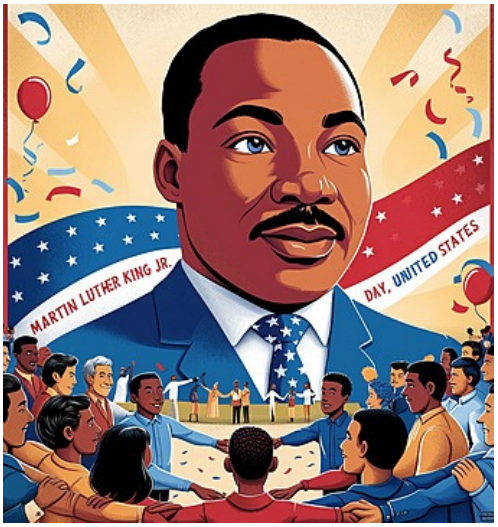
JANUARY 2026

Senior Resources
AGENCY ON AGING



Martin Luther King, Jr. Day is a national holiday in the United States that honors the life and legacy of Dr. Martin Luther King, Jr., a leader of the Civil Rights Movement who worked tirelessly to achieve equality and justice through nonviolent protest. Observed on the third Monday of January, the day encourages reflection on Dr. King's commitment to civil rights, peace, and service to others. It also serves as a reminder of the ongoing struggle for social justice and inspires people to contribute to their communities in ways that promote fairness, understanding, and unity.

January is Mental Wellness Month

What is Mental Wellness Month?

Mental Wellness Month, observed every January, is an event dedicated to promoting awareness and understanding of mental health, its impact, and the importance of mental well-being. January's Mental Wellness Month highlights the value of integrating emotional and physical health and understanding the link between your mind's health and your body's state.

This mental health initiative aims to educate the public about the current state of mental health in the US, reduce stigma, and provide resources to those who may benefit.

Maintaining good mental health is crucial for seniors, and here are essential tips to help improve well-being and combat challenges like loneliness and anxiety:

- Stay Socially Connected
- Engage in Regular Physical Activity
- Nurture Hobbies and Interests
- Practice Mindfulness and Relaxation Techniques
- Maintain a Healthy Diet
- Seek Professional Help When Needed
- Limit Media Consumption

By incorporating these tips into daily life, seniors can enhance their mental well-being and lead fulfilling, vibrant lives.

January is National Oatmeal Month

January is recognized as National Oatmeal Month, celebrated throughout the month to promote the health benefits and versatility of oatmeal. This observance encourages people to incorporate oatmeal into their diets, especially as the cold winter months begin. Oatmeal is known for its heart-healthy properties, high fiber content, and ability to aid digestion. The month is also a time to explore new oatmeal recipes and enjoy this nutritious grain in various forms, such as porridge, granola, and baked goods.

Baked Oatmeal with Berries

- The Pioneer Woman

INGREDIENTS:

- Nonstick cooking spray
- 1 cup sliced almonds
- 2 cups old-fashioned rolled oats
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. kosher salt
- 2 1/2 cups milk
- 2/3 cup maple syrup, plus more to serve
- 1 large egg
- 3 Tbsp. unsalted butter, melted
- 2 tsp. vanilla extract
- 1 cup fresh blueberries, divided
- 1 cup fresh raspberries, divided

Greek yogurt, to serve

PREPARATION:

1. Preheat the oven to 375°F. Lightly coat a 2-quart baking pan with cooking spray.
2. Line a baking sheet with foil and pour the almonds on top. Toast the almonds until lightly golden, 7 to 9 minutes. Reserve ¼ cup sliced almonds and coarsely chop the remaining.
3. In a large bowl, stir together the oats, chopped almonds, baking powder, cinnamon, ginger, and salt.
4. In a medium bowl, whisk together the milk, maple syrup, egg, butter, and vanilla. Stir the milk mixture into the oat mixture to combine. Add ¾ of the blueberries and raspberries and stir again.
5. Transfer the mixture to the prepared baking pan. Sprinkle with the remaining berries and almonds. Bake until the oatmeal is set and golden brown, 55 to 60 minutes.
6. Let the oatmeal cool for 10 minutes. Scoop a portion into a bowl and serve with additional maple syrup and a spoonful of Greek yogurt.