

Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne’s story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



By the time Bly suggested her around-the-world trip, she had her editors’ full support, so there was no question that she would undertake the adventure. Bly’s proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland’s competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly’s arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

January Birthdays

1-1 Janice W.

1-2 DonaRae P.

1-8 Carol J.

1-23 Al B.



Councils and Meetings

Starting this month, the Tenant Meeting will now be called “Resident Council”. It will operate the same way, leadership share about their departments and ready to take questions, comments, or concerns to benefit Cardigan Ridge.

Starting in February, Family Council will be twice a year in accordance with state standards.

Technology “Tech.” Clinic

Having trouble with your device? Whether a tablet, a phone, or laptop, come to our clinic Wednesday, Jan. 12th in the Community Room for us to provide help!

Waffle Breakfast is Back!

Each 1st Thursday of the month we’ll be bringing back our Waffle Breakfast! Not only waffles, but an assortment of other tasty breakfast items too with some of our leadership staff serving you! It is also open to ALL residents regardless of whether you’re on a meal plan or not.

Cardigan Ridge Community News

Cardigan Ridge Senior Living | 3300 Rice Street, Little Canada, MN 55126 | 651-484-8484



Celebrating January

BBC Sherlock Holmes
Wednesday, Jan. 5th

Bandanahhh!’s Back!
Friday, Jan. 7th

Little Canada Winter
Farmer’s Market Outing
Monday, Jan. 10th

Tech. Clinic
Wednesday, Jan. 12th

Skill Spotlight
Thursday, Jan. 13th

Martin Luther King Jr. Day
Monday, Jan. 17th

Kohl’s Outing
Tuesday, Jan. 18th

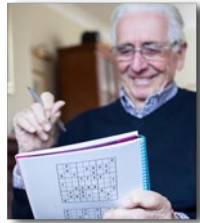
Moments Hospice
Presentation
Thursday, Jan. 20th

Throwback Thursday: “The
Salty Dogs” Viewing!
Thursday, Jan. 27th

2021 Highlights!



Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

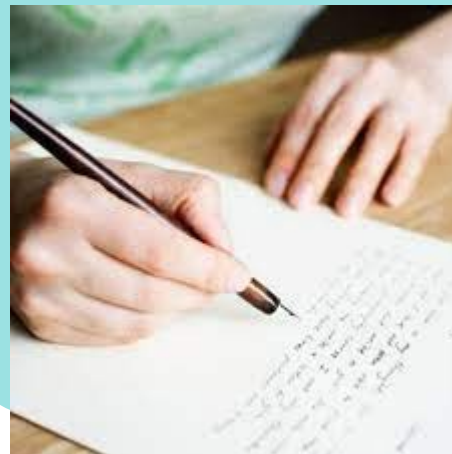
Moments Hospice Meeting

There are many thoughts out there concerning what hospice means and implies. We want to offer an opportunity for you to get accurate, and up-to-date information regarding how it is meant to help you or a loved one in the future.



Pen Pals with St. John's School of Little Canada

Beginning this month, we'd like to partner more with St. John's School of Little Canada and their students as pen pals. If you'd be interested in being pen pals with a 3rd grade student, please let Activities know so we can pass on your name and interest to our partnering teachers. We're so excited to see where this can go! More information will be coming soon, so be on the lookout!



Skill Spotlight



Once a month we'll have a craft, art, or skill in the spotlight to try your hand at. Depending on the focus, a staff member may lead or an interested resident.

Our first session will be Thursday afternoon, January 13th, and we'll be making birds like the one shown below!



Administrative Staff Directory

Angela Regino
Executive Director
651-765-2701
angelar@cardiganridge.com

Chantel Vagovich
Director of Nursing
651-765-2702
chantelv@cardiganridge.com

Nicolle Monette
Nurse Manager
651-765-2703
nicollem@cardiganridge.com

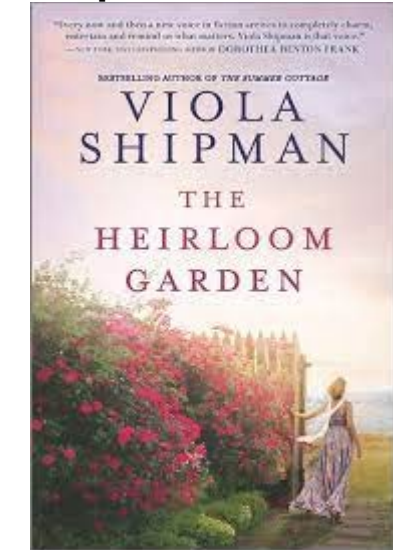
Nick Campbell
Marketing Director
651-765-2733
612-760-5621
nickc@cardiganridge.com

Fikreta 'Greta' Okanovic
Culinary Director
651-765-2706
gretao@cardiganridge.com

Becky Anderson
Activities Director
651-765-2707
rebeccag@cardiganridge.com

Havik Holte
Maintenance Director
651-765-2710
Or
763-202-3053
havikh@cardiganridge.com

January Book Club: *The Heirloom Garden* by Viola Shipman



"In her inimitable style, Viola Shipman explores the unlikely relationship between two very different women brought together by the pain of war, but bonded by hope, purpose...and flowers."

<https://www.goodreads.com/book/show/45288569-the-heirloom-garden>

Employee of the Month...

Tukirah Fnu! Tukirah is always so flexible, hard-working, very reliable and dependable. Always helping co-workers and residents. We are truly blessed to have her as an employee.

