



Buffalo Crossings

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Buffalo Crossings Management Team

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A Dream Remembered

In January, we honor the life, service and legacy of Martin Luther King Jr. He organized nonviolent boycotts and protests against racial discrimination and directed a 250,000-man march on Washington, D.C., where he delivered his famous "I Have a Dream" speech. He became the youngest person to receive the Nobel Peace Prize, and his leadership led to reform in civil rights laws for all people. This year, take a moment to remember King and the movement toward equality he inspired.

January 2026



Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan

Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.

Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.

Wit & Wisdom

Remember and reflect on the life, legacy and wisdom of civil rights activist Martin Luther King Jr. with some of his most treasured words:

"Life's most persistent and urgent question is: 'What are you doing for others?'"

"I have decided to stick with love. Hate is too great a burden to bear."

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"We must accept finite disappointment but never lose infinite hope."



Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal. This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal. Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal. Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal. Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often.

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution. Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles. Find a list of drawing prompts online or create your own (you could do a week of zoo animals, a week of flowers, and so on); then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Eating adventures. Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests. There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.





A Life-Saving Bracelet

Seventy years ago in 1956, Dr. Marion Collins invented the MedicAlert Bracelet, so his teenage daughter and all people with invisible health conditions could be protected in emergency health situations.

Collins' then 14-year-old daughter Linda nearly died from a severe allergic reaction. As his family wracked their brains

trying to make sure Linda never was exposed to her allergens again, Linda suggested that jewelry could be the solution. Her father designed the first medical ID bracelet and commissioned a jeweler to make the life-saving device.

The original medical IDs were only available in silver or stainless steel. In the 1980s, medical ID bracelets got an upgrade, featuring 14K gold, crystal and silver beaded options. Today, many people who wear medical IDs choose comfortable silicone bands or convenient electronic medical IDs, which can be worn as watch sleeves or stickers.

Brain Bender: Mug Matchup

Benita, Leo and Phoebe came inside from the cold after taking a walk and wanted a hot drink to warm up. They each have a favorite color of mug—red, purple or yellow—and chose a different beverage to enjoy—coffee, herbal tea or cocoa. Then they each picked a chocolate chip cookie, a blueberry muffin or a banana to eat. Using the clues below, can you match each person to the color of their mug, and the drink and snack they chose?

- Leo, whose favorite color is red, wanted to avoid caffeine.

- Phoebe has a sweet tooth; if chocolate is an option, she picks it.
- The color of Benita's cup matched her snack.

(Answer: Benita drank coffee in a yellow mug and ate a banana. Leo drank herbal tea in a red mug and ate a blueberry muffin. Phoebe drank hot cocoa in a purple mug and ate a chocolate chip cookie.)



Blood Donation Basics

In the United States alone, someone needs blood or platelets transfused every 2 seconds, and each year nearly 7 million people in the U.S. donate blood to answer this need. During National Blood Donor Month in January, learn more about the history of this lifesaving practice.

British physician William Harvey discovered how blood circulates within the human body in 1628. Human blood was successfully transferred to another human patient for the first time in 1818.

In the early 1900s, scientists identified the four blood types, A, B, O and AB, and developed a transfusion method that matched recipients with compatible donors. Early transfusions had to be made directly from donor to receiver, but researchers discovered that adding sodium citrate to blood kept it from clotting, and refrigeration made it possible to store blood for future use, a practice that was implemented during World War I.

Later, hospitals began storing blood for patients. In 1937, the term "blood bank" was first used for the blood storage program at Chicago's Cook County Hospital.

World War II brought the need for more donations, and donating blood became a way to give back to the community.



In the Kitchen

Home cooks use a menu of appliances and gadgets for making meals. Look back at what was cooking in popular kitchen trends from decades past.

Decade	Kitchen Appliance/Gadget
1940s	electric blender, refrigerator
1950s	nonstick pans, Tupperware
1960s	electric can opener, dishwasher
1970s	Crock-Pot, fondue set, salad spinner
1980s	microwave oven, food processor
1990s	George Foreman grill, bread machine
2000s	juicer, Magic Bullet, single-cup coffee brewer
2010s	Instant Pot, air fryer, spiralizer

"This Month In History"

JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeleine Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming one of the highest-grossing installments in the film franchise.