creation of the Apple iPhone on January 9, 2007? 8. _____
- On the third Monday of each January, a federal holiday celebrates the life of which Civil Rights activist? 9. _____
- Warnings about the hazards of smoking cigarettes didn't appear on the Senate's docket until January of which year?
A. 1986 B. 1972 C. 1965 10. _____

1. A. 1922 2. Ronald Reagan 3. Marilyn Monroe 4. Johnny Cash 5. False – Salinger was born in 1919
6. Alaska 7. C. Beauty and the Beast 8. Steve Jobs 9. Martin Luther King, Jr. 10. C. 1965