

Hopping into the New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox. At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.

Memory Care Spotlight Mike Kranish



Mike is originally from Rockford, Illinois. He got his degree in Business Administration from Fort Lewis College in Durango, Co. He met his wife Patti in college, & afterwards they moved back to Rockford so Mike could work in & then eventually become the President of the family business, Mid-States Screw Corporation. Mike was a member of Industrial Fastener Institute, Rotary Club, and Rockford Country Club. Mike & Patti have 2 boys, & 2 grandkids. Mike sold the business in 2020 & they moved to Spring Hill to be closer to their boys & grandkids. Mike's hobbies included skiing, football (avid Packer fan), NASCAR races & dogs. Mike has a little dog named Elliott after race car driver, Bill Elliott. Patti brings Elliott to visit Mike & the residents. Everyone loves him.

January Outings

- 1/11 Walmart 10:30**
- 1/9 Hobby Lobby 1:30**
- 1/11 Target 10:30**
- 1/18 Men's Breakfast Out:
Big Bad Breakfast 9:00**
- 1/23 Dollar Tree & Marshall's 1:30**
- 1/25 Publix 10:30**
- 1/30 Cracker Barrel 11:00**

January Birthdays

- Mary Bowman 1/10**
- Aaron Herron 1/11**
- Randall Shaw 1/29**
- Happy Birthday!**



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The Goldton at Spring Hill | 3056 Miles Johnson Pkwy. Spring Hill, TN 37174 | 931-451-0009



Celebrating January

New Year's Day

January 1

Free Spa Facials with Pat from Mary Kay

January 11

National Hot Tea Day Tea Tasting

January 12

Martin Luther King Day

January 16

Men's Breakfast Out Big Bad Breakfast

January 20

Penguin Awareness Day Penguin Party

January 20

International Sweatpants Day

January 21

Resident Council Meeting

January 25

Chinese New Year Party

January 27

Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going. The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions. History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly. For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Employee of the Month



Joanna Kranz

Joanna is one of our first staff from when we originally opened in 2017. She lives in Spring Hill. She moved here from Kokomo, Indiana where she was born and raised. Joanna was in the National Guard for one year after high school. She wanted to be a Marine and then a police officer. Her family had different ideas since her mom and brother were nurses. Joanna finally agreed to be a nurse and went to nursing school. Joanna has known her husband since high school. They got engaged at Sleeping Bear Dunes in Indiana. She has one daughter who is twenty three. They moved to Spring Hill when her husband transferred with GM in 2017.

Resident Spotlight



Beverly Hamilton

Beverly was born & raised in Virginia. She was married and has 5 children. She has 4 girls & 1 boy. Beverly has 6 grandchildren & 6 great grandchildren. Beverly went to cosmetology school and had her own salon for 15 years. Later they moved to Texas where she worked in a bank. Beverly moved to Franklin to help her nephew out and manage his apartment buildings. When her husband became ill she retired and stayed home to take care of him. After her husband's passing Beverly moved to Spring Hill to be near her daughters. In 2020 She found a lump in her leg which was a rare cancer and eventually lost her leg. Beverly gets around just fine in her wheelchair. She has fought through a lot and still has a great outlook.

A Look Back on December Fun

Making Christmas cards, being part of the Christmas parade, all of the kids & groups who brought Christmas Cheer & a wonderful Christmas party with family and friends

