

# Vine Ridge NEWSLETTER

January 2023

Dear Residents & Families,

The coming new year plans to hold a lot of excitement here at Vine Ridge! December went by in a flurry of Holiday excitement. Everyone had a wonderful time at our Family Christmas dinner as well as the many other Christmas events. Music filled our halls all month long with performances by Christmas Carolers, Pianists and a woodwind quartet! We celebrated the warmth of the season together, with family and friends. Who could ask for anything more? We can't wait to see what 2023 holds for all of us!

-Jessica



## Inside:

News and Announcements.....	2
Candid Camera.....	3
Local History: Luther Burbank.....	5
Movies.....	8
January Facts.....	9
Activities.....	10
Birthdays & December Facts.....	11
Sonoma County History.....	12
A Little Levity.....	13
Word Search.....	14



# News and Announcements



## Lets go to the Beach!

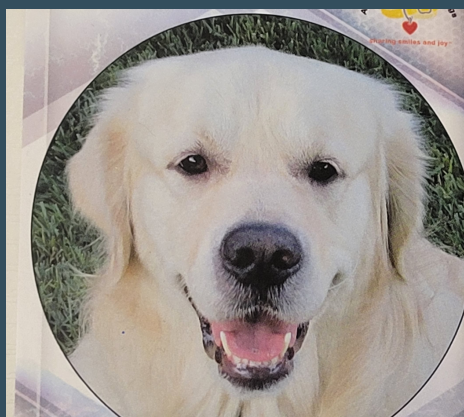
Okay, that might be a little wishful thinking! This cold weather won't stop us! On Tuesday, January 24th, we're going to do what any reasonable person would do. Act like its beach weather! We'll create some summer fun indoors! Wear your best Hawaiian Shirt and sun hat and come party with us!



## Bus Trips



This month we will be going to Olivers Market in Windsor on January 3rd, as well as going to Safeway on January 16th. If you would like to join us for lunch bunch, we will be going to Zini's Diner on January 11th . If you need Uri to take you to an appointment, please notify him at least a week in advance to ensure that there are no other conflicting appointments.

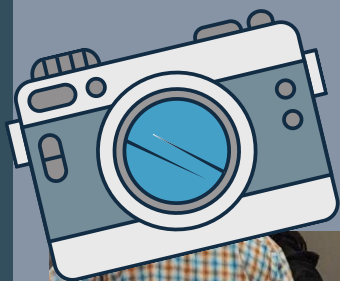


## Pet visits

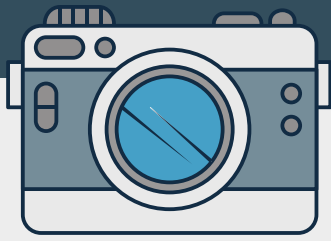
Have you visited with Riley the Therapy Dog? Riley comes every Wednesday at 10:30, so if you'd like to see him be sure and come to the Great Room!



# Smile, you're on Candid Camera!









# Local History: Luther Burbank

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On Jan. 27, 1900, The Press Democrat reported that Luther Burbank began experiments to produce a new sugar cane that was smaller in size but had a higher sugar content for Hawaiian planters. Burbank also experimented with new varieties of coffee, and reported that coffee plants he had recently propagated were now "two inches above the ground."

Luther Burbank was born March 7, 1849 in Lancaster, Massachusetts. Burbank was an American plant breeder whose prodigious production of useful varieties of fruits, flowers, vegetables, and grasses encouraged the development of plant breeding into a modern science.

Reared on a farm, Burbank received little more than a high school education, but he was profoundly influenced by the books of Charles Darwin, especially *The Variation of Animals and Plants Under Domestication* (1868). At the age of 21 he purchased a 7-hectare (17-acre) tract near Lunenburg, Massachusetts, and began a 55-year plant-breeding career that almost immediately saw the development of the Burbank, or Idaho, potato.

Selling the rights to the potato for \$150 to use as travel fare to California, he settled in Santa Rosa in 1890. Burbank moved to California in 1875, and settled in Santa Rosa, and saved money to buy land for a nursery. In a few years, he owned a prosperous business. Not interested in business, he sold his nursery in 1893, and set up an experimental farm in nearby Sebastopol, California. His home in Santa Rosa had many rare trees, shrubs, and flowers., where he established a nursery garden, a greenhouse, and experimental farms that were to become famous throughout the world. In his fifty-five year career Burbank developed more than 800 new strains and varieties of plants, including 113 varieties of plums, 20 of which are still commercially sold, especially in California





and South Africa; 10 commercial varieties of berries; and more than 50 varieties of lilies.

In October of 1915 Burbank had some special guests come to his Santa Rosa home. It was like winning the Sweepstakes, or maybe better – Luther Burbank was being asked if he would like to hang out with the most famous man in the world. “We would appreciate it very much if you would consent to head a Committee to go to Sacramento, to greet Mr. Edison and escort him to San Francisco,” the letter read. “We believe that nothing could be more fitting than that the Wizard of the West should extend welcome and greeting to the Wizard of the East on his visit to California.” Burbank was to escort Edison to the Panama-Pacific International Exposition. Burbank had a special day named after him at the Exposition. Edison arrived in San Francisco after four days, one of which was to pick up Henry Ford who decided to tag along to boost his popularity. After the exposition the Press Democrat caught wind that Ford and Edison would be joining Burbank at his Santa Rosa home.

With only three days to prepare, some things slipped through the cracks. Sebastopol grammar school children were told only that morning that class was dismissed for the day and they were going to Santa Rosa to join children from the three grammar schools there in seeing the celebrities. A scramble ensued as kids phoned home to get permission and presumably some cash, as they had to pay their own fares for the electric train. In the end 107 from Sebastopol made the trip. The train arrived to find thousands lining Fourth street from the train depot to the courthouse. Burbank and the Chamber president greeted them, as everyone piled into borrowed cars for a quick spin around town.

Burbank gave his guests a tour of the garden, showing off his new tomato and the cactus beds along with whatever else was still noteworthy that late in the year. Then there were more movies and photographs taken. “Everybody agreed they were mighty good to those picture folk,” snarked the PD.





The trio arrived at Burbank's home on Tupper street where they found still more crowds as well as movie cameramen. The three of them posed (for the photograph to the right) and walked to and from the house several times. The party went inside and chatted for about an hour until the children arrived at 3. Only the youngest were allowed inside the gate – they were “Mr. Burbank's pets,” Mrs. Edison told her husband. The three men stood on the second floor veranda so everyone could see them. The children were “enthused greatly,” according to



the Press Democrat, and began singing loudly, the California state song. The nearly-deaf Edison couldn't make out the words until his wife told him “They're singing, ‘I Love You, California.’” He replied, “Are they? God bless them all.”

Luther Burbank lived out the rest of his life in his Santa Rosa home with his wife. He wrote numerous books as well as creating numerous varieties of plant life.

Burbank died in 1926 at the age of 77. In accordance with his wishes, his grave is unmarked. He was buried under a Cedar of Lebanon tree which he planted in front of his Santa Rosa cottage in 1893. The Cedar stood as a beloved landmark until its removal due to root disease in 1989. Prior to his death, botanists were not allowed to hold patents for the plant varieties that they helped to create. On June 17, 1930, federal law changed to allow the patenting of new varieties of plants. The Plant Patent Act of 1930 is created to protect the work of horticulturalists throughout the country, but there was one person on everyone's mind as the inspiration for the new law — Luther Burbank. He was posthumously awarded sixteen patents for some of his many plant varieties. A decade later, the U.S. Postal Service issued a 3-cent stamp honoring Burbank.



# January Big Screen Movies



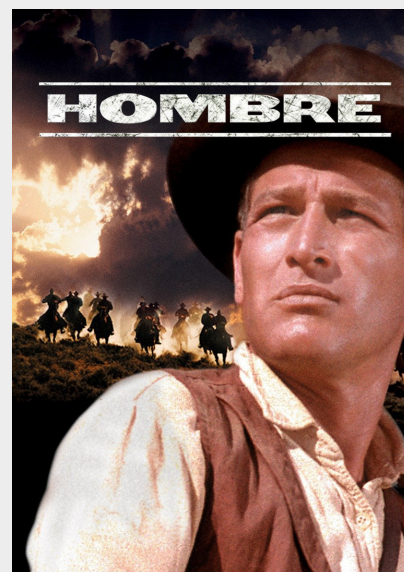
Friday, January  
6th



Friday, January  
13th



Friday, January  
20th



Friday, January  
27th

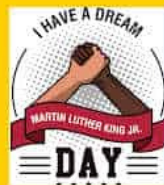




National  
Puzzle  
Day  
Elvis  
Presley's  
Birthday



Martin  
Luther  
King Jr.  
Day



Carnations  
January  
Flowers



The  
Coldest  
Month  
of The  
Year

# JANUARY

## FUN FACTS



National  
Penguin  
Day

National  
Popcorn  
Day



Eating Black  
Eyed Peas on  
New Years  
Day is Good  
Luck



National Hot  
Chocolate  
Day

Garnet  
Birthstone



National  
Rubber  
Duck Day



National Soup  
Month



National  
Book  
Month

National  
Spaghetti  
Day



Thank  
you!

National  
Thank You  
Month



1st Month  
of The  
Year



The  
Tournament  
of Roses  
Parade has  
run since 1890.

Astrology Signs



Capricorn



Aquarius





# January Activity Calendar Highlights

**Monday, January 2nd at 1:30 pm**

Rose Bowl Football Party!! Come to the Great Room to watch Football, eat snacks, and play fun games!

**Tuesday, January 3rd at 1:30**

Shopping Trip to Olivers Market in Windsor

**Monday, January 9th from 9:30-1:30**

Hair and Nail Appointments!

**Wednesday, January 11th at 11:30 AM**

Lunch Bunch, Take a trip with us to Zini's Diner!

**Monday, January 16th at 1:30 PM**

Shopping Trip to Safeway

**Wednesday, January 18th at 3:00 PM**

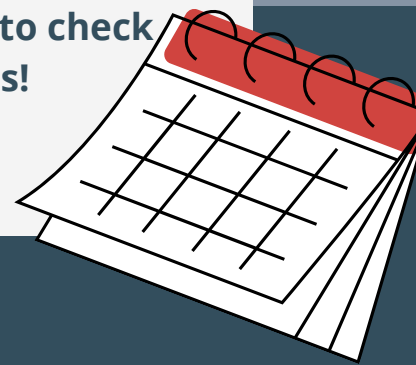
January Birthday Party

**Tuesday, January 24th at 3:00 PM**

Come join us for a beach party! Wear your favorite Hawaiian shirt and sun hat!

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**If you have any activity recommendations be sure and let Jessica know! She would love to add some more exciting activities to our activity calendar! Also, don't forget to check your monthly calendar for additional activities!**





# January Birthdays!

Ann  
January 7th

Frank  
January 20th



## December Fun Facts

- January is the 1st month of the year.
- January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.

### Holidays:

New Years Day  
Emancipation Proclamation Day  
International Day of Education  
International Holocaust Remembrance Day

### Symbols of August

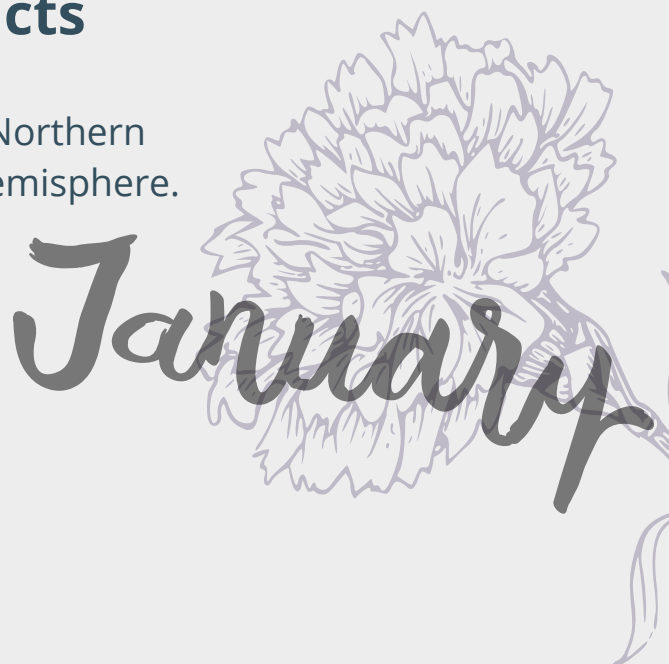
- Flower: Carnation.
- Birthstone: Garnet.

### Historical Names:

- Roman: Januarius
- Saxon: Giuli
- Germanic: Schnee-mond (Snow month)

### January in History/Facts:

- January 1, 1863 Abraham Lincoln issued the Emancipation Proclamation
- January 1, 1890 - The first Rose Bowl Parade was held. The first Rose Bowl football game was played in 1902, to help pay for the cost of the parade.
- Ellis Island opened on January 1st, 1892 allowing more than 20 million immigrants to enter the United States.
- The month of January is named after Janus, the Roman god that has two heads, one to look backward and one to look forward towards the New Year.





# Here's to Optimism!

Here's to hoping for a better year

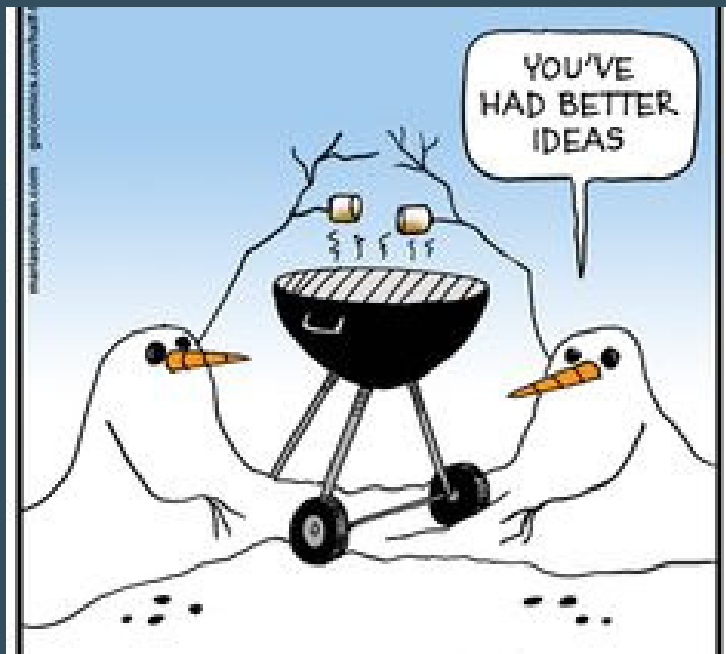
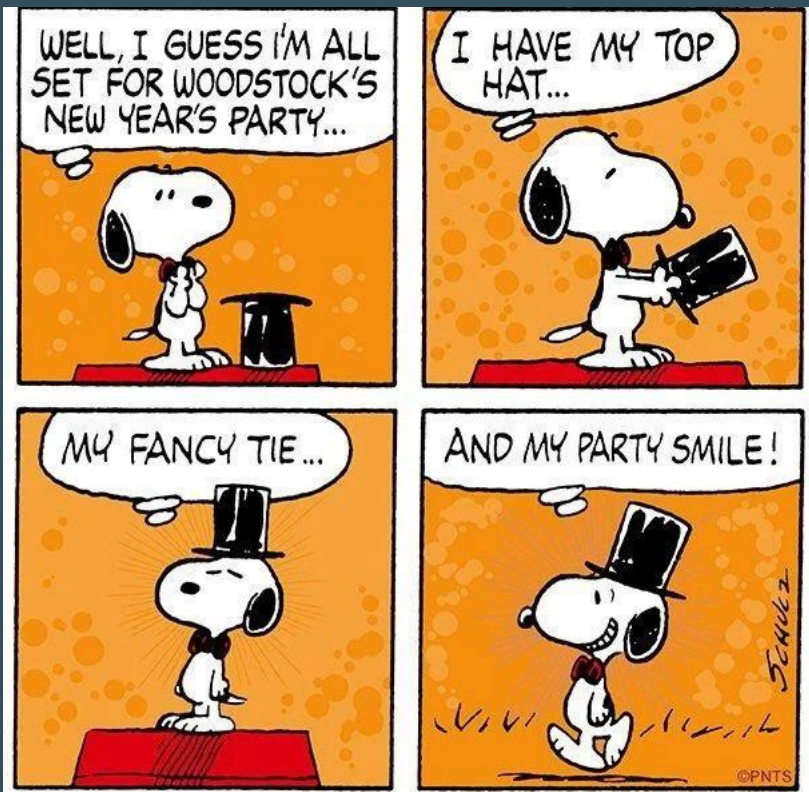
The New Year has always been a time that inspires hope and new beginnings. After all, it's in the name "new" year. Some create goals to accomplish for the year or release old habits. No matter what you choose to pursue, I encourage you to choose optimism.

We've had a rough couple of years dealing with covid, but hope is necessary for us to live fulfilling lives. Sometimes it's hard to be optimistic when people around you are pessimistic, but don't join their ranks! In fact, it's extra important to be optimistic amid negativity. Optimism has many physical health benefits as well as mental.

- **Confidence:** Optimism is linked with increased levels of confidence, especially when it comes to making decisions and feeling secure with the choices you make.
- **Decreased risk of illness:** A study from the University of Pittsburgh concluded that individuals who had an optimistic outlook had a 30% lower risk of heart disease.
- **Improved quality of life:** One study found that people who were optimists and had positive expectations about the future experienced an improved quality of life.
- **Longer lifespan:** Research published in the Canadian Medical Association Journal found that optimists are less likely to experience disabilities as they get older.
- **Mental health benefits:** People who are optimistic tend to experience less stress and feel a greater appreciation for other people.
- **Sleep quality:** Being optimistic may improve your sleep quality, which is a key component in improving and maintaining your mental health.

Living life at your pace and being hopeful will result in you ending up exactly where you're supposed to be. So, remember, we are often forced to hope for better days in times of need, and now is the time to keep an open mind and reflect. If you make a new year's resolution, consider adding a smile and optimism to your list. You never know, you could be that one person who brightens everyone's day!

# A Little Levity





# NEW YEAR'S EVE

## WORD SEARCH

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

BALLOONS  
CALENDAR  
CELEBRATE  
CHEERS  
CLOCK

CONFETTI  
COUNTDOWN  
GOALS  
HAPPY  
JANUARY

MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY  
RESOLUTION



# Feedback?

Have any comments or questions for our team? Write it down below, remove this page, and leave it in the suggestions box in the Dining Room.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





*Vine Ridge*  
SENIOR LIVING AT ITS FINEST