

## Happy New Year 2016

**“What can be said in New Year rhymes,  
That’s not been said a thousand times?  
The new years come, the old years go,  
We know we dream, we dream we know.  
We rise up laughing with the light,  
We lie down weeping with the night.  
We hug the world until it stings,  
We curse it then and sigh for wings.  
We live, we love, we woo, we wed,  
We wreath our prides, we sheet our dead.  
We laugh, we weep, we hope, we fear,  
And that’s the burden of a year.”**

– Ella Wheeler Wilcox

### Ideas for Resolutions & How to Get Started

Why not achieve a New Year’s resolution this year? Thanks to HealthinAging.org for inspiring these thoughts:

#1 Eat more fruits, veggies, whole grains, fish and healthy fats. Check page two for our *What’s in Season?* feature and two easy and fresh recipes to prepare. Try making one of these dishes for you, and one for your grandchild to help them adopt healthy eating habits early.

#2 Take vitamins. Check with your doctor to learn the vitamins and dosages that are right for you. Write them down, and go buy them!

#### **IN THIS ISSUE:**

**FRONT PAGE:** New Year’s poem; Resolution Ideas; Brain Boosters

**PAGE 2:** What’s In Season; Easy Salad and Potatoes Recipes; January Birthdays; Giving Back Update; Brain Booster Answers

#3 Be more active. If you are inactive, any increase in activity is a step in the right direction. After your doctor’s okay, invite a friend to join you two times a week for gentle stretching and strengthening. By spring, you may be primed to add walking outside at least once a week.

#4 See your doctor regularly and compare last visit’s notes to this visit. Are there any changes that require follow-up? Is there a goal for next time? Your doctor will appreciate your proactive health questions about vitamins (#2) and increasing activity (#3)!

#5 Guard against falls; they can be devastating as you age. Ask for help with outside chores, keep areas with steps well-lit and remove obvious hazards like throw rugs. Increasing your activity (#3) may also contribute to fall prevention!

#6 Give your brain a work-out by reading, completing word games and even challenging yourself with riddles and brain teasers (offered in each newsletter issue; see below and try to figure out the answers).

#7 Quit smoking! Do whatever you can to stop or reduce this toxic habit.

#8 Speak up when you feel down or anxious. Let your family and friends help you when you have a problem or worry; holding in your stress can cause emotional *and* physical damage.

Happy New Year~from our family to yours~

#### Brain Booster #1:

**Q: What tastes better than it smells?**

#### Brain Booster #2:

**Q: What loses its head in the morning and gets it back at night?**

### What's in Season?

In December, try Brussel Sprouts, Greens, Oranges and Sweet Potatoes

If you are inspired by our monthly seasonal fruits and veggies, this month you can make an easy, refreshing salad OR some tasty and toasty sweet potato fries:

#### Orange & Greens Salad

Ingredients: One orange, peeled and sectioned (OR use a small can of mandarin oranges, preferably in juice and not heavy syrup, drained); 1-2 cups fresh mixed greens; 1 TBSP slivered almonds; 1/2 tsp lime juice; 1/2 tsp honey.

Toss drained oranges with the greens. Sprinkle almonds on top. Drizzle fresh lime juice and honey on top. *Voila!*

#### Sweet Potato Fries

Slice sweet potatoes to resemble fries, toss with olive oil & salt. Roast at 425 degrees until caramelized brown. Yummy!

### January Birthdays

Paul Revere, January 1st (1735-1818)

Elvis Presley, January 8th (1935-1977)

Martin Luther King, Jr., January 15th  
(1929-1968)

You are never too old  
to set another goal or  
to dream a new  
dream.

– C.S. Lewis

#### Cooperative Home Care's 2015 Spare Change Collection for The United Way's 100 Neediest Cases UPDATE:

In December, each office had a designated spot with a sign sharing our inspiration, and a spare change collection bucket. At the time of this publication, we plan to tally everyone's contributions by January 8th. Stay tuned for the final result in February's news.

#### Brain Booster #1 Answer:

Q: What tastes better than it smells?

A: **Your tongue!**

#### Brain Booster #2 Answer:

Q: What loses its head in the morning and gets it back at night? A: **Your pillow!**