

New Year Superstitions

In America, Southern families eat a dinner of collard greens, pork and black-eyed peas. When eating black-eyed peas the one that finds a coin in their bowl with the black-eyed peas is to receive the most luck. Some believe that eating black-eyed peas for good luck began after the Civil War when Union Soldiers stole all Confederate food except for black-eyed peas.

In Latin America, New Year tradition has them placing a empty suitcase outside their door to conjure an upcoming year filled with adventure and travel.

In Spain they gobble up 12 grapes at the stroke of midnight to ensure that they will have 12 months filled with luck.

In Argentina, beans are to be eaten right before midnight to provide job security in the upcoming year.

In Belarus, single women looking for love sit in a circle, each with a pile of corn in front of her. A rooster is placed in the circle's center, and the woman whose grain heap it pecks at first is believed to be the first of the bunch to get married.

The Chinese have numerous traditions and superstitions. One good luck custom is to clean your home from top to bottom as a way to usher out the prior year. But to ensure the good luck doesn't accidentally get pushed out along with the bad, people sweep the home inward, collect the dirt, and dispose of it out the back door. During the first two days of the New Year, homemakers aren't supposed to clean their dwellings at all, to avoid sweeping away lingering fortune.



We wish all those born in the month of January a very Happy Birthday~

Betty L. ~ January 1 (Resident)
 La Shawn J. ~ January 5 (Staff)
 Kat M. ~ January 16 (Staff)

J.R.R. Tolkien (author) – January 3, 1892
 Joan of Arc (heroine) – January 6, 1412
 Elvis Presley (musician) – January 8, 1935
 Rod Stewart (musician) – January 10, 1945
 Martin Luther King Jr. (activist) – Jan. 15, 1929
 Muhammad Ali (boxer) – January 17, 1942
 George Burns (comedian) – January 20, 1896
 Virginia Woolf (writer) – January 25, 1882
 Nolan Ryan (ballplayer) – January 31, 1947



Three Forks of Forney welcomes our newest residents

Margaret F.
 Joan L.
 Clara R.
 Pat P.
 Bell H.
 Chuck A.
 Annie R.
 Thomas "T.C." R.
 Mary R.

Take some time this month to welcome our newest community members

Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



Three Forks Team

Emily Whitson
Executive Director

Corie Ford
Memory Care Director

Shelby Mathis
Business Office Manager

Bill Lawson
Maintenance Director

Alex Davis
Community Relations Director

Angela Tyler
Life Enrichment Director

Rene Jenkins
Life Enrichment Assistant



The month of December was packed full of events and fun outings. The good folks of Forney did another wonderful job of sharing the holiday spirit with our community. Many of them brought gifts and treats. AutoZone staff members took time to hand selected items that the residents requested. This has become one of our exciting December traditions. Everyone seemed to enjoy their gifts and goodies from AutoZone and all the other organizations, groups, churches and schools that took time to visit Three Forks during the Christmas season.

Take some time this month to review your monthly calendar and sign-up for the outings you wish to attend. Our outings this month include Dollar Tree, Dollar General, Brookshire's, Community Thrift, Sweet Frog, Dairy Queen, Scenic Trips and Chicken Express. A sign-up sheet for the outings is located at the front desk. Please sign-up for the outings you wish to attend. Please be in the lobby 10 minutes before departure time for all outings.

Live music concerts this month include Buck & Gloria, Steve Rhome, Cheryl Neptune and Cowboy Bob. Concerts and other large events are held in our main dining area.

Daily Schedules are delivered to your room to help keep everyone up-to-date will all the happenings at Three Forks. Our two ambassadors faithfully deliver the schedules. If you have any questions, comments or suggestions about activities, events, and outings, please phone Angela at 972-564-8240. [Tune into channel 2 for current community news and updates.](#)



Christmas at Three Forks

Forney High School National Honor Society brought each of our memory care residents special hand selected gifts. Other groups and organizations generously gave of their time to spread Christmas cheer. AutoZone once again gave each residents gifts that had on their wish list.

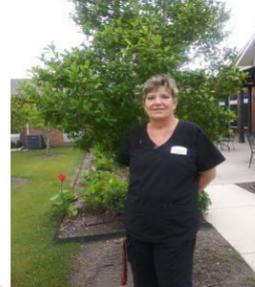


Thank you to each and everyone that helped all those

The Last Shall Be First

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same. Some of the earliest Phoenician alphabets begin with *abcdef*.

EMPLOYEE OF THE MONTH WENDY ANDERSON



Congratulations to Wendy for being the employee of the month for January. Wendy has been a medication technician at Three Forks of Forney for 5 ½ years. Her favorite thing about working here is spending time with seniors. Wendy was born and raised in Terrell, and currently resides in Elmo, Texas. She has a 2 children and five grandchildren. She has three dogs, Sassy, Taco and Chica. In her free time, she enjoys making crafts and playing with her dogs. Way to Go Wendy~

Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.



Three Forks of Forney has it's own community Channel. **Tune into channel 2** each day for the most updated comminty news and information.

Some of the things you will see on this channel are the monthly birthday's, daily schedule of events, new resident listings, meal times, church times and other community information.

If you would like to have other informative items added to this channel please inform Angela of your sugestions.



Johnny Miller, Three Forks Ambassador President and Katie our faithful volunteer. Katie and Johnny help to decorate the Christmas trees each year. Katie brings flowers for the dining room throughout the year. She is a talented wedding planner and often brings us beautiful centerpieces for our main dining room.