

January is **National Blood Donor Month** and **National Mentoring Month**

You can find the best resources by clicking the names above.

January 1 - New Year's Day

Have a happy and healthy New Year!

January 9 - Law Enforcement Appreciation Day

Go blue to promote awareness and support of law enforcement. Change your profile photo to a badge or a thin blue line logo, or wear blue to show support.

January 15 - National Hat Day

Did you know that your super cozy wool hat is sucking moisture out of your hair? Add that moisture back with a dab of coconut oil. It's good for your scalp too.

January 16 - Martin Luther King Jr. Day

"There can be no deep disappointment where there is not deep love."

~ Martin Luther King, Jr.

January 23 - National Pie Day

The best way to celebrate this day is to eat some pie! **Have a slice of your favorite**, or be adventurous and try something new.

January 24 - National Compliment Day

A little compliment goes a long way - **Well done! You rock! Great job! You are awesome! Fantastic work!** #NationalComplimentDay

January 26 - National Spouses Day

Do something special for your spouse by creating an indoor picnic based on your favorite travel destination. #NationalSpousesDay

FOOD & DRINK

What's in season? Lemons, oranges, grapefruit, beets, turnips, celery root, onions, leeks, potatoes, carrots, turnips, parsnips, and radishes.

Pomegranates are full of vitamin C, which is essential for healthy skin. **Throw a handful of arils on salads** or as a winter squash soup topper.

*Post for January 4th, National Spaghetti Day - Make **spaghetti and meatballs for dinner** or order from your favorite Italian restaurant. #NationalSpaghettiDay*

While the cold winds of January blow outside, keep the family happy and satisfied with one of these [warming and classic cozy dishes](#).

Snack time challenge! Eat more nuts this month. Their healthy fats and dense proteins will provide you with extra energy as well as other health benefits.

An unbeatable dinner for a chilly winter night - [Garlicky Chickpea Soup](#). **Bonus! It's super inexpensive.** Serve with some warm pita or crusty bread for a complete meal.

Post for 1/11 National Milk Day - Mooove over milk! There are all sorts of players in town, but which are your best options? [Read more on 19 types of plant milk, explained](#).

Post for 1/19 National Popcorn Day - Don't settle for boring old buttered popcorn. Try one of these [flavored varieties instead](#).

We love this idea! Swap Chai Tea for the water in your morning oatmeal to liven things up.

Taco Tuesday idea - [Beet Tacos w. Chickpeas!](#)



LIFESTYLE

Smart move! Programming your thermostat to turn the heat down when you are not home can save you up to 10% on your heating bill.

Are electric blankets safe? They shouldn't pose a risk as long as they are in good shape and made with modern safety features. But be sure to use the auto shut-off feature, check the voltage, keep it flat, and store it carefully.

Have you checked those best buy dates recently? January is a great time to [purge your pantry](#).

Stay safe around heaters and **follow the three-foot rule**. Keep flammable items, like bedding and drapes, three feet from space heaters, wood-burning stoves, and furnaces.

New Year's Health Tip: Leave the lettuce, and pick up spinach to add more folate to your diet.

Are you hoping to lose weight in 2023, boost your energy, sleep better, or manage a chronic condition? Write down your goals. Seeing the benefits of regular exercise and **writing your goals down on paper** may help you stay motivated.

What's on your wintertime bucket list? Sledding, baking, reading, volunteering, ice fishing, skating, exploring, redecorating, a vacation?

Check your home's air filter monthly to keep your system running smoothly. You may need to clean or replace your filter to support airflow.

The new year is a great time to develop an [emergency preparedness plan](#) for you and your family. **Don't forget to include your pets** in your [planning](#)!

National Hug Day is January 21st. [Read all about their benefits!](#)



COMMUNITY

Are you thinking of adopting a dog in the new year? Ask yourself these questions first.

- How would a dog fit into my lifestyle now and for years to come?
 - What changes would I need to make?
 - What size, age, temperament, and activity level am I looking for?
 - Is everyone else in my life on board with this?
-

Don't throw them out! Recycle your holiday string lights. [Here's how!](#)

#allthefeels - Visit purina.com/EscapeTogether and learn how you can get involved in helping to **create safe spaces for domestic violence survivors and their pets** so that they can escape and heal together.

Visit thekingcenter.org to learn about local events and ways you can **help promote unity and justice and fight racism.**

Help save a life and [donate blood](#). **January is National Blood Donor Month.**

Give babies the best possible start. Consider [donating to the March of Dimes](#) during **National Birth Defects Awareness Month.**

Friendly Reminder: Don't forget to **check on your elderly or incapacitated neighbors** before and after a winter storm. Help them get supplies and groceries or shovel snow.

In honor of Martin Luther King Jr Day, **become a mentor to an underprivileged person** in your community through [Big Brothers Big Sisters](#) or a similar organization.

If you received a new smartphone for Christmas, [read about how to use the emergency SOS feature](#) before you truly need it.



HEALTH

Dry air can irritate your nose and throat, making you uncomfortable at night. Try using a humidifier to **help support a good night's sleep.**

Boost your immune system this winter with vitamin C-rich foods like citrus fruits, yellow bell peppers, and kiwis.

Drink up! Even though it's cold outside, and you may not be sweating as much during your morning or evening run, **staying hydrated is essential!**

No equipment, no problem. [Exercise your legs](#) with just your body weight.

It's natural to crave more carbs during the winter months. **Include plenty of protein in your breakfast** and lunch to curb your afternoon carb cravings.

Handy Tip! Upcycle your 1-gallon bleach jugs and make dumbbells by filling them with sand.

Battle the winter blues through meditation. **Relax, take some deep breaths,** and find your inner peace. Studies show serotonin levels increase with regular meditation.

Safety first! Here's how to [avoid winter sports injuries.](#)

Step up your health game by adding these [nutrient-dense foods](#) to your diet.

Should you have a snack before bed if you have diabetes? And if so, **what should you eat?** [Here's your answer, plus six of the best bedtime snacks.](#)



PARENTING

Attract and feed the birds this winter and have your kids make this [bird feeder](#) using toilet paper tubes or pine cones, peanut butter, and seed.

New Year's resolutions aren't just for adults. Here are [some practical ways](#) to **help your children achieve their goals** in the year ahead.

Keep the kids entertained for an hour or two with these [FREE printable](#) coloring and hidden picture pages.

January 24th is #NationalPeanutButterDay. Pack your kids' lunchboxes with one of the most popular sandwiches around - peanut butter & jelly. Take a look at [these creative takes](#).

Two birds, one stone! Practice fractions as you chop up apples and mix ingredients while [baking an Apple Pie](#) with your kids.

Teach your kids some valuable skills this winter. [All you need is some rope](#) and a little know-how.

What do you do to keep the kids entertained when it is too cold to go anywhere? Share your secrets with us!

*Post for January 31st, National Hot Chocolate Day - **Warm up after a fun day of winter activity** with a delicious cup of [Hot Chocolate!](#) #NationalHotChocolateDay*

Gather a bunch of popsicle sticks and write a different boredom buster on it, like "do a puzzle," "break out the flashcards," "one hour of computer time," etc. When the kids are about to whip out the "I'm boooooored," just direct them to the **Boredom Bucket!**

MEMBERSHIP

New year, new you. **The Y can help you achieve your fitness goals.**

It's important to stay active even when the cold weather puts your motivation on ice. Stick with your exercise routine at the Y to keep your sleep, mood, and immunity at their best.

Have your dietician create a **"Bust the Myth" video** segment that responds to this myth - "Do I have to work out or diet all the time to change my body type?"

What new hobbies do you take up during the wintertime that help keep you motivated and active?

Are you wondering how fast you need to walk for it to count as cardio? [Here's your answer.](#)

Are you ready for the Y? "You'll never get bored when you try something new. There's really no limit to what you can do." ~ Dr. Seuss

Make 2023 the best year yet, and **join our YMCA family!**

Ask our dietician video idea. Have them respond to the following - "Steel Cut, Rolled or Instant Oats: Which Is the Healthiest?"

What's the **one thing you want to change** in 2023?

Start the new year off at the Y and **achieve your best this year.**
"The best is yet to come." ~ Frank Sinatra



TRIVIA

What does spaghetti mean in Italian?

Answer: Little lines

How much popcorn do Americans consume in a year?

Answer: Americans consume 14 billion quarts of popcorn annually – that translates to 43 quarts per person!

Can you name all the presidents who celebrated a January birthday?

Answer: President Roosevelt, President McKinley, President Nixon, and President Fillmore

In January of 1924, which famous mummified Pharaoh was discovered in Egypt?

Answer: Tutankhamun

What is the crouched position in downhill racing on smooth straight slopes called?

Answer: Egg position

Popcorn kernels that don't pop are known as?

Answer: Old maids or spinsters.

Cassius Clay was born on January 17, 1942. What is he also known as?

Answer: Muhammed Ali

What is the prominent flavor in a traditional tiramisu?

Answer: Coffee

Marzipan is made from which nut?

Answer: Almonds



INSPIRATION

"Life's not about expecting, hoping and wishing, it's about doing, being and becoming."
~ Mike Dooley

"Love is the only force capable of transforming an enemy into a friend."
~ Martin Luther King, Jr.

"One kind word can warm three winter months." ~ Japanese Proverb

"The problem with winter sports is that – follow me closely here – they generally take place in winter." ~ Dave Barry

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." ~ Aristotle

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ Maya Angelou

"You are never too old to set another goal or to dream a new dream." ~ CS Lewis

"Never underestimate the power you have to take your life in a new direction." ~ Germany Kent

"I pray this winter be gentle and kind—a season of rest from the wheel of the mind. "
~ John Geddes

"Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." ~ Winston Churchill

"Celebrate what you want to see more of." ~ Tom Peters