



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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Welcome 2011

Best wishes in the year ahead.

Save Time at the Doctor

To prevent long waits at the doctor's office, schedule appointments wisely. Try to avoid Mondays, when doctors often have a backlog of patients. Ditto for the day after a holiday.

Easier Dressing

Limited mobility makes getting dressed a challenge, but selecting the right garments can make the job easier. Choose loose-fitting clothing with elastic waistbands for comfort. Soft, polyester blend fabrics feel gentler to sensitive skin, plus they don't require ironing. Velcro fasteners or snaps are simpler to maneuver than buttons. Pulls attached to zippers make them easier to grasp. Devices such as buttonhooks, dressing sticks, sock aids and long-handled shoehorns can provide more assistance.



Calendar Carryover

A new year means a new desk calendar, day planner or other scheduler. Before you give the old one the boot, take a few minutes to transfer any pertinent information such as birthdays, anniversaries or annual dental or doctor appointments.

Rest Easy

The wrong type of pillow can cause muscle tension, a sore neck or headaches. Choose dense foam if you're a side or back sleeper. Down is best for stomach sleepers.

Two Are Better Than One

Replace lunch with two mini-meals of about 300 calories each. Eat the first one three hours after breakfast and the second three hours after that. This keeps your blood sugar steady and your metabolism fired up.

Check Those Moles

Schedule your annual skin check with the dermatologist for the winter. This is when skin tends to be fairest, making it easier for your doctor to catch unusual moles or other changes that could indicate skin cancer.

Gain Mental Momentum

Say yes to one healthy decision and build on it. If you decide to work out in the morning, it makes saying no to that doughnut for breakfast easier and choosing a salad for lunch simple.



Trivia Whiz

Polar Personalities

Love or hate winter, the season makes its presence known. These cool characters personify the frigid time of year.

Old Man Winter.

The face of winter, this wild-haired fellow puffs his cheeks and blows out icy breath, causing temperatures to plummet.

Jack Frost. Credit or blame Jack Frost's frozen fingers for the icy glaze that patterns windows in winter.

The Snow Maiden.

In one tale, she's the beautiful daughter of Spring and Frost who is destroyed by a ray of sun on her wedding day.

The Abominable Snowman. Also called Yeti, this mythical beast has been described as a large, apelike creature that treks through the Himalayas, leaving humanlike footprints in the snow.

Health & Fitness

Foods to Fuel a More Youthful You

While we can't drink from a fountain of youth to reverse the signs of aging, researchers say there are some foods you can eat to keep you feeling younger and healthier. Here is a list of items to fit into your diet from AARP The Magazine:

Olive oil. Using olive oil is good for you because it contains monounsaturated fats, which help prevent heart disease and cancer. It's also packed with polyphenols—powerful antioxidants that may help prevent age-related diseases.

Yogurt. Rich in calcium, yogurt keeps bones healthy and helps ward

off osteoporosis. The bacteria it contains are good for you, too. It promotes digestive health and reduces the risk of age-related intestinal problems.

Chocolate. Cocoa, rich in flavonoids, preserves healthy blood vessel function, reducing the risk of high blood pressure, diabetes, dementia and kidney disease.

Fish. Omega-3 fatty acids, abundantly found in fish, help prevent cholesterol buildup and lower the risk of heart attack, stroke and dangerous abnormal heart rhythms.

Blueberries. Alleviate inflammation and oxidative damage by eating blueberries. Both are associated with shortfalls in memory and motor function over time.

Protecting Social Security Benefits

According to the law, Social Security retirement and disability benefits and veterans' benefits are exempt from seizure by private debt collectors. But banks, claiming they have no way of knowing where the money in an account came from, routinely freeze accounts containing federal benefits when they get a court order to do so. Having the freeze taken off benefits is possible, but it's a costly and time-consuming process involving attorneys and the courts.

Many Social Security beneficiaries rely completely on their benefits to pay for basic needs. For one out of five people over the age of 65, Social Security is their only source of income. For two-thirds of people over 65, Social

Security is more than half their income. When their accounts are frozen, these people have no money to pay rent, buy food or pay other expenses.

If a new rule proposed by the Treasury Department becomes final, banks would be required to review the deposits in an account before freezing it. The bank would then have to leave the account holder with at least the amount of federal benefits that had been collected in the previous 60 days, minus withdrawals. Until this happens, beneficiaries who fear their accounts may be frozen can withdraw funds immediately as cash and inform their banks that the benefit money in their account is exempt.

Social Security is the only source of income for 20 percent of seniors.

The National Geographic Society

On Jan. 27, 1888, 33 explorers and scientists founded the National Geographic Society. Their mission was to create a society “to increase and diffuse geographic knowledge while promoting the conservation of the world’s cultural, historical and natural resources.” Nine months after its inception, the Society published its first issue of National Geographic magazine.

The magazine today is known for its breathtaking photography, but in its early years, this was a divisive issue. The magazine’s publication of photos in the late 19th century scandalized the scientific community to which National Geographic catered. But under the leadership of presidents Alexander Graham Bell and Gilbert H. Grosvenor, the magazine steered away from its scientific and technical foundation toward a more popular lay audience. National Geographic quickly became known for its photography, and membership in the Society skyrocketed.

Besides educating the average reader and viewer around the world, the Society has funded more than 9,000 scientific research, conservation and exploration projects around the globe. Past grantees include polar explorer Robert Peary; Hiram Bingham, excavator of the lost Inca city of Machu Picchu; underwater explorer Jacques Cousteau; and primatologist Jane Goodall.

Advance Directives for Medical Decisions

How would you want medical decisions handled if you were unable to make them yourself? An advance medical directive makes your wishes known in the event you are unable to express them. The term “advance directive” generally applies to three types of documents:

Living will. This document states your preferences about end-of-life care, including resuscitation, the use of ventilators and feeding tubes and donation of organs and tissues.

Medical (or durable) power of attorney. An individual—referred to as a proxy—is designated to make medical decisions on your behalf if your doctor determines that you cannot do so yourself.

DNR “Do Not Resuscitate” order. This is a request that cardiopulmonary resuscitation not be used if your heart or breathing should stop. A living will is not required to obtain a DNR order—your doctor can add it to your medical information.

You don’t need a lawyer to prepare an advance directive, but the document becomes legally valid after it’s signed in the presence of witnesses. The laws ruling advance directives vary by state, so it’s wise to complete a form for all states you spend significant time in. State-specific forms are available at www.CaringInfo.org.



Make your wishes known ahead of time.



Wit & Wisdom

“With self-discipline most anything is possible.”
—Theodore Roosevelt

“Seek freedom and become captive of your desires. Seek discipline and find your liberty.”
—Frank Herbert

“Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.”
—Julie Andrews

“Do not consider painful what is good for you.”
—Euripides

“I don’t wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to work.”
—Pearl S. Buck

“I generally avoid temptation unless I can’t resist it.”
—Mae West

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy New Year</i>						1
2	3	4	5	6	7	8
9	NATIONAL CUT YOUR ENERGY COSTS DAY 	11	12	13	14	15
16	Martin Luther King Jr. Day	18	19	20	21	22
23/30	24/31	25	26	27	Reduce, Reuse and Recycle 	29

"This Month In History" January

1789: The first U.S. presidential election occurs.

1848: James W. Marshall discovers gold at a sawmill in Coloma, Calif.

1863: President Abraham Lincoln signs the Emancipation Proclamation.

1880: Inventor Thomas Edison receives a patent for his electric incandescent lamp.

1888: A drinking straw of paraffin-covered paper is patented.

1906: Mmm, mmm good! Campbell's soup is trademark-registered.

1935: Popular American rock and roll singer Elvis Presley is born in Tupelo, Miss.

1952: NBC television's "The Today Show" premieres nationwide to morning viewing audiences.

1956: John F. Kennedy publishes "Profiles in Courage."

1967: The first professional football world championship game, later known as the Super Bowl, is played in Los Angeles.

1973: Major League Baseball's American League adopts the designated-hitter rule.

1984: Apple's Macintosh computer debuts to the public at a selling price of \$2,495.

2002: The Euro currency is introduced in 12 EU countries.