



**EXTRA! EXTRA!
READ ALL ABOUT IT!!**



Issue 1

JANUARY 2023

JAN 1ST	NEW YEARS DAY 2023
JAN 15TH	HAT DAY
JAN 17TH	MARTIN LUTHER KING DAY
JAN 23RD	PIE DAY
JAN 24TH	COMPLIMENT DAY

NATIONAL DAYS

Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter for JANUARY 2023

RESIDENT BOWL PAINTING WORKSHOPS ARE RETURNING IN JANUARY For :



"CHANGE IS HARD AT FIRST, MESSY IN THE MIDDLE AND GORGEOUS AT THE END."



ICE CREAM BREAD

Making two-ingredient ice cream bread is one of those magical recipes that sounds impossible. The recipe is incredibly easy and yet the flavor possibilities are endless. All you need is your favorite flavor of ice cream and self-rising flour.

- ⇒ 2 cups softened ice cream
- ⇒ 1 1/2 cups self-rising flour

Gather the ingredients. Preheat the oven to 350 F. Grease a bread loaf pan and set aside.

Stir the ice cream until mostly melted and smooth. In a large bowl, combine the soft, smooth ice cream, and the self-rising flour. Do not over mix.

Pour the batter into the prepared bread loaf pan.

Top with sprinkles, if desired. Bake for 40 to 45 minutes or until a toothpick inserted in the center comes out clean.

Cool in the pan on a wire rack for 5 minutes. Remove from the pan and allow to cool the rest of the way on a cooling rack

Enjoy warm or at room temperature. Store leftovers for up to 3 days in an airtight container.

Please Remember to turn in your 2023 Social Security Award Letters ASAP to your property casemanager.

**DO YOU HAVE A NEW YEARS RESOLUTION FOR 2023?
TURN THE PAGE !**

"The Warm Line"

A new peer support phone line for a warm and friendly person to webchat or talk with !

www.mentalhealthsf.org/peer-run-warmline/

855-845-7415

Picking the Right Resolution for 2023 !

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too.

A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

1. It's a resolution created based on what someone else (or society) is telling you to change.....2. It's too vague.....3. You don't have a realistic plan for achieving your resolution. Be S.M.A.R.T.

—S.pecific. Your resolution should be absolutely clear. “Making a concrete goal is really important rather than just vaguely saying ‘I want to lose weight.’ You want to have a goal: How much weight do you want to lose and at what time interval “Five pounds in the next two months — that’s going to be more effective.”

—M.easurable. This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

—A.chievable. This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail.

—R.elevant. Is this a goal that really matters to you, and are you making it for the right reasons? “If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long “But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then you have a fighting chance.”

—T.ime-bound. Like “achievable,” the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way.

Be S.M.A.R.T. with your 2023 New Years Resolutions