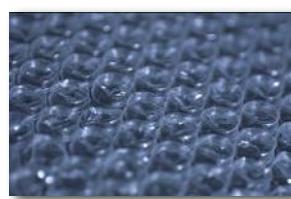


## Pop Therapy



All those who love the sensation of popping Bubble Wrap can hardly wait for January 25, Bubble Wrap Appreciation Day, to arrive. Why on

earth do so many of us insist on popping those tiny little bubbles? Professor of psychology Kathleen M. Dillon believed that the answer stems from the power of touch.

In ancient Greece, it was common for people to carry a smooth stone called a “fingering piece” or “worry bead” in their pockets. Touching or petting the stone created a calming effect. These stones, Dillon observed, are similar to Catholic rosary beads or needlework projects like embroidery or knitting in their ability to calm the mind. Dillon even went so far as to conduct experiments on her students using sheets of Bubble Wrap. As it turns out, students who popped the bubbles were more relaxed and more focused than those who did not pop. She concluded that releasing muscle tension in the hands reduces stress in the rest of the body.

Sealed Air Corporation, the maker of Bubble Wrap since 1957, has updated its packaging options in recent years. In 2024, the company introduced a new fiber-based wrap that provides cushioning while being recyclable and more space-efficient for shipping. The design is intended to protect products during transit and reduce material use, though the classic poppable Bubble Wrap is still produced for those who enjoy the traditional experience.

That's good news for people like April Holliday, a member of an online group called “Popping Bubble Wrap.” She loves the material so much that she has even wrapped herself in a blanket of it. And if several YouTube videos are any indication, even raccoons would be sad to see the pop go out of Bubble Wrap. If you feel the urge to pop but don't have any Bubble Wrap on hand, you can virtually pop the bubbles in a number of online games. Clicking a bubble and hearing the familiar popping sound is *almost* as satisfying as the real thing!

## January Birthdays

### Residents

Jan. 4  
Jan. 8

Steve Ammon  
Kevin Keany

### Staff

Jan. 1  
Jan. 2  
Jan. 3  
Jan. 4  
Jan. 5  
Jan. 6  
Jan. 9  
Jan. 11  
Jan. 14  
Jan. 15  
Jan. 24  
Jan. 25  
Jan. 27  
Jan. 28  
Jan. 30

Oge Chiekwe  
Josette Joachim  
Sonia Angel-Cabezas  
Jasmine Dade  
Nocholas Chemoiwa  
Fatmata Kelfala  
Katherine Angel  
Toni Battle  
Ayalnesh Gebru  
Ana Noriega  
Altayework Woldeleul  
Genesis Reynolds  
Atikilet Eneyew  
Kimberly Castillo Culjay  
Fatoumata Mpalang



# Clifton & Greenbriar

The Gardens at Fair Oaks | 4310 Forest Hill Dr. Fairfax, VA 22030 | 703-278-1001

### Celebrating January

**Jan. 2@3:30pm Tom Stringer Musical Performance (FR)**

**Jan. 4@10:30am Non-Denominational Sunday Service (FR)**

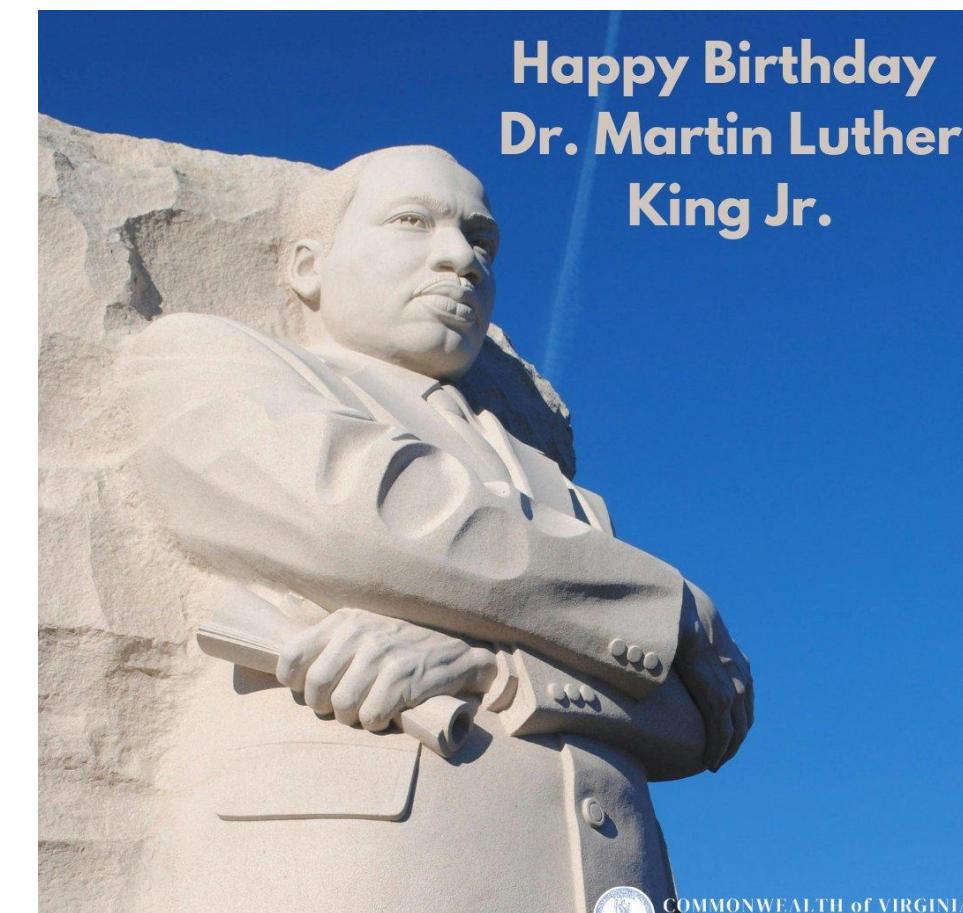
**Jan. 8@3:30pm Acoustic Guitar by Lalo (GR)**

**Jan. 9@3pm 50's & 60's Performance w/ Billy (FR)**

**Jan. 12@10:30am Catholic Mass by St. Leo the Great Catholic Church (FR)**

**Jan. 14@3:30pm Hunter O'Neil Music Performance (FR)**

**Jan. 27@3:30pm Acoustic Guitar by Lalo**



**Happy Birthday  
Dr. Martin Luther  
King Jr.**

# Engagement in Persons with Dementia

Meaningful engagement with residents with dementia focuses on tailored, person-centered activities that provide purpose, reduce boredom, and boost well-being by connecting with past interests, adapting to current abilities, and embracing the present moment, using simple communication and fostering positive staff interactions to improve mood, cognition, and overall quality of life. Simple tasks like listening to audiobooks, gardening, or organizing tools offer value, while patience, positive tone, and getting on their level help bridge communication gaps and create joyful experiences, reducing agitation and depression.

## Why Engagement Matters

- Boosts Well-being:** Reduces stress, boredom, depression, and challenging behaviors, fostering happiness and purpose.
- Improves Cognition:** Helps maintain cognitive function and can even improve performance in daily activities (ADLs).
- Enhances Quality of Life:** Fulfills the innate human need for connection, making residents feel valued and involved.

## Strategies for Meaningful Engagement

- Know the Person:** Understand their past occupation, hobbies, and what brought them joy.
- Meet Them Where They Are:** Connect in the moment, adapting activities to their current mobility and communication level.

- Use Simple, Positive Communication:** Be patient, use a friendly tone, get to their eye level, and allow time (90+ seconds) for processing.
- Offer Tailored Activities:** Physical: Simple body movements, walking. Cognitive: Puzzles, listening to familiar music or audiobooks.
- Social:** Interacting with loved ones or staff.
- Purposeful Tasks:** Folding laundry, sorting items, or helping with simple tasks like organizing a toolbox.
- Embrace the Present:** Focus on shared experiences and positive emotions, viewing every interaction as an opportunity for connection.

**Key Takeaway:** By focusing on individual history, current abilities, and positive presence, caregivers can unlock a resident's potential for joy, purpose, and connection, even as dementia progresses.

Welcome to Clifton  
**Mary "Bunny" David**  
**Mary will be moving in January**  
**12.**

**Welcome to your new home!**

## January IQ Quiz

There's more to January than snowmen. Test your January IQ.

1. What is the name of the full moon in January?
  - A. Strawberry moon
  - B. Wolf moon
  - C. Beaver moon
  - D. Sturgeon moon
2. True or false? January was named after the Roman god Janus, but it wasn't a month in the original, 10-month Roman calendar.
3. January is National Hobby Month. If you are a bibliophile, what do you enjoy collecting?
  - A. Stamps
  - B. Coins
  - C. Books
  - D. Antiques

### Answers

1. (B) Wolf moon. It was named the wolf moon because, during the harsh midwinter, hungry wolves could often be heard howling near villages when food was scarce.
2. True. Janus is the Roman god of beginnings, transitions, and doorways. January and February were added to the Roman calendar during the reign of King Numa Pompilius (715–673 BC).
3. (C) Books. The term comes from the Greek words *biblion* ("book") and *philos* ("loving"), and while it often refers to a love of reading, it traditionally



*Look Grandpa, no hands!*