

# Visiting Angels Times Pueblo

January 2021



## New Year's Food Meanings

### Pork-



Pork, once reserved for the elite, symbolizes wealth and prosperity

### Fish-

People associate fish with the new year, since fish swim in one direction



### Greens-



The color green means luck...four-leaf clovers, money and jade jewelry. Eating greens should bring good luck..plus they are healthy

### Lentils-



In Italy Lentils, are thought to resemble coins, if eaten on New Year's Day they bring good fortune

### Cabbage-

In Germany, Ireland, and parts of the US, cabbage is associated with luck and fortune.

It's green hue resembles money. Purple cabbage is just as versatile.

### Noodles-



Asian countries eat noodles to lengthen life. You can't break the noodle from your plate to your mouth.

### Black Eyed Peas-



Good luck food in the South. Thought to bring luck especially if served on a bed of collard greens

### Pomegranate-



Associated with abundance and fertility in Mediterranean countries. They bring good luck

Happy New Year!

WISHING YOU HAPPINESS IN THE YEAR TO COME



This year has been a very unusual year, stay safe and healthy and Thank you to our wonderful office staff and caregivers.....YOU MAKE A DIFFERENCE...Everyday!



MAY YOU BE PROUD OF THE WORK YOU DO THE PERSON YOU ARE AND THE DIFFERENCE YOU MAKE

If you have moved recently and we do not have your correct address, please let the office know. We also need updated phone numbers, emergency phone numbers just in case we need to get ahold of you.

## Make sure to check e-mails for online training classes



Alayacare, our new software has launched. Deania has reached out to everyone for training and how to download the app. If you have questions, please call right away. We want to make sure you feel confident in the program and want a smooth transition for everyone.

HAPPY BIRTHDAY



### Birthdays for January

- Morgan January 6th
- Nancy K January 14<sup>th</sup>
- Lisa L January 15<sup>th</sup>
- Margaret January 21<sup>st</sup>



### Did you know?

If you are a Veteran, you may qualify for homecare services. Call and ask us how to find out!

Call and ask us about Veteran's Benefits  
See if you qualify for homecare



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