

"THE BUSTER BEAT"

Lake County Board of Developmental Disabilities - Community Recreation Services

January 2021



Upcoming:

Check out the recreation brochure on www.lakebdd.org/community-recreation-program/ for upcoming events, such as:

- Clay Day,
- Crafting,
- Bingo,
- Movies,
- Fun Days,
- Scavenger Hunt,
- Snowshoeing,
- Tailgates,
- And more!

Please contact recreation with any questions at (440) 350-5165 or info@lakebdd.org

Hope everyone had a wonderful holiday season! We had a lovely December in Recreation, and were able to enjoy the beauty of some early snowfalls. As we navigated the pandemic, we missed out on a few activities we had been looking forward to, but thanks to the wonders of technology we were able to still visit you live through our Facebook broadcasts and Zoom!



Santa made time to visit Willoughby Branch and VGC for Christmas, and handed out some presents with the help of his Christmas Elves in the Recreation Department. We also brought toy building to the Willoughby Branch, where we were able to sand, assemble, and paint a variety of options.



Birthday Board



- Betsy Ross- 1st Elvis Presley- 8th
- Martin Luther King, Jr.- 15th* Benjamin Franklin- 17th
- Edgar Allen Poe- 19th Dolly Parton- 19th
- Buzz Aldrin- 20th Alicia Keys- 25th
- Oprah Winfrey- 29th Jackie Robinson- 31st



*National Holiday

Interested in seeing your name here?
Send in your birthdays to info@lakebdd.org
to get a shout out in our monthly newsletter!

Did you know?

The name for January comes from Roman mythology in the form of "Janus", the god of doors, gates, and transitions (fitting for the resetting of the calendar year).

Janus was depicted with two heads; one was used to reflect back on the past year before, while the other looked forward into the New Year.

What do you have to be grateful for this past year?

What are you excited for in the New Year ahead?



Depiction of Janus on an ancient Roman coin.

Profile Feature:

Ellana Fishwick

Title: Recreation Specialist

Birthday: February 14th

Biography:



Born and raised in Willoughby, Ellana is the only recreation specialist from Lake County. After attending college at Bowling Green State University and Cleveland State University, she moved in next door to her childhood home in Willoughby.

Ellana loves to travel and has had many amazing opportunities to take advantage of that passion, including traveling to Austria and Abu Dhabi with the Deepwood dancers. Her other passion is music and learning how to play different instruments, most recently being the Ukulele!

Fall is definitely her favorite season, but every season has their perks when you love being outside as much as Ellana does! Most of the time, you will find Ellana working out in her backyard, playing with her dogs, or just enjoying sitting on the dock at her family cabin.

Q: What do you call a friendly ghost on a cold January day?

A: Casp-brrrrr!

Q: What New Year's resolution should a basketball play never make?

A: To travel more!



Comic by: Patrick McDonnell

-- Recipe of the Month --

Hamburger Vegetable Soup

Prep: 10 minutes Cook: 50 minutes

Ingredients

- 1 ½ pounds of ground beef
- 2 cups diced yellow onion
- 1 ½ cups sliced carrots
- 14 oz can of diced tomatoes w/juice
- 14 oz can corn (drained)
- 14 oz can green beans (drained)
- 1 Cup cubed potatoes
- 2 beef bouillon cubes
- 1 cup red or white wine
- 2 cups water
- 2 quarts beef broth
- 1 TBSP marjoram
- 1 TBSP garlic salt
- 1 Tsp tarragon
- 2 Tsp black pepper
- 1 Tsp kosher salt
- 1 ½ cups chopped celery

Directions

1. Chop and prepare all vegetable ingredients. Set diced onion and celery apart in a separate bowl.
2. In a large dutch oven or pot, brown ground beef over medium heat. Stir occasionally until no longer pink (about 7-8 minutes)
3. Add diced onion and celery, cooking until tender. (about another 3 minutes)
4. Add remaining ingredients, stirring in. Bring contents to a boil, then reduce to a bubbling simmer and cook for 30-40 minutes, or until carrots are tender and all flavors have combined. Season with additional salt and pepper to taste.

Slow cooker instructions: If using a slow cooker instead of a pot, brown your beef, onions, and celery in a skillet, then add the rest of the vegetables, herbs, wine, and broth into the slow cooker and cook for 4 hours on high or 6-8 hours on low. stirring occasionally.



January is the National Month of:



Blood Donors

Hot Tea

Hobbies

Soup

Slow Cookers

Braille Literacy

