

# Wheatland VILLAGE

1500 Catherine St. • Walla Walla, WA 99362 • (509) 527-9600

Jan/Feb/Mar 2010



## Refer-A-Friend to Wheatland Village

Nothing makes life more rewarding than having friends with whom you can share, explore and laugh. If you have a friend who is thinking about retirement living, please give Mary or Kathy a call in the Marketing Department at (509) 527-9600. We will be happy to share all the details of the Refer-A-Friend Program.

## Aging Affects Medicines

As you age, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body. Take time to learn as much as you can about your medicines to ensure they work the way they are intended for your specific needs.

## Thought for the Month

"In the end, it's not the years in your life that count. It's the life in your years." —*Abraham Lincoln*



## Energy Boost

Get a jolt of energy without a run to the coffee pot. Stretch and exercise in the morning or during the lunch break—it will keep energy levels high the rest of the day. Eat a hearty breakfast with plenty of protein. Have a snack high in vitamin C—berries are an easy, portable option. Drink plenty of water throughout the day. If all else fails, take a 10-minute power nap. It will rejuvenate you for the afternoon.

## Good. Great. Wonderful.

Jan. 18 is Thesaurus Day.

## Reminders

Office Hours/Front Desk

Monday–Friday

8 a.m.–5 p.m.

Weekends

10 a.m.–4 p.m.

Main Line (509) 527-9600

Fax Line (509) 527-9800

## Your Number Is Confidential

The staff of the Social Security Administration protects your number and keeps your records confidential. Be careful about sharing your number, even when asked for it. Ask why the person needs your number. Then decide if you want to disclose it.

## 'Use It or Lose It'

This is a phrase to remember for the New Year. If we do not use our muscles daily, the activities of living become very difficult. Many fun classes are available at our Wellness Center and January is a great time to begin a new habit. Call Shareen, Wellness Director, today at (509) 527-9600.



## Trivia Whiz

### Resolutions

If at first you don't succeed, try, try again to avoid being among the majority when it comes to making New Year's resolutions. Only 46 percent of people who make New Year's resolutions keep them after six months, according to [www.NewYears-Resolution.net](http://www.NewYears-Resolution.net).

New Year's resolutions go way back. Janus, a Roman king, had the inside track on resolutions because of his ability to look into the future.

Ancient Babylonians had their own resolutions, including the return of borrowed equipment.

A Chinese custom hundreds of years ago called for the noisy combination of cymbals and fireworks. The racket was meant to chase ghosts of the past, which paved the way to move forward in a new year.



### Walk Your Way to Better Brain Function

Boosting brainpower in later years could be a walk in the park, literally. Experts suggest that older adults who walk just three times a week can significantly improve mental function and reduce the risk of Alzheimer's disease. Recent research published in "The Journal of the American Medical Association" shows that simple exercise, such as walking, can improve cognitive function in adults with mild

cognitive impairment—the borderline between normal aging and dementia.

The study from the University of Melbourne in Australia followed 138 adults aged 50 and older with self-reported memory problems, who were not diagnosed with dementia. Researchers assigned the participants to either education and usual care or a 24-week home-based exercise program, with walking as the most frequent type of activity. The exercise group participants aimed for three 50-minute sessions of moderate-intensity activity each week.

The results? The exercise group scored higher on cognitive tests and demonstrated better delayed recall. Researchers even saw benefits six months later.



### Crack Up With These Confetti Eggs

How would you like your eggs? If "hollowed out and filled with confetti" is your answer, you're in luck! It's easy to crack open some fun when you smash these party eggshells over your friends' heads in celebration.

#### Materials:

- Eggs
- Sharp knife
- Bowl

- Hole puncher
- Colored construction paper
- Colored tissue paper
- Scissors
- Glue

**Instructions:** Using the knife, gently tap around the small end of an egg. Remove the top portion by grasping it firmly with your fingers, then twisting and lifting it away from the shell. Empty the raw egg into a bowl and set aside for another use. Rinse the shell out with water and let dry. Using the hole puncher, make confetti with construction paper. Fill the dry shell one-third full with confetti. Cut a circle out of the tissue paper big enough to cover the hole. Run a thin line of glue around the hole, then place the tissue paper on top. Wait until dry. Then crack open for a fun surprise!

# Good Works



## Making Connections Through Mentoring

Science has proven that friends are good for your health. The support they provide helps us cope with life's negatives. As we age, however, the friendships on which we depend can be harder to make and maintain. We get wrapped up in our own lives, and suddenly we look around to discover that we've let important friendships fall away. The best way to make new connections is by offering something, and mentoring provides the ideal way to do just that.

Why be a mentor? For one, you're teaching a skill you already have, which establishes a level of comfort that can make meeting new people easier. And, as a mentor, you're already interacting with people who have shared interests.

In addition to providing a connection and common interest, mentoring is also a community necessity. Books are great for learning, but nothing replaces experience. Even if you're not interested in expanding your social circle, mentoring offers you the chance to meet a variety of people and learn new things.



## Personal Belongings Become Family Heirlooms

Passing priceless family heirlooms from generation to generation is an important part of a family's history. The practice keeps the memories of ancestors alive. It also gives family members something to cherish. If your family doesn't have many precious pieces, don't fret. An item doesn't need a big price tag to be a priceless possession. It's also never too late to "create" a family heirloom. All you need is something special to pass on to someone special.

*Make it meaningful.* Look through your personal items. Choose an object that has meaning for you. Possibilities include: pendants, pocket watches, cuff links, handmade quilts, books, vases, teapots or handkerchiefs.

*Tell the story.* Decide on which family member to bestow your heirloom. Then, tell the story of how you obtained it. Whether it was a gift from your grandparents, your sweetheart or simply something you picked up on your own, make sure the recipient knows the item's history.

*Determine its destination.* Depending on the item, decide how you want to pass down the heirloom. For example, a necklace passed down from mothers to daughters is a precious keepsake to wear on wedding days.

## Wit & Wisdom

"Love and scandal are the best sweeteners of tea."  
—Henry Fielding

"There is a great deal of poetry and fine sentiment in a chest of tea."  
—Ralph Waldo Emerson

"Drinking a daily cup of tea will surely starve the apothecary."  
—Chinese Proverb

"There is no trouble so great or grave that cannot be much diminished by a nice cup of tea."  
—Bernard-Paul Heroux

"All true tea lovers not only like their tea strong, but like it a little stronger with each year that passes."  
—George Orwell

"You can never get a cup of tea large enough or a book long enough to suit me."  
—C.S. Lewis

# Wheatland Village Team



**Don Wagner** *Executive Director*

**Kathy Spencer** *Assisted Living Administrator*

**Cindy Dickson** *Business Office Manager*

**Anna Edwards** *Dining Services Director*

**Shareen Hoar** *Wellness Director*

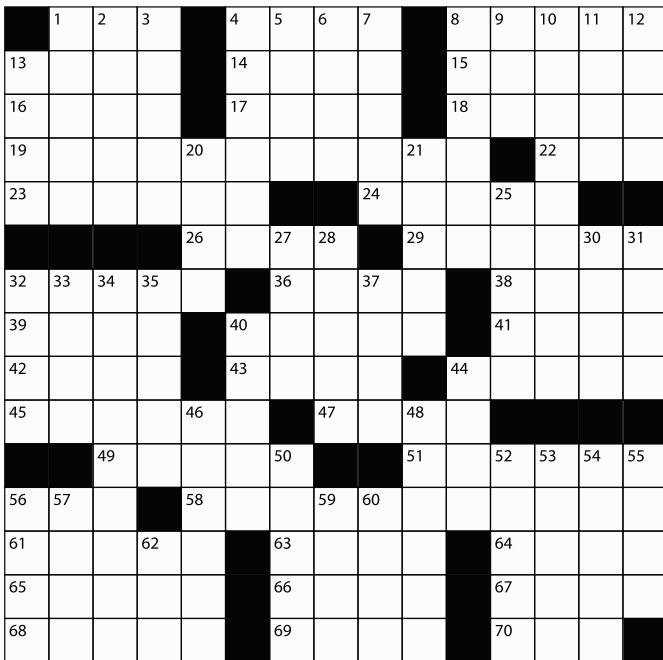
**Steve Cromwell** *Chaplain*

**Melinda Davis** *Activities Director*

**Tom Vandenberg** *Maintenance Director*

**Mary Wollmuth** *Marketing Director*

## Crossword Puzzle



### ACROSS

1. Pricey accountant: abbr.
4. Crusty formation
8. Not live
13. Pasture sounds
14. Military force
15. Worship
16. Lacks accuracy
17. Asian nation
18. Of the proboscis
19. Relaxes for a while
22. Poet Eliot's monogram
23. Said
24. In front
26. Helper: abbr.
29. Stomach and heart
32. One who writes in a secret language
36. Beverages
38. Perched on
39. Assert
40. French impressionist
41. 100 centavos
42. City on the Brazos River
43. Space
44. Harass
45. Pitcher's specialty
47. Run one's words together
49. \_\_\_ Marshall
51. Sprung
56. Fan's shout
58. Dry one

### DOWN

1. Unit of weight
2. Winter item
3. Valuable
4. Slaws
5. Bad-tempered person
6. Love: Sp.
7. "...and two if \_\_\_..."
8. Large ship
9. City SE of Oklahoma City
10. Writes 3/1 on a 2/28 check
11. Times
12. Eliminate, for short
13. Takes a chance
20. Burn
21. "...a crowd, \_\_\_ of golden daffodils..." (Wordsworth)
25. Looking astounded
27. Ship's pole
28. Sounds

30. Word with dive or gay
31. Launderer's problem
32. Raucous noises
33. Zero's shape
34. Figures out what
- 32 Across has written
35. Wear away
37. Ring
40. River that was the site of two WWI battles
44. Southern California city
46. Walks into
48. Extremists
50. Hai and sí
52. Rapidly growing tree
53. Seedling
54. Creepy
55. \_\_\_ Scott case
56. Test of speed
57. Uproars
59. Lacquered metalware
60. Oven
62. Robert Edward \_\_\_

