

January is here and it's that time of year to clean and organize. Stillwaters staff are busy tidying up the neighborhood, putting away the Christmas decorations and getting ready to start 2018 in style.



With the winter (read that rainy) weather I always miss the Christmas lights and decorations for awhile. Stillwaters is so beautiful with all the lights shining.

At my house I am in the middle of putting things away from Christmas, clearing out all the unhealthy sugar treats and organizing for the new year. It always seems like a refreshing thing to do in January.

Last January I wrote about great new ways to organize and declutter (Click [HERE](#) for last years blog). It must be the time of year as today I got two emails offering tips on "Organizing and Decluttering". Each new article seems to have new and clever ways to accomplish this.



One of the reasons that organizing and decluttering is important is that research shows there is a direct relationship between clutter and depression. [THIS ARTICLE](#) goes into detail about the relationship between the chaos of clutter and what happens to us psychologically when we live in clutter. Order and "everything in its place" is more important to some than others but for all of us cleaning up and getting organized has its benefits.

## QUOTE OF THE WEEK:

Start where you are.

Use what you have.

Do what you can.

— Arthur Ashe

## HAPPENINGS THIS WEEK:

**Thursday, January 11th:** Movie Night at Stillwaters! This month's movie is "A Dog Purpose", starring Dennis Quaid and Peggy Lipton. A dog looks to discover his purpose in life over the course of several lifetimes and owners. Click [HERE](#) to see the preview video.

## WEATHER:



Rain is in the forecast for the next few weeks but temperatures will be very moderate – 40s and 50 during the day and low 40s at night. Not the blizzard happening on the east coast so we should be happy for that!