

# Getting Together in January 2022 County Connection Newsletter

212 Third Street, Gaylord, MN 55334

507-237-4133

## January highlights:

January 4th: Support group

January 6th: U.S.A (Indiana)

January 11th: L.A.C

January 12th: Mankato shopping

January 13th: Piece of History

January 17th: Martin Luther King Holiday

January 18th: Support group

January 19th: Birthday/bingo

January 25th: Feed My Starving Children

January 26,27 closed for moving

**January birthdays: Phil N. and Jim A.**

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*January word  
searches:*

*January CCC/  
CSP calendar:*



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## County Connection Roundup:



With winter weather comes, well, severe winter weather. If local schools are closing, or if there is a winter weather advisory or a warning, it's a good idea to call the County Connection (507-237-4133) or Human Services front desk (507-237-4000) to see if we will be open or closed. Our first concern is your safety (and ours) when it comes to winter weather.

Clubhouse move to new location: As was mentioned in December's calendar, we are moving our space to the old Sioux Trails building which is at 617 Sibley, right near the Human Service building. We are going to be called "County Connection", deleting the Clubhouse title. If you notice on the calendar we have left some time to move at the end of the month. Please be patient as the current County Connection space may be in disarray at times as we move items to the new space. We are very excited to get into the new County Connection building and to begin organizing and setting up or new rooms for use!



“Change **MEANS**  
that what  
was before  
wasn't perfect.  
People want  
things to be  
better.”  
Esther Dyson



## What are the January blues?

The New Year is a time for new beginnings, but for many there is a dip in that positivity.

The January Blues are a very real medical condition.

Therapist Rosemary Sword [told Business Insider](#): “It's a form of depression that many people feel after the holidays and sometimes before.”

In the US, it is called the Holiday blues.

January blues can last for a few weeks, usually after Blue Monday - said to be the [most depressing day of the year](#).

The January blues can last a few weeks. The purported day of gloom this year fell on Monday, January 21.

It is calculated using a series of factors in a (not particularly scientific) mathematical formula.

The factors are: the weather, debt level (specifically, the difference between debt and our ability to pay), the amount of time since Christmas, time since failing our New Year's resolutions, low motivational levels and the feeling of a need to take charge of the situation.

## Is it the same as Seasonal Affective Disorder?

No. January blues is a situational depression and is associated with how we think and feel.

[Seasonal Affective Disorder](#) (SAD) can affect people for a month at a time and doctors believe it is related to how the body responds to sunlight.

Alison Kerry, from the mental health charity Mind, says: "With SAD, one theory is that light entering the eye causes changes in hormone levels in the body.



"In our bodies, light functions to stop the production of the sleep hormone melatonin, making us wake up.

"It's thought that SAD sufferers are affected by shorter daylight hours in the winter. They produce higher melatonin, causing lethargy and symptoms of depression."

## **How do you know you are suffering from the January blues?**

People start to suffer from the January blues right after the holidays when all the festive decorations are gone and things are back to normal.

You can start to feel lonely after friends and family you saw over the holidays have left.

Sluggish from the excess food and drinking, and let down if your New Year hasn't gotten off the start you had hopes for.

Mental health charity Mind is derisive of the notion of Blue Monday, claiming the concept has no foundation in scientific research.

A statement on their websites says: "Here at Mind, we think it's dangerously misleading.

"Those of us who live with depression know that those feelings aren't dictated by the date.

"Implying that they are perpetuates the myth that depression is just 'feeling a bit down', something that doesn't need to be taken seriously."

Mind's Head of Information Stephen Buckley said: "Blue Monday contributes to damaging misconceptions about depression and trivialises an illness that can be life threatening. "

Multiple branches of the Samaritans charity across the UK are aiming to turn Blue Monday into Brew Monday and will be offering a brew and a chat at events across the country, [the Samaritans helpline](#) is free to call every day of the year.

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## How do you deal with January blues?

Sometimes going for a walk or finishing a project you started are ways to deal with the emotional lull.

Sword says: "Get out in nature, even if it's for a little while.

"Take a walk around the block and look for wildlife; enjoy a favorite meal with loved ones; call a friend or family member to check in; finish that project you started last summer, if you can.

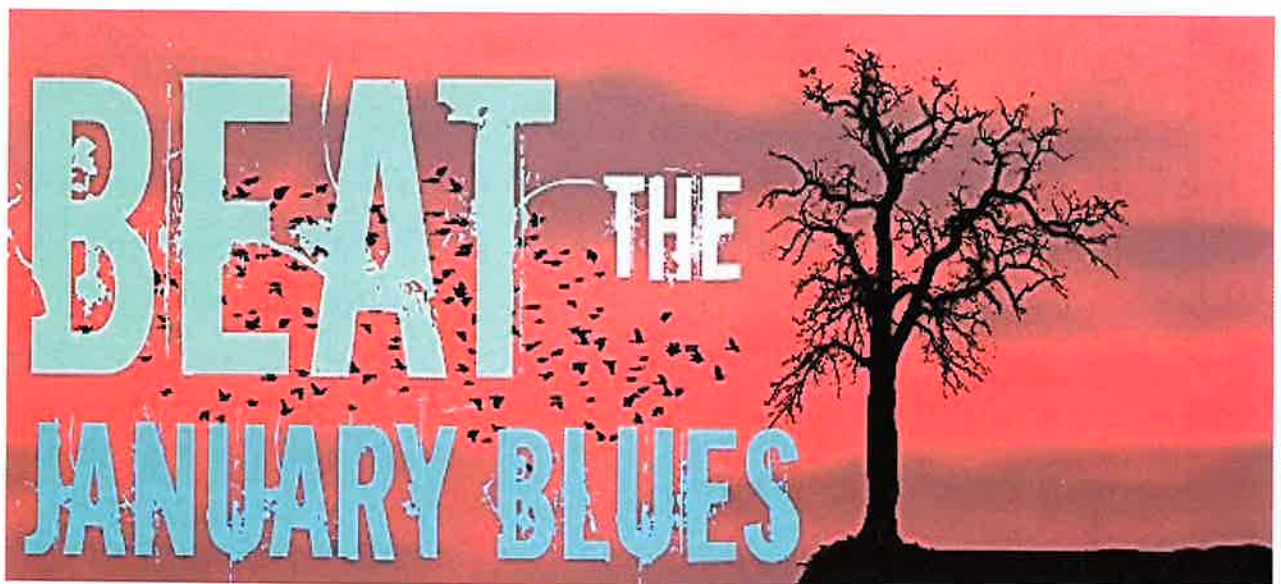
"You are unique and valuable so enjoy your beautiful life."

Exercise, starting an activity you've wanted to do for ages and enjoying time with friends and family all [help to banish the winter blues.](#)

Personal trainer Andy Ward advises that exercise is a great tonic to feeling down, and it's best to avoid binge-eating and shunning your mates.

He said: "Squeeze in 30 minutes of exercise, it could be a fast walk, a light jog, a relaxing swim, or an intense HIIT class - just move for thirty minutes to feel the benefits.

"There are dozens of different fitness classes available. January is a great time to take up new hobbies and meet new people."





# WINTER WORD SEARCH

## FIND THE WORDS!



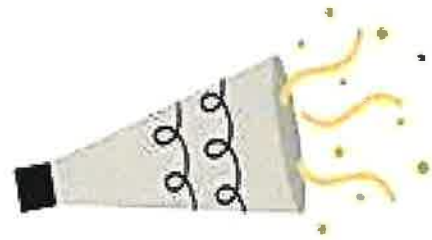
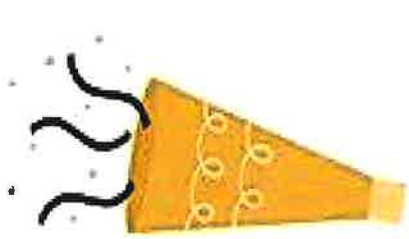
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BOOTS  
 COLD  
 FREEZING  
 HAT  
 SCARF  
 SLEDDING  
 SNOWFLAKE

CHRISTMAS  
 DECEMBER  
 FROST  
 ICE  
 SHOVEL  
 SNOWANGEL  
 SNOWMAN

COAT  
 FEBRUARY  
 GLOVES  
 JANUARY  
 SKIING  
 SNOWBALLS  
 WINTER

# HAPPY NEW YEAR!



Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers



# January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Jon 507-237-4133 (CCC) Jon cell 507-479-3384 Ashley 507-327-0644 Dawn 507-327 0645</p>						1
2	3	4 Open 9—3 with support group at 10:30a.m. Blokus or Yahtzee at 1p.m	5 Open 9—3 with coffee group at 9:30a.m Mental Health video at 1p.m.	6 Exercise at 9:00a.m and open 11:30—3 with U.S.A. group at 1p.m. ( Indiana)	7	8
9	10 Open 9—12 with Coffee group at 9:30a.m.	11 Exercise at 9:00a.m. and open 11:30—3 with L.A.C. at 1p.m.	12 Mankato shopping leave at 10a.m. CC open at 9:30a.m. Thrift or retail stores...	13 Exercise at 9:00a.m. and open 11:30a.m.—3 with Piece of History group at 1p.m.	14	15
16	17 Holiday Martin Luther King day	18 Open 9—3 with support group at 10:30a.m. and a movie at 1p.m.	19 Open 9—3 with coffee group at 9:30 and bingo/birthday club at 1p.m. (Jim A., Phil N.)	20 Exercise at 9:30a.m and then open for board games till 3p.m	21	22
23 30	24 Open 9-12 with coffee group at 9:30am <b>Fare For All with Dawn Leaving at 2:30PM</b> 31 Open 9-12 with coffee group at 9:30	25 Feed My Starving Children w Dawn 9 - 10:30a.m. CC closed for moving	26 Closed for moving to new location!	27 Closed for moving to new location!	28	29