

January 2019

Northern Pines News

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Celebrating January

Soup Month

Trivia Day
January 4th

Cuddle Up Day
January 6th

Pastor Joe
January 17th

Popcorn Day
January 19th

Martin Luther King Jr. Day
January 21st

Happy Birthday Signa
January 29th

Puzzle Day
January 29

“We pray a Merry Christmas,
Made bright by Christmas cheer,
With peace, and hope, and gladness
And all they may hold dear.”

- By L.A Frane



Christmas gifts were given to all the residents at Northern Pines. Thank you to the anonymous donor! The residents feel so blessed to receive such wonderful gifts.



Nothing Trivial

It is a little-known fact that January 4 is Trivia Day.

Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or

unimportant.

Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.”

From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.”

In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium*

of arithmetic, music, geometry, and astronomy.

In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Betsy Ross (folk hero) – January 1, 1752

Zora Neale Hurston (writer) – January 7, 1891

David Bowie (musician) – January 8, 1947

Alexander Hamilton (politician) – January 11, 1755

Faye Dunaway (actress) – January 14, 1941

A.A. Milne (writer) – January 18, 1882

Edgar Allan Poe (writer) – January 19, 1809

Benny Hill (comedian) – January 21, 1924

Virginia Woolf (writer) – January 25, 1882

Bessie Coleman (aviator) – January 26, 1892

Tom Selleck (actor) – January 29, 1945

Burst Your Bubble



We wrap up the last Monday in January with Bubble Wrap Day, a day to pop to your heart’s content. Why do we get such satisfaction from popping bubble wrap? The answer may lie in the healing power of touch. Psychology professor Kathleen Dillon turned to the ancient Greeks for an answer, and she came up with a “fingering piece” or “worry stone,” often a smooth stone carried in a pocket. Rubbing the stone with one’s fingers brought about a soothing sense of calm. The same sense of relaxation has been attributed to Catholic rosary beads and the practice of doing needlework. Keeping our fingers busy, it seems, has an intensely calming effect. So, too, does popping bubble wrap. When we are stressed, our muscles tense. Tiny actions such as rubbing stones, tapping fingers, wiggling feet, or popping bubble wrap release nervous energy, and with each burst bubble, more tension is released and the happier we get.

