



**NORTH WEST LIBRARY REGION ~ OIL CREEK LIBRARY DISTRICT ~
JEFFERSON COUNTY LIBRARY SYSTEM**

Punxsutawney Memorial Library



January Newsletter



Business Hours:

Monday, Wednesday: 10 am - 7 pm

Tuesday, Thursday, Saturday: 10 am - 5 pm

Friday 12 pm - 5 pm

Sunday: Closed



Punxsutawney
Memorial
Library



FROM THE DIRECTOR'S DESK:

Christmas is over for another year. Now begins a struggle I go through each year, which I not-so-affectionately call the “winter blahs.” Yes, I struggle with depression and I’m not afraid to admit it. There was a time when having mental health issues placed a stigma upon oneself. That stigma is one of the most significant factors that prevents people with mental health disorders from seeking help. The more we open up about, admit, and discuss mental health struggles, the more we can destigmatize LIVING with mental health issues. For me, New Year’s brings a real struggle.

It’s a well-known and researched fact that the holiday season worsens or triggers mental health symptoms in many people. If you already have depression, this time of year can make it worse, but even people without diagnosed mental illness are vulnerable.

The entire season, from Thanksgiving to New Year’s Eve, causes stress, anxiety, and depression for many reasons:

- Stress is a major component of holiday blues. The stress associated with buying gifts, making big dinners, and attending parties can become overwhelming.
- High expectations also trigger bad feelings, especially if you can’t meet them.
- Finances cause a great deal of anxiety this time of year, particularly when coupled with the expectations of gift buying.
- Some people end up isolated during the holidays, which can trigger depression.
- Grief is often amplified at the holidays, especially if you have lost a close loved one.
- The colder weather and shorter days may trigger seasonal depression.

All of these issues, and more, apply to New Year’s depression as well, but there’s more to this phenomenon. Loneliness and isolation are major factors. New Year’s Eve is a time when people are expected to be around friends, partying and kissing someone special at midnight. If you don’t have these things, you can feel like a failure. Another issue at New Year’s that differs from the rest of the holiday season is the focus on reflection. Many people look over the past year and see a lot of disappointments. This is especially a problem if you tend to compare your own achievements with those of others.

The expectations of New Year’s Eve are huge, but another problem is the expectation for a new beginning. Many people feel as if this one holiday should set the tone for the rest of the year, which is unreasonable. If the night doesn’t go well, it does not mean the next 365 days will also be disappointing, but this is how many feel.

Here are a few suggestions to battle the depression from unrealistic expectations of a New Year:

1. Embrace the New Year with Mental Health Resolutions

If you struggle with depression or other mental illnesses, this is a great opportunity to set goals for better mental health. Setting resolutions can bring a sense of hope to the coming year, but it can also be disappointing. Set goals that are reasonable and achievable. Don’t set yourself up for failure. Here are some good examples:

- Surround yourself with people who make you happy and begin to cut ties to those who do not.
- Bring your focus to what you can control in your own life.
- Ask for help when you need it.
- Get professional mental health treatment.

These are resolutions you can manage. When you meet them, it will boost your self-esteem and help you realize how much control you have in your life.

Continued on next page

2. Reflect on Your Accomplishments, Not Those of Others

Did you fail to meet last year's resolutions? Did you watch other people achieve goals and do great things while you struggled? Did you have a rough year? Reflecting on the past year can be a positive experience, but also a difficult one.

Reflection can be beneficial if you do it right. Make a list of what you accomplished, no matter how small. For example, if you wanted to lose 20 pounds but only lost 10, view it as a win, not a failure. Most importantly of all, avoid comparing yourself to others. Life is not a competition. It helps to take a break from social media, one of the most insidious comparison tools. Focus on you, your achievements, areas that need improvement, and the type of person you want to be, regardless of others.

3. Engage in Distractions

Rumination is the negative cousin to reflection. Rumination is an obsessive type of thinking. People with depression tend to ruminate on negative thoughts and events, worsening depression. At this time of year, reflection can become rumination, triggering more depressive symptoms.

Distraction is a great tool for combating this negative thought pattern. When you find yourself buried in bad thoughts, find an activity that engages your mind and your body. Exercise is one of the best ways to distract from negative thoughts. When the body is engaged, it's tough for the mind to obsess. Get out for a walk to enjoy fresh air. If your thoughts persist, listen to a podcast or audio book while you walk or walk with a friend.

4. Start a New Tradition That Makes You Happy

It's time to let go of other people's expectations. New Year's Eve does not have to be a big party with a pretty dress and a lot of friends. If that makes you feel worse, do something different. Start a tradition for the holiday that benefits your mental health.

If this means staying home with your pets and watching movies alone, do it. If you don't want to be alone, host a small gathering or sleepover with a few close friends. You might be surprised to find that they too would also prefer a small party to a big event.

5. Reach Out to Others

Social isolation only worsens depression. A strong support network is a useful tool in managing depression any time of year. If New Year's makes you feel lonely, reach out and talk to someone you trust. Ask a friend or family member to spend a quiet New Year's Eve with you. Another important connection to make during a difficult time with depression is with a mental health professional. If you have a therapist, call to schedule more sessions or to engage with treatment again if you stopped.

Consider reaching out to treatment facilities if you're really struggling. For some people, treatment in a residential center during the holidays is just what the doctor ordered. A treatment center can give you a safe place to ride out the holidays, while you do more than simply survive. They can provide active and varied treatment, a supportive community, and the tools you'll need to start next year off on the right foot.

New Year's depression may be a real phenomenon, but that does not mean it is inevitable or that you can't do anything about it. Be proactive if you know this time of year impacts your mental health. Reach out to friends and family, make new traditions, reflect in positive ways, and get treatment if you need it. (Source: *Bridges to Recovery*)

BEST BOOKS OF 2021

Punxsutawney Memorial Library staff share their favorite books of the year!

Jen's Top 3:

Toll for the Dead by M.S. Morris
Life Unscripted by Kristin Rockaway
Lions of Fifth Avenue by Fiona Davis

Nina's Top 3:

Pretty Girls by Karin Slaughter
Malibu Rising by Taylor Jenkins Reid
The Lost Apothecary by Sarah Penner

Amber's Top 3:

Murder in the Smithsonian by Margaret Truman
The Personal Librarian by Marie Benedict
Will My Cat Eat My Eyeballs? by Caitlin Doughty

Laura's Top 3:

The Invisible Life of Addie LaRue by V.E. Schwab
An American Sunrise by Joy Harjo
The Girl with the Louding Voice by Abi Daré



Attention Patrons

Starting January 2022,
No adult is permitted upstairs
unless searching for a book or
accompanying a child.

No children under the age of 8
are permitted upstairs without
adult supervision.

Thank you!



Fine Free Fridays

EVERY FRIDAY IN JANUARY WILL BE FINE-FREE FRIDAY.

**DO YOU HAE A LATE FEE? NO WORRIES,
BECAUSE FINE FREE FRIDAY IS BACK!**

**WHEN YOU RETURN ITEMS THAT ARE OVERDUE
ON ANY FRIDAY IN JANUARY, WE WILL ERASE
THE FINES FOR THOSE ITEMS ONLY.**



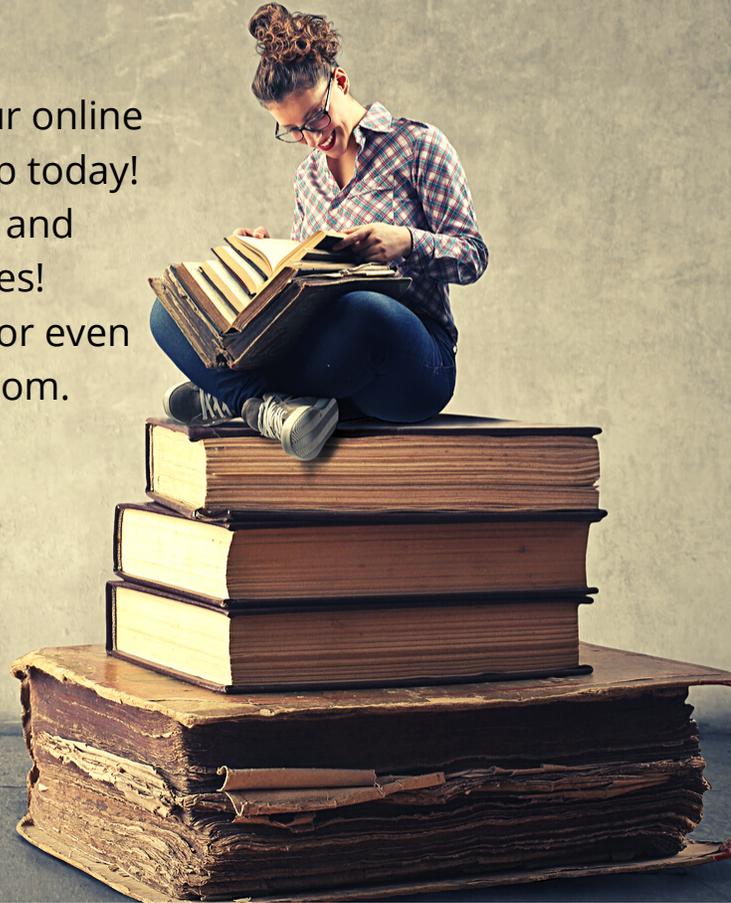
Online Reading

Bringing the library to you!

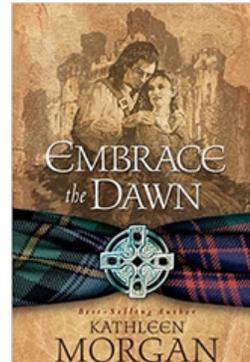
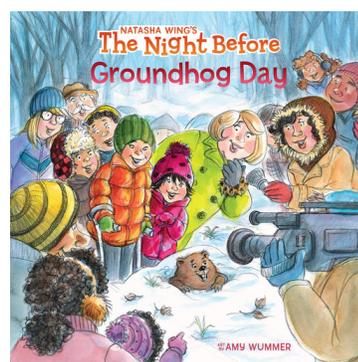
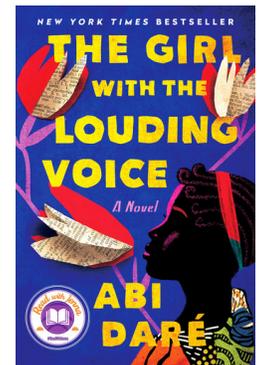
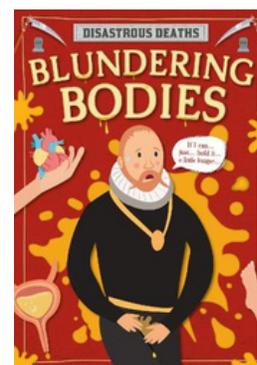
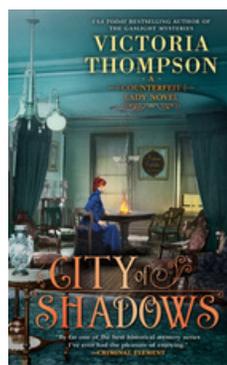
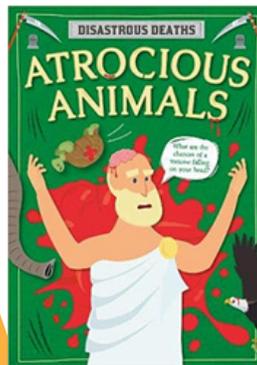
With your library card, you can access our online reading options. Download the Libby app today!

You'll have access to endless ebooks and audiobooks for free and with no fines!

Access Libby using Android, iPhone, iOS, or even your web browser at www.libbyapp.com.



**NEW
BOOKS**

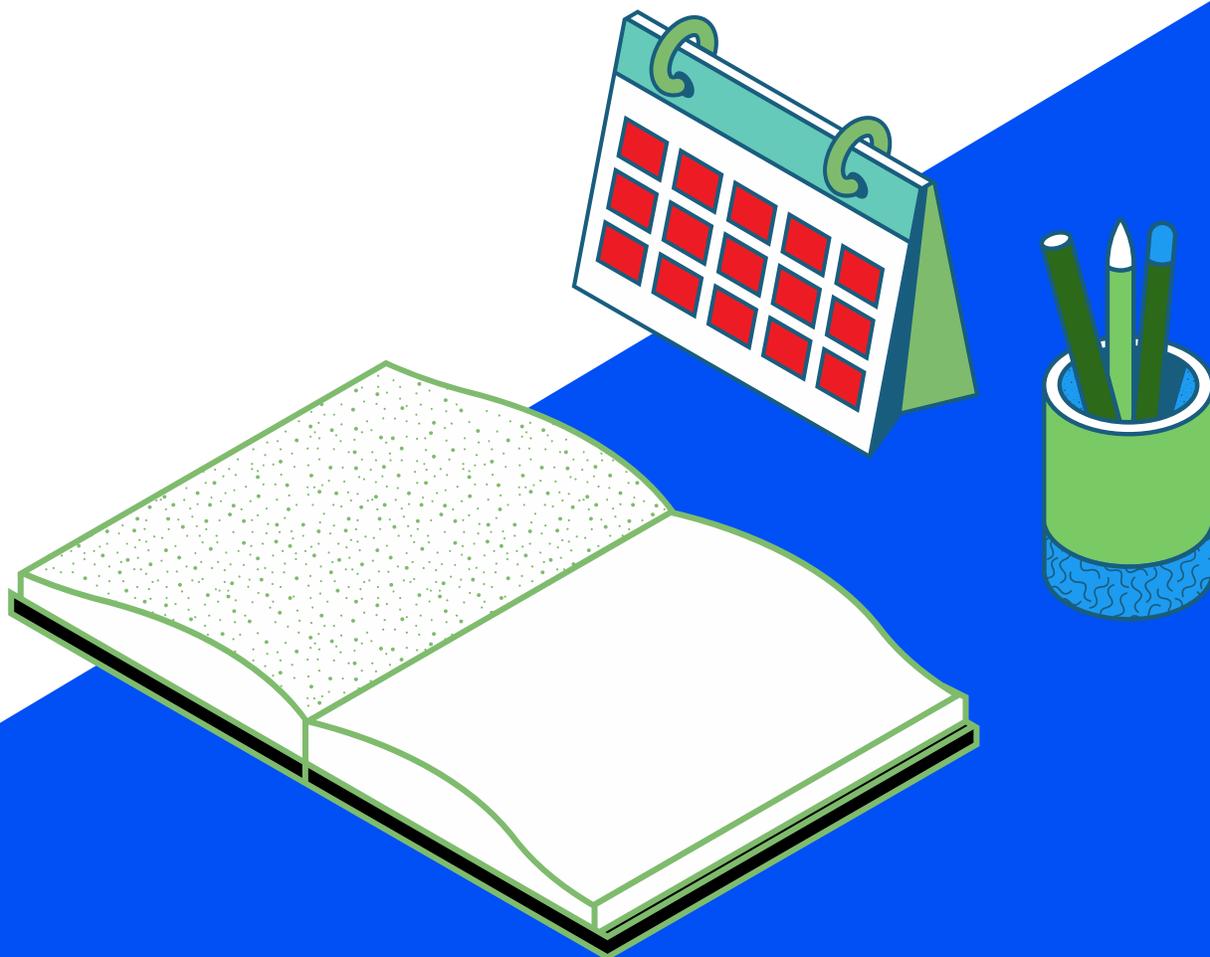


JANUARY IS...

National Braille Literacy Month

**January 18: Winnie the Pooh Day
(Birthday of author A.A. Milne)**

January 26: Library Shelfie Day





Adult Coloring Club | Mondays @ 10:30 a.m.
Punxsutawney Memorial Library, Large Meeting Room
Bring your own supplies or feel free to borrow ours!
(This group is only for our patrons ages 18+)

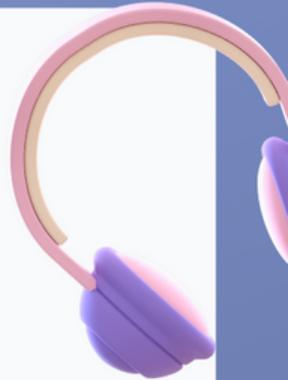




PUNXSUTAWNEY MEMORIAL LIBRARY

1000 Books Before Kindergarten

JOIN THE RACE TO READ 1000 BOOKS
BEFORE KINDERGARTEN. ASK AT THE FRONT
DESK FOR MORE INFORMATION.





BOOK CLUB

JANUARY 13TH @ 5:30PM

LIONS OF FIFTH AVENUE BY FIONA DAVIS

**2ND THURSDAY OF EVERY
MONTH @ 5:30 PM**

THE
CATASTROPHIC
BOOK
CLUB

JOIN US! NEED A COPY OF
THE BOOK? CALL US AND
WE WILL PROVIDE YOU
WITH ONE

PUNXSUTAWNEY MEMORIAL LIBRARY

BOOK DONATIONS

- *Wednesday, January 5*
- *Saturday, January 15*
- *Wednesday, January 19*
- *Saturday, January 29*

10am-2pm

Limit 2 bags/boxes per person. We do not accept damaged items, out of date materials, textbooks, etc.

We will alternate between Wednesdays and Saturdays for book donations.





PUNXSUTAWNEY MEMORIAL LIBRARY

SPRING LIBRARY PROGRAMS

**Registration opens January 19th.
Join us for socializing, games, crafts, stories,
and more. Programs are FREE.
Ages 18 months -18 years old.**

DATES

February 7 - March 30



**Punxsutawney
Memorial
Library**

SPRING PROGRAM SCHEDULES

Wee Themes

Tuesdays @ 11 am

FEBRUARY 8: VALENTINE'S DAY
FEBRUARY 15: WINTER
FEBRUARY 22: WEATHER
MARCH 1: GARDEN
MARCH 8: WORMS
MARCH 15: ST PATTY'S DAY
MARCH 22: FLOWERS
MARCH 29: EASTER

PreK Themes

Tuesdays @ 1:30 pm

FEBRUARY 8: VALENTINE'S DAY
FEBRUARY 15: WINTER
FEBRUARY 22: WEATHER
MARCH 1: GARDEN
MARCH 8: WORMS
MARCH 15: ST PATTY'S DAY
MARCH 22: FLOWERS
MARCH 29: EASTER

Elementary Themes

Wednesdays @ 4:30 pm

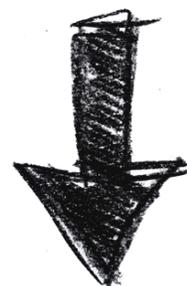
FEBRUARY 9: VALENTINE'S DAY
FEBRUARY 16: WINTER
FEBRUARY 23: WEATHER
MARCH 2: TECH WEEK
MARCH 9: WORMS
MARCH 16: ST PATTY'S DAY
MARCH 23: PLANTS
MARCH 30: EASTER

Tweens/Teens Themes

Mondays @ 4 pm

FEBRUARY 7: GAME DAY
FEBRUARY 14: VALENTINE'S DAY
FEBRUARY 21: EGYPT
FEBRUARY 28: ART
MARCH 7: TECH WEEK
MARCH 14: ST PATTY'S DAY
MARCH 21: BOOK FOLDING
MARCH 28: EASTER

TRY DOING SOME OF THESE DAILY LITERACY BUILDING ACTIVITIES AT HOME WITH YOUR KIDDO(S)



Daily Fun with Your Little One!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Help your child get ready to learn to read!

Each day features a fun activity that will help your child build pre-reading skills. Activities are color-coded by skill. Ask your children's librarian for more ideas on how to promote early literacy skills with daily activities at home.

1 Sounds
It's New Year's Day. Use noise makers to cheer and celebrate the new year.

2 Writing
Ask your child to draw a picture of his perfect wintery day.

3 Science
It's Drinking Straw Day. See how long you and your child can use the air from a straw to keep a piece of tissue paper up in the air.

4 Reading
It's Trivia Day. Read your child's favorite book and ask her simple questions about the plot and characters.

5 Stories
Ask your child to tell a story about what he would do if he were a dog.

6 Play
It's Technology Day. Play video games with your child and talk to her about the importance of moderation.

7 Songs
Sing with your child as you make breakfast together.

8 Math
While doing laundry, ask your child to sort the clothes by color.

9 Science
It's Static Electricity Day. Rub your child's hair with a balloon and explain why it stands on end.

10 Reading
Ask your child to point out different letters he sees as you're driving down the road.

11 Rhymes
It's Milk Day. Share a glass of milk with your child and take turns coming up with words that rhyme with drink, glass, and sip.

12 Math
Make snowballs with your child. Ask her to count out how many snowballs she throws before you're through.

13 Writing
It's Hobby Month. Ask your child to draw a picture of himself enjoying his favorite hobby.

14 Sounds
Make the sound of the wind with your child and pretend to blow over pillows.

15 Play
It's Hat Day. Ask your child to come up with an original character for every new hat he tries on.

16 Rhymes
Ask your child to think of words that rhyme with snow.

17 Reading
It's Martin Luther King, Jr.'s Birthday. Read *I am Brave* by Brad Meltzer and ask your child what her dream is for a better world.

18 Stories
It's Winnie the Pooh Day. Help your child create his own story about this beloved character.

19 Songs
Create an original song about building a snowman.

20 Rhymes
It's Oatmeal Month. Enjoy a bowl with your child and ask her to think of words that rhyme with oat.

21 Sounds
Tap out a beat on the counter and ask your child to imitate you.

22 Stories
Ask your child to tell a story about a day in the life of one of his stuffed animals.

23 Writing
It's Handwriting Day. Practice writing different letters.

24 Songs
It's Compliment Day. Invent a song that spreads joy and kindness.

25 Play
Make a blanket fort in the living room.

26 Reading
It's Soup Month. Read *Veggie Soup* by Dorothy Donohue and ask your child what she would put in her own soup.

27 Science
It's Chocolate Cake Day. Bake a chocolate cake with your child and explain what happens.

28 Songs
It's Kazoo Day. Compose a tune with your child and march in a parade together.

29 Writing
Ask your child to draw a picture from her favorite book.

30 Play
Play leapfrog outside in the snow with your child.

31 Math
It's Hot Chocolate Day. Ask your child to count the marshmallows you drop in her hot chocolate.



Memorials and Honorariums

MEMORIALS:

THE LIBRARY'S MEMORIAL PROGRAM IS A SPECIAL WAY TO REMEMBER LOVED ONES AND FRIENDS WHO HAVE PASSED AWAY. PATRONS MAY DONATE FUNDS TO PURCHASE LIBRARY MATERIALS IN SOMEONE'S MEMORY WHILE MAKING GENERAL SUGGESTIONS REGARDING THE TITLE, SUBJECT, OR GENRE. MATERIALS ARE SELECTED AND BOUGHT BY THE LIBRARY. A MEMORIAL PLAQUE IS PLACED IN THE BOOK AND THE DONOR AND THE HONOREE'S FAMILY ARE NOTIFIED. DIRECT DONATION OF ACTUAL MATERIALS IS DISCOURAGED AND WILL REQUIRE LIBRARY DIRECTOR APPROVAL, AS DONATIONS NEED TO BE IN COMPLIANCE WITH COLLECTION SELECTION POLICY. FOR MORE INFORMATION, PLEASE ASK AT THE MAIN DESK AT THE LIBRARY.

December's Memorials:

In memory of: Adam J Garvin

Donor: Jane Parente

HONORARIUMS:

THE LIBRARY'S HONORARIUM PROGRAM IS A UNIQUE WAY TO RECOGNIZE A SPECIAL PERSON/S IN YOUR LIFE. PATRONS MAY DONATE FUNDS TO PURCHASE LIBRARY MATERIALS IN SOMEONE'S HONOR WHILE MAKING GENERAL SUGGESTIONS REGARDING THE TITLE, SUBJECT, OR GENRE. MATERIALS ARE SELECTED AND BOUGHT BY THE LIBRARY. AN HONOR PLAQUE IS PLACED IN THE BOOK AND THE DONOR AND HONOREE ARE NOTIFIED. DIRECT DONATION OF ACTUAL MATERIALS IS DISCOURAGED AND WILL REQUIRE LIBRARY DIRECTOR APPROVAL, AS DONATIONS NEED TO BE IN COMPLIANCE WITH COLLECTION SELECTION POLICY. FOR MORE INFORMATION, PLEASE ASK AT THE MAIN DESK AT THE LIBRARY.



December 2021 Stats

Total items checked out

1,228



Computer Usage

78



Library visitors

921



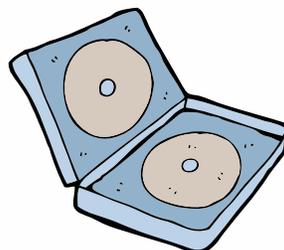
Books

957



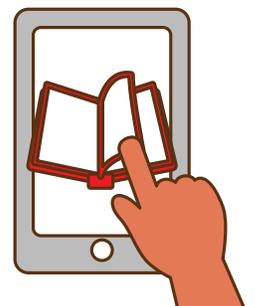
DVDs

171



Ebooks
November 2021

234



Online Resources



WORLD TRADE PRESS ATOZ

We have three databases from World Trade Press (AtoZ USA, World Culture, and World Travel). These databases give you access to knowledge about each state, traveling and different types of cultures and governments.



RESEARCH IN CONTEXT

Created specifically for middle-schoolers, Research In Context combines the best of Gale's reference content with age-appropriate videos, newspapers, magazines, primary sources, and much more. Students will find outstanding support to complete assignments in core subjects including literature, science, social studies, and history.



HERITAGE QUEST

Access a comprehensive treasury of American genealogical sources—rich in unique primary sources, local and family histories, convenient research guides, interactive census maps, and more. With more than 4.4 billion records, it delivers an essential collection of genealogical and historical sources that can help people find their ancestors and discover a place's past. Powered by Ancestry®



POWER LIBRARY

Check out the wide variety of reference resources available at Power Library such as: small engine repairs resources, teacher reference resources, PA job resources, science reference resources, and more!



GALE COURSES

Take free, online courses in a variety of topics -- QuickBooks, Photoshop, screenwriting, law, and so much more.



ASK A LIBRARIAN

24-Hour Live Reference Chat Service With PA Librarians



Emergency Weather Closing Policy

Pertaining to poor weather conditions, the Punxsutawney Area School District's actions will guide the actions of the Punxsutawney Memorial Library. If the school deems it unsafe for students and staff to travel, we will take this into consideration for our patrons and staff as well.

1. If the schools are delayed due to poor weather, we will match its delay to open our doors.

Example: If the school is on a two-hour delay, we will open two hours later. If we normally open at 10 a.m., we will open at noon.

2. If the schools are closed for the day, the library will delay opening. An evaluation will occur by 11:30 a.m. whether to open at noon or remain closed.

If potentially hazardous weather occurs, or is likely to occur, after the start of a school session, the director will assess the situation and make the decision to remain open or close the doors. Should this occur, an e-mail will be sent out to inform the Punxsutawney Memorial Library's Board of Trustees.

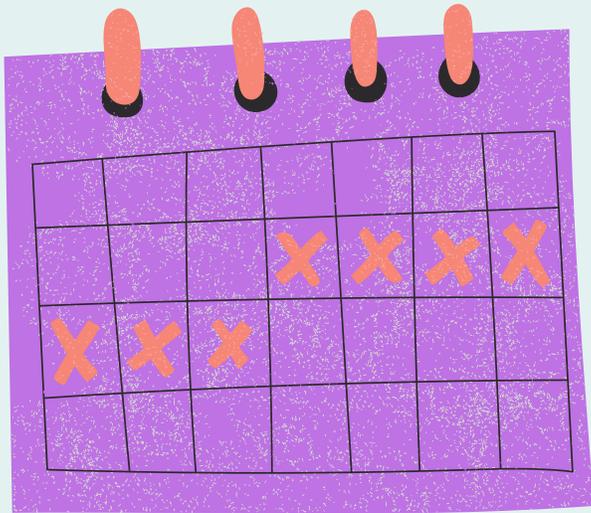
If the director is not present at the library, a staff member should attempt to contact him/her. If contact cannot be made and the staff on duty agree that conditions are unsafe (or could potentially become unsafe within a reasonable amount of time), they will close the library and post a sign on the doors to notify to patrons. They will then inform the library board via e-mail.

Check our website and social media networks for the latest updates, or call the library at 814-938-5020.



Thank you

We would like to extend our thanks to all those who purchased gift cards through our fundraiser, to Punxsutawney Area Community Foundation and all those who gave to the Punxsutawney Memorial Library on the annual Day of Giving, The John W. Jenks Memorial Foundation for their contribution, and to our patrons residing in Ringgold Township and the Township Supervisors for their annual donation.



**FOLLOW US ON
SOCIAL MEDIA FOR MORE**

 @punxsylibrary

 @punxsutawneylibrary

 @punxsylibrary

Upcoming Closings:



January 1: New Year's Day
January 17: MLK Day
February 2: Groundhog Day

Upcoming Events:

Every Monday:

Adult coloring club @ 10:30 am

Accepting Book Donations:

Wednesday Jan. 5, 10am-2pm

Book Club Meeting:

Thursday, January 13th @ 5:30 pm

4H Open House Event:

Monday, January 24th @ 5-7pm

Spring Program Registration Opens:

Wednesday, January 19th

