

When Cars were Cool

2012 "When Cars were Cool" calendars are available. Just check at the front desk, or we would be glad to mail your calendar to you. Our calendars sell for \$15.00 tax included with proceeds going to the Alzheimer's Association. We charge \$2.00 for postage.



Monday, January 2nd The Huskers VS South Carolina



1:00 PM on ESPN

Join us on 3rd floor



January Birthdays

Estella Tillotson 01-01

John Loostrom 01-21

Burton McPheeters 01-28



Seize every day!



STONE HEARTH ESTATES

Independent Living • Assisted Living • Memory Care

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Well....



It is not what you think, "Well...." our column title is not an interjection, nor pause in thought. Rather it is short for "Wellness".

We all know what we should do. Exercise more, our bodies, and brains. Eat nutritious meals. Cut the sugar, cut the fats. Stretch. Lift weights. Walk. Those short four letters, "Well" look so innocent until we complete the thought, "Wellness"...

I'd rather eat sweets, and

Dianne's "to die for" chicken dumplings. But, I know better. I know when my body gets moving and I fill my diet with fewer pies and more fresh apples, I feel better. And not only feel better now but also I have a better chance of feeling better next year and the next and the next.

January is Stone Hearth's kick off for healthy aging presentations and programs. First "Back to Brains" will be presented; more about this program is on the reverse side of this newsletter. We have asked Nutritionist Hiedi Wietjes to present Healthy Eating.

Then we will present "Age of Champions". This fun documentary features individuals training for the Senior Games; including a 104 gentlemen still playing tennis!

Sylvia will be concocting a "Step-up Nu-step Challenge". We will continue to smarten' up with Dean's List and before summer, maybe juggle!

So here we are 2012; regardless our age the decision is the same, couch, TV, and potato chips or move, move, and keep moving.



Good Friends... Great Memories

Take a close look; you will find many familiar faces in this picture. Some individuals live at Stone Hearth; others, you will find could be a close relative. Fran Jobman generously let us borrow this snapshot remembering when close friends would gather to play Backrack. Notice the game board in the background, clothing styles, men in ties, cat glasses. Who do you recognize? When was this taken, what decade? If you have a fun photo consider sharing it.

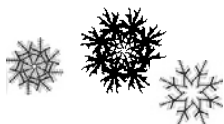


January 2012

Memory Moments



The Fenner's and Reiker's enjoy frosting; Gingerbread Houses never tasted so good!



Proud as Punch

On a nervous day in December Don paced the floor and sweat bullets. He was waiting for his new grandchild. Don's prediction was a 7 lb boy about a yard long. He was wrong. Emsley Jo Golter was born 6 lbs. 14 oz. and 19 1/2 inches long. She is a beautiful baby.. Grandpa, after such exhausting work you don't look so bad yourself.

By Alan Daup Occupational Therapist

With the New Year upon us, it is time to think about updating our New Year resolutions. One resolution that should come to mind is exercise and staying in shape. As we age, it becomes easier to find that comfortable recliner and stay there all day instead of getting out and about. Therefore, it is important to find time to exercise to keep our muscles strong in order to maintain good balance for walking and independence with everyday activities.

A safe and easy way to exercise is with the NuStep. The NuStep is a seated exercise machine that allows you to use your arms and legs at the same time. The seat and arms are adjustable so whether you are 4'8" or 6'2, you will find a comfortable position to exercise. The NuStep also offers a wide range of resistance levels, so if you are just getting started with an exercise program or are a life-long exerciser, the NuStep can accommodate your needs. All it takes is 10 minutes a day!

The NuStep is ideal for people with chronic or short-term conditions including arthritis, heart disease, obesity, stroke, Parkinson's disease, as well as those individuals who are in good health and would like to continue to stay in good shape. As Benjamin Franklin once said, "An ounce of prevention is worth its weight in gold."

Let's start 2012 off with a bang. Please contact Sylvia to get started today. She will show you how to use the NuStep and answer any questions you have regarding exercise and your health.

Jim Eggers is standing on a state-of-the-art Balance Machine. The Physical Therapy Department at Gothenburg Memorial Hospital recently purchased this equipment. Through the help of this program many have found great results, improving balance; thus reducing falls, Alan Daup is instrumental in developing individualized programs. If interested please contact Alan Daup. He can be reached through the Gothenburg Hospital at 537-3661.

Further note, at this point explanation of the two "interesting" posses

Back to the "Brains"

Dr. Gary Small discusses normal brain aging, dementia risk, brain exercises, memory skills, the effects of technology on the human brain, and more during the Brain Health Forum.

After review of this video program we found it informative, pertinent, and very amusing. You will get to see someone that lived to 122 and also a very active 102 year-old women. Clear your calendar to join us!

