



Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

Quit smoking. If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.

Wear sunglasses and a wide-brimmed hat when you're in the sun. These two simple steps can reduce your exposure to eye-damaging UV rays.

Watch your weight. Being over-

weight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.

Eat your spinach. Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.

See your eye care professional for a full vision examination at least once every two years. Go more often if you have diabetes or any other eye-related condition.



HAPPY BIRTHDAY!

1-16	Lois
1-26	Ron
1-30	Julian
1-31	Paul

Garden Square at Westlake
ASSISTED LIVING

January Special Events

- 1/1 HAPPY NEW YEAR!!!!
- 1/2 Water Color with Terri
- 1/3 Making Chocolate Covered Cherries
- 1/4 Around the World at GSW
- 1/5 Piano with Jill
- 1/6 Worship with Harold
- 1/7 Arts and Crafts with Dyana
- 1/8 BINGO
- 1/9 Lunch at Village Inn
- 1/10 Jammin' with Jim
- 1/11 Piano with Dee
- 1/13 Accordion with Joyce
- 1/14 Activity Planning
- 1/15 Strawberry Ice Cream Day
- 1/16 The M&M Game
- 1/17 Shopping at WAL-MART
- 1/18 Checker
- 1/20 Worship with EFC
- 1/21 BINGO STORE
- 1/22 Making Blonde Brownies
- 1/23 Family Night
- 1/24 Spelling
- 1/25 Lunch at Ambrosia
- 1/27 Worship with Emma Jo
- 1/28 Manicures
- 1/29 Exercise
- 1/30 Crosswords
- 1/31 Wine and Cheese Social for January Birthdays

Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- Increase your financial giving to church and charities.
- Increase your time donated to important causes.
- Write and send an encouraging note at least weekly.
- Smile and greet the first people

you meet every morning.

- Perform an act of kindness at least weekly.
- Increase the number of people you share your faith with.
- Donate blood multiple times during the year.

Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.



Jump Start Your Self-Confidence

To begin feeling a fresh spark of self-confidence within you, try as many of these as you like!

1. **Open up your cookbook to a completely new recipe and learn to cook it well.**
2. **Learn how to say "I love you" in two different languages.**
3. **Look inside a thesaurus to find new ways to say the same old things.**
4. **Find three funny jokes and learn to tell them really well.**
5. **Get a makeover, new hairstyle, or all new socks and underwear.**



How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

Get Up and Get Moving

Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give yourself things to look forward to.

Laugh Loud, Live Long

It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets you laughing keeps you young at heart, which is a good thing physically and emotionally. Smiling makes you look younger, too.

National Volunteer Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

Info taken from redcross.org.

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JANUARY – WORD SEARCH

X	J	G	Q	R	S	J	P	O	S	B	L	O	O	D
Q	M	E	N	G	A	G	E	Y	T	Q	E	P	A	M
D	R	E	V	D	O	T	L	E	Z	L	S	O	U	P
C	E	R	Y	O	O	X	U	N	V	K	V	C	T	K
D	S	P	N	N	R	O	J	A	N	U	A	R	Y	T
Y	O	L	G	O	B	W	U	C	E	E	A	R	Y	Y
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F	U	H	O	F	C	R	A	I	S	G	P	A	D	X
M	T	F	S	Y	K	M	L	V	N	P	Q	B	G	S
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C	N	W	U	E	I	A	Y	Y	Y	N	E	V	T	R
E	S	A	A	I	X	T	K	H	I	S	R	P	M	X
S	L	I	O	Z	I	H	O	M	U	U	D	S	I	S
G	X	D	V	I	S	I	O	N	X	K	W	P	M	X

ACTIVITY
AGING
BLOOD
CONFIDENCE
DONOR

ENGAGE
EYES
GLAUCOMA
JANUARY
MIND

RESOLUTION
SMART
SOUP
VISION
WARM