



The Waterford on Huebner

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FROM THE DIRECTOR

Happy New Year!

It's a brand-new year! While you've been making your New Year's resolutions, we have been making our own, and at the top of the list: We resolve to do everything we can to make you, our residents, feel at home! If the new year brings any changes, please remember to keep us updated, especially on your contact information. Thanks for ringing in the new year as one of our residents. May it be a year full of happiness for you!



Winter Warm-Up

Don't go out on cold mornings without a steaming bowl of oatmeal—it's National Oatmeal Month. Oatmeal is low in saturated fat and cholesterol that may reduce the risk of heart disease. Americans buy more oatmeal during the month of January than any other month. The most popular toppings are milk, sugar, fruit and butter or margarine. After cereal, the most popular uses for oatmeal are cookies, meatloaf, cakes and pies.



Healthy Resolution

The third week of January is Healthy Weight Week.

Why, Thank You

Jan. 24 is National Compliment Day, so put a smile on someone's face by saying something positive.

Positive Thought

"Don't let what you cannot do interfere with what you can do."
—John Wooden



Easy Way to Cut Calories

Instead of drinking fruit juice, eat the real fruit. The fiber in fruit will fill you up, satisfying hunger.





Health & Wellness

JANUARY

Protect Your Vision

Glaucoma, an eye disease that can result in blindness, reportedly affects more than 3 million Americans each year. Because the illness exhibits no symptoms in its early stages, regular eye exams are essential for early diagnosis and treatment to minimize the damage. January is National Glaucoma Awareness Month, so make an appointment for screening, especially if you are at higher-risk: Over age 45, African-American, diabetic, nearsighted, have a family history of glaucoma or a previous eye injury, or use steroids/cortisone on a regular basis.



Healthy Resolutions for the New Year

Resolving to live better is a New Year's tradition. Here are some resolutions to put seniors on the road to better health:

Catch your z's. Don't underestimate the power of a good night's sleep. Most seniors need about eight hours a night. Resolve to go to bed and wake up at reasonable times to allow for sufficient shut-eye.

Get adequate nutrition. Aim to eat three balanced meals a day containing nutrient-dense foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products.

Move your body. Talk with your

health-care provider about activities appropriate for your level of fitness and mobility. Light workouts, such as walking, stretching and lifting small weights, can provide big benefits.

Keep in contact with friends and family. Social connections boost emotional well-being, which is every bit as important as physical health. Reach out to your friends and work together on achieving your goal of a healthy, happy new year.



Happy Birthday

Velma Smith.....	4
Elizand Massart.....	5
Florence Inskeep.....	10
Marjorie Baker.....	11
Nell Dunavant.....	11
Lyle Ward.....	13
Pauline Flynn.....	17
Fabiana Stanley.....	20
Evelyn Mortola.....	20
Burris Farris.....	21
Janiece Watson.....	23
Harley Parker.....	27
Norma Nelson.....	27
Arthur Van Overborg.....	31

Never Write a Check for Rent Again

No, your rent won't be free, but with one stop at the office, you can have it withdrawn straight from your bank account every month. By paying rent in this fashion, you'll never have to worry about remembering to bring your payment by our office on the 1st of each month or getting your check to us if you're out of town. This method is hassle-free, and you'll incur no additional charges—just don't forget to write the debit in your checkbook. Come by the office today to set up your automatic debit account.





Resident Party

Lunch in Italy

Join us for a special "Lunch In Italy" party on Wednesday, Jan. 18, in the dining room. We will have a beautiful Italian themed lunch and entertainment.



Day of Praise

Everyone appreciates a sincere compliment. Take time to express your admiration and esteem for those around you on National Compliment Day, Jan. 24.

Activities

Friends Help Fight Disease

Feeling lonely could be bad for your health. According to a recent study, people who feel socially isolated are twice as likely to be diagnosed with Alzheimer's disease as those who are not lonely. The study recruited 823 dementia-free people with an average age of 81. Once a year for about four years, the researchers asked the participants questions such as whether they had enough friends, often felt abandoned or had a sense of emptiness.

By the end of the study, 76 participants had been diagnosed with Alzheimer's. When the researchers looked at the questionnaires, they found the risk of the disease was more than double for those who had said they were lonely. Scientists involved in the study say that doctors should ask their patients if they feel lonely, since a link seems to exist between feelings of social isolation and a higher risk of dementia.

So why not check out the Activities Calendar so that you don't miss out on a chance to interact with fellow residents and make new friends!

We offer a wide variety of activities each month and invite each and every one of you to come and join in on the fun. It's a great way to meet up with friends, both old and new while keeping yourself healthy and maybe even trying something new!



It Pays to Talk

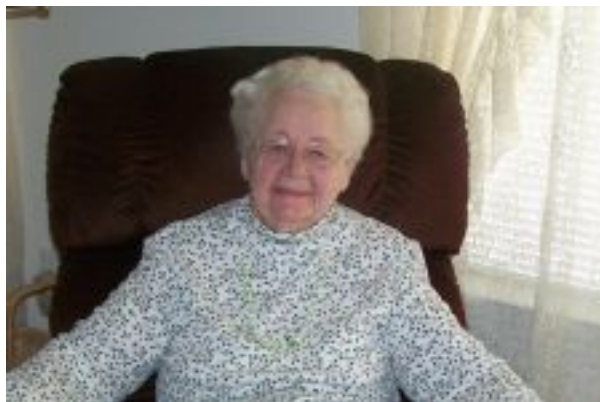
Are you experiencing post-holiday financial woes? We are ready to line your pockets with some much needed New Year's cash. This January, when you tell your friends and family just how wonderful it is to live in our community, and someone you refer signs a lease and moves in, you receive \$500. Start paying off those holiday expenses; refer a friend today!



Feel-Good Fitness

Don't feel like working out? Exercise releases endorphins—brain chemicals that help create a euphoric state. You'll feel better physically and mentally. So join us Monday through Friday at 10:30 a.m. in the activity room for Fun-N-Fitness.

RESIDENT SPOTLIGHT



Meet Evelyn Malone. Evelyn has lived at The Waterford on Huebner for eight years.

Evelyn was born in Wilson County near Floresville. Evelyn’s father was a farmer. She always loved helping him out on the farm, pulling corn and picking cotton. Evelyn had three sisters and one brother.

Evelyn worked at Kelly Air Force Base and also at Bruner’s Department Store.

She also lived in West Virginia for 40 years.

Evelyn’s hobbies are quilting, arts and crafts and ceramics.

When asked what she likes most about living here at The Waterford on Huebner, Evelyn replies, “the cleanliness and as far as I’m concerned it’s the best place in town.”

We are so proud to have Evelyn as part of our Waterford family.

“This Month In History” January

1790: George Washington gives the first State of the Union speech.

1794: To deliver his wife’s baby, Jesse Bennett, M.D., performs the first successful caesarean operation.

1863: Abraham Lincoln issues the Emancipation Proclamation, freeing slaves across the country.

1892: On New Year’s Day, Ellis Island opens. Over time, more than 20 million immigrants are processed through the site into the United States.

1916: Thirty-five pro golfers form the Professional Golfers’ Association of America (PGA) and develop the idea for a national championship.

1943: The Pentagon, headquarters for the Department of Defense and one of the world’s largest office buildings, is completed.

1946: In Philadelphia, the first of almost 78 million baby boomers is born.

1961: The first live televised presidential news conference is held by President Kennedy.

1964: Cigarettes are declared hazardous to one’s health.

1964: “Meet the Beatles” is released in the U.S. by The Beatles, prompting the beginning of the “British Invasion.”

1966: Robert Weaver is sworn in as the first U.S. Secretary of Housing and Urban Development, becoming the first African-American to hold a cabinet post.

1982: The camcorder, a portable videocassette recorder with built-in camera, is developed.

2007: Nancy Pelosi officially becomes the first female U.S. Speaker of the House of Representatives.

2010: A massive, 7.0 magnitude earthquake devastates Haiti.