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**Altenheim Resource Services**

Empowering older adults and caregivers through information, education, and support  
Contact us with questions about aging or caregiving issues

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It's that time of the year when people think about making New Year's Resolutions. Are you one of them? In doing some research on the topic I learned that the [Miriam Webster Dictionary](#) defines a New Year's Resolution as "a promise to do something differently in the new year." According to [Forbes Health](#), most Americans focus resolutions on physical and mental health. If you have a hard time keeping resolutions you are not alone. Forbes reports that the average resolution lasts only 3.74 months. But don't get discouraged! You are in control and can always reset and restart your resolutions over again.

Where did all this start? According to [History](#) the ancient Babylonians were the first to celebrate the New Year. They did it in Mid-March when the planting season began. They had a massive multi-day celebration and made promises to their pagan gods to return things they had borrowed and pay their debts. For early Christians the first day of the new year became a time to think about past mistakes and resolve to do better. John Wesley, founder of Methodism, created a religious celebration that focused on developing a stronger moral character and more restraint in the face of earthly pleasures.

Knowing all this is nice, but does it help you set and keep resolutions? Probably not but there's lots of help out there. Check out these sites for creative and fun ideas as you make your resolutions.

- ❖ [Parade](#) helps you kick off the year with 55 resolutions for 2024.
- ❖ [NPR Public Broadcasting](#) offers many tips but points out that you need to have the motivation, the ability to do the behavior and a prompt that reminds you to do the behavior.
- ❖ [Good Housekeeping](#) came through with 65 Achievable Resolutions for building a healthy, happier life.
- ❖ Cleveland Clinic's [Dr. Susan Albers](#), a psychologist, offers tips on how to commit to your New Year's Resolutions.
- ❖ [The Old Farmer's Almanac](#) offers tips on how to frame your resolutions in a positive way.

To add a little humor to this discussion of New Year's Resolutions [Reader's Digest](#) offers some funny (and not so funny) jokes for you to entertain your friends on New Year's Eve (and any time you need to lighten the mood.) For an even lighter touch, [Country Living](#) offers some of the funniest New Year's Resolutions. Add one or two of these to your list to remind you not to take things so seriously in the coming year.

For an inspirational bend in making your resolutions, [Reader's Digest](#) has compiled a list of 100 Quotes to inspire a fresh start in 2024.

Whether you set resolutions or not, we at Altenheim wish you many blessings in the coming year. May your year be filled with happiness, good health and peace.

With our thanks to our guest editor Jeanette Wojcik!

All information presented is for educational purposes only.