

## Top 10 Healthy New Year's Resolutions for Older Adults

The American Geriatrics Society's Health and Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults. We would like to help you achieve your goals of becoming and staying healthy.

**Eat more fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** Eat at least 5 servings of fruits and vegetables daily. Choose a variety with deep colors. Choose fiber-rich whole grains and less fatty meats like chicken or turkey. Include fish and sources of calcium and Vitamin D for strong bones.

**Consume healthier fats** like olive oil and use herbs and spices to add flavor rather than salt.

**Consider a multivitamin.** Consult with your health care provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

**Be active.** Physical activity can be safe and healthy for older adults. Many health conditions get better with mild to moderate physical activity. Exercises such as a tai chi, walking, stretching and water aerobics can help control weight, build muscles and bones and improve balance, posture and mood.

**See your provider regularly.** Schedule an annual Medicare wellness visit each year around your birthday. Discuss health screenings and any changes in your advance directives. Review your medications and booster immunizations.

**Toast with a smaller glass.** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medicine and cause other problems.

**Guard against falls.** One in every three older adults falls each year, and falls are a leading cause of injury and death in seniors. Get your exercise and ask your health care provider if you are taking medications that increase your risk to fall. Eliminate items in your home that are easy to trip over and install night lights.

**Give your brain a workout.** The more you use it, the better it will work. Read and do puzzles. Socializing also gives your brain a boost.

**Quit smoking.** It is never too late to quit. You can reduce your risk for many diseases, breathe easier, have more energy and sleep better if you quit smoking.

**Speak up when you feel down or anxious.** About 1 in 5 older adults suffers from depression or anxiety. Possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure. You may also have difficulty sleeping, worry or wanting to be alone. If you have any of these signs for more than 2 weeks, talk to your doctor and reach out to friends and family.

**Get enough sleep.** Older people need at least 7 to 8 hours of sleep a night. Avoid daytime naps. Visit the National Sleep Foundation's website ([www.sleepfoundation.org](http://www.sleepfoundation.org)) for tips on how to sleep better.

Let's work together to maintain our health and well-being. Village Manor Retirement is the perfect place to do just that!

Source for article: [healthinaging.org](http://healthinaging.org)

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding cake.

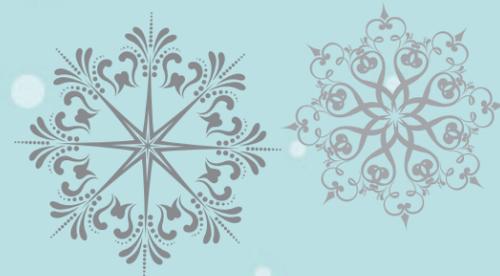
—ROBERT LOUIS STEVENSON,  
WINTER TIME

## Winter Is Here!

Try these tips to keep your home as cozy as possible:

- Keep blinds and curtains closed to block cold air from entering your home. However, if you have a sunny home, you may want to keep them open during the day to get some solar heat.
- Place items generating heat, such as lights and electronics, away from your thermostat for accurate readings.
- Make sure all windows and doors are closed securely.

We know it's cool to live in our community, but it doesn't have to be chilly. Please notify the office if you have any concerns about the heat in your home.



january 2020

### staff

**Bobbie Whitton**  
Executive Director

**Susanne Bianchette**  
Director of Marketing

**Steve Donet**  
Maintenance Supervisor

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**Beth Olsen, RN, BSN**  
Director of Resident Care  
VMR Care Services

**John Schofer**  
Executive Chef

**Sharon Knoertzer**  
Executive Housekeeper

### office hours

**Monday-Friday**  
9:00am - 5:00pm

**Saturday**  
10:00am - 3:00pm

**Sunday**  
11:00am - 3:00pm

 **Village Manor**  
Retirement

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[www.VMRetirement.com](http://www.VMRetirement.com)

To read a poem in January is as lovely as to go for a walk in June.

—JEAN-PAUL SARTRE

## Happy New Year!

### JANUARY HIGHLIGHTS FOR ACTIVITIES

**Wed., Jan. 1**

You won't want to miss our "Countdown to Noon" Roarin' 20's celebration

**Thurs., Jan. 9**

Veterans Breakfast

**Fri., Jan. 10**

KFC Indoor Picnic at lunchtime

**Tues., Jan. 14**

Newcomer and Birthday Party, 2:30pm

**Thurs., Jan. 23**

"Victoria" Viewing Party, 1:15pm

**Fri., Jan. 24**

Outing to Great China in celebration of Chinese New Year

**Mon., Jan. 27**

Huron Valley Metroparks Presentation, 1:15pm

**Fri., Jan. 31**

Michigan Stained Glass Presentation, 1:15pm

## VMR Care Services Notice

Happy New Year! It's that time again to update your emergency contact lists. Please keep us up to date with any insurance changes, changes in medications, POA information, advance directives or any other important information related to your care at our community.

Please contact our nurse if you have any questions or need to request another emergency sheet. It is important to keep this information up to date, especially if you are taken out of the community for an emergency. EMS, the hospital and your care providers need to be supplied with accurate information.

You may reach the nurse by dialing our main number or stopping by the care services office on the second floor. If you or your family members would like to send updates via email, you may do so by using the email address; [careservices@vmretirement.com](mailto:careservices@vmretirement.com).

Your assistance is greatly appreciated.



# A New Year A NEW DECADE



2020 is here and what great opportunities are in front of us. Do you take time to write down goals, resolutions, emphasis words that you hope to fulfill in the new year?

Tackle some of these in tiny steps to reach your intentions. Try these or come up with some on your own.

## I'M GOING TO LOSE 10 POUNDS THIS MONTH.

That's good, but remember, we're taking tiny steps. How about, "I'll weigh myself daily," or "I'll not eat any food after dinner," or "I'll have a salad with my meal." Practice these for a couple of months until it becomes a habit, and every other month up your game with some more little moves.

## I'M GETTING OFF ALL SOCIAL MEDIA.

How about, "Once a day, I'll skip looking at my phone," or "I'll put my phone away at every meal," or "My phone stays in my pocket or purse when I'm out with friends."

## I'LL EXERCISE 30 MINUTES A DAY.

Try these – "I'll move for 10 minutes, 3 times a day," or "I'll park on the opposite end of the parking lot," or "I'll take the stairs during my work breaks." Chances are you'll enjoy it and recruit others to join you!

## I'M GETTING OUT OF DEBT THIS YEAR.

You CAN do it, but try these small steps. "I'll make a good lunch to take to work, instead of going out," or "Every Tuesday and Thursday are no spend days," or "Instead of spending that money, I'll transfer it to my savings account." You can also purchase specialty drinks at cheaper places, make and stick to a budget (and see how freeing it really is), cut cable and other entertainment costs.

## NO STRESS IN 2020.

Not sure that will happen, but "I'll focus on meditating or praying when I get stressed," or "I'll take deep breaths for one minute when stress comes," or "I'll keep a 'no complaining journal' and think of things I love."

# NATIONAL BLOOD DONOR MONTH

DO YOU DONATE  
BLOOD TO HELP OTHERS?

CHECK OUT THESE FACTS:

- 1 donation can potentially save up to 3 lives.
- Every 2 seconds, someone in the U.S. needs blood.
- Your body contains about a gallon of blood.
- The blood type most often requested by hospitals is type O.
- A single car accident victim can require as many as 100 pints of blood.
- Only 3% of age-eligible people donate blood yearly.
- 4.5 million Americans need blood transfusions each year.
- 13 tests (11 for infectious diseases) are performed on each unit of donated blood.

Unscramble these bird species in honor of **National Bird Day** on January 5, 2020.

OCFLHNGDI \_\_\_\_\_  
 ACLAIRDN \_\_\_\_\_  
 OEDV \_\_\_\_\_  
 HEDKCCIAE \_\_\_\_\_  
 ONBRI \_\_\_\_\_  
 LEDRIBUB \_\_\_\_\_  
 WCRO \_\_\_\_\_  
 UMIBDGHMINR \_\_\_\_\_  
 KOEECPDWOR \_\_\_\_\_  
 RELOOI \_\_\_\_\_  
 RPWSARO \_\_\_\_\_  
 AEBLWRR \_\_\_\_\_



## A MAN WITH A DREAM

Dr. Martin Luther King, Jr. was a man with firm convictions. He believed in nonviolent demonstrations to draw attention to the inequality of people in America. He traveled over 6 million miles, spoke over 2,500 times, was arrested upwards of 20 times, was awarded five honorary degrees and received the Nobel Peace Prize at the age of 35.

His inspiring "I Have a Dream" speech offered hope of peace to a struggling nation and has become a resounding call to all Americans today. Let's make his dream our reality!

Check out our [Hassle Free Newsletter Pinterest page](#) to hear and read his speech.



- 1 lb ground beef (browned and drained)
- 1 cup cottage cheese
- 1 stick butter
- 1 large jar spaghetti sauce
- 1 16 oz pkg of spaghetti
- 8 oz cream cheese
- 1 cup grated sharp cheddar cheese
- ¼ cup sour cream

Preheat oven to 350 degrees.

Boil spaghetti 7 minutes. Drain and set aside until ready to assemble. Combine cream cheese, sour cream and cottage cheese until well blended. Combine cooked ground beef with spaghetti sauce. Put several slices of butter into a 9x13 pan or casserole dish. Pour half the cooked spaghetti noodles in the pan. Take the cream cheese mixture and pour on top of noodles and spread well. Pour the rest of noodles on top of the cream cheese mixture. Put several more slices of butter on top of the noodles. Pour the spaghetti sauce and meat sauce mixture on top of the noodles. Bake in oven for 30 minutes, then pour the grated cheese on top and return to oven for 15 minutes for cheese to melt.

## CELEBRATE JANUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Jan. 1 - New Years Day | Jan. 4 - National Spaghetti Day  
 Jan. 5 - National Bird Day | Jan. 20 - Martin Luther King, Jr. Day

## Tidy and Organization

### Resolutions

January naturally lends itself to getting our lives in order. Let's look at some rewards of being tidy and organized.

Pencil in some theme nights with your meals. Designate "Taco Tuesdays" or "Meatless Mondays" to help with meal prep and fewer grocery visits. What are some other meals you can designate?

Get a box or big basket to keep in your closet and call it the "outbox." Throw things you no longer need or want in it, and once it's full donate or recycle the items and start again.

Mail – does it ever end? Touch it once and place in a weekly respond, recycle or shred pile / area. Then work it once a week. This is also a great time to compare calendars and quickly discuss the week's adventures with your household.

Save time with cleaning by carrying all supplies in a cleaning tote to take around with you. Can you designate 15 minutes a day to cleaning? You could probably load the dishwasher, clean a bathroom and tidy up the living room in 15 minutes. Do small stabs every day and save your deep cleaning for another time.

Clean as you cook and your dishes will be done in no time. Meal preparation ahead of time will also help with your day-to-day routine.

Every person in your house needs to be cleaning or tidying up. Even small children can pick up their toys and make their beds. Older kids can do the same plus get their book bags and clothes ready for the next day. They could even get their own lunch ready.