

## 5 Ways Seniors Can Stay Healthy During the Holidays

<https://cottageassistedliving.com/5-ways-seniors-can-stay-healthy-during-the-holidays/>

During the holidays, there are parties and good foods surrounding us, helping us to forget to focus on our health. Despite the fact that many of us often forget, it really is possible to have plenty of fun during the holiday season and still stay healthy. Below are five ways that seniors can keep their focus on their health this holiday season.

### 1. MAKE HEALTHY FOOD CHOICES

It's always ok to cheat on healthy foods just a little bit, but during the holidays it's tempting to eat far more unhealthy foods than we probably should. We are surrounded by so many good, home-cooked items that it's easy to ignore our health. First of all, always stick to any special dietary restrictions that you may have, even if it's the holidays. Try to make it a goal to enjoy small amounts of the unhealthy foods but overall make healthy choices out of the options that are available. Don't drink too much alcohol or eat too many desserts. Put fruits and vegetables on your plate and drink plenty of water.

### 2. STAY HYDRATED

Staying hydrated is one of the most important things a senior can do for their health. Adults between the ages of 85 and 99 are admitted to the hospital for dehydration six times more often than other adults. Before the holidays start, make staying hydrated easier for you by storing liquids nearby. Stock your fridge with water, 100 percent juices, and milk. Drink a few sips of something every few minutes, and make doubly sure that you drink after more strenuous tasks like running errands, working in the yard, or doing any other physical work.

### 3. GET PLENTY OF REST

During the holidays, it's easy to get over-tired. If you're traveling, remember to rest once you've reached your destination before going back out to celebrate the season. Take the time to pause every once in a while, even if you are surrounded by friends and family. Sit down, watch some television, or take a power nap. Try not to pack your schedule too full, and leave space between gatherings so that you can recharge. You will have more fun and energy with friends and family if you are well-rested and not overly tired.

### 4. CONTINUE WITH YOUR EXERCISE ROUTINE

There are many reasons why it can be harder to want to get up or go out and exercise during the months of the holidays. It's cold and darker earlier in the evening, and you may have been overindulging in good holiday foods and late-night parties. If you're having trouble staying motivated in your exercise routine, try straying from your normal routine. Instead of walking outside, go walk around somewhere indoors, like a shopping mall or an indoor track at a gym. You will be warmer inside, and there is more light so you can see. Consider doing some stretches or light weighted workouts at home in front of your fireplace instead of out in a cold, drafty gym while the sun isn't out.

### 5. PASS ON RESPONSIBILITIES

One of the best ways to stay healthy is to avoid stress. Instead of trying to make the holidays perfect all by yourself, let the younger generation take over this year. Pass on some of the responsibilities to your children and grandchildren. If you usually have the holiday gathering at your house, let a different family member take over this year. Making small changes to your holiday traditions won't change what's truly special about the holiday season. Remember what's important about this special time of the year, and you will have a very happy, healthy holiday season.

## LEADERBOARD



First Midwest Bank  
\$1,566.05



Knaebel/Smith Team  
Old Hawthorne  
\$4,876.50



The Bedford BIG Hearts  
\$6,110.00



Hamilton Family Dental  
\$3,357.00



AI Painting Plus  
\$1,075.00

This month we will be donating 1 Thanksgiving dinner, 1000 drive kits, to our local Salvation Army. Salvation Army continues to be a wonderful foundation that impacts us locally. If you can't imagine what it would be like to not know where your next meal is coming from or not being able to provide a special dinner on this day to give thanks, then consider looking at our needs list for this month. We encourage everyone to consider donating a complete kit but if you are unable to do so please do whatever you can. If you have a financial donation or would like Kelly to purchase a kit for you please reach out to her directly.

## THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

NOVEMBER 2022

## COMMUNITY EVENTS



### NOVEMBER 6 | Carrie Conklin Children's Piano Recital

Are you a fan of live music and the talent of today's youth. Join us in the Piano Lounge on Sunday November 6th at 3:00pm. These young aspiring pianists have been practicing very hard for the last few months in preparation for their winter Recital and they need us here at Bedford for a very important job. Some of these children have not had the opportunity to perform in front of a live audience before and need our company to help them shake that first time stage fright some of them may be having before their big day. Come cheer them on and enjoy some beautiful music.



### NOVEMBER 11 | Veterans Day

All welcome! Join us this Veteran's Day for a sing-along led by some of our very own residents in honor of nation's bravest citizens. Sheet music and seating will be provided. Following the music there will be a Bedford Led BBQ for all able to attend. If you would like to bring a dish to pass that would be much appreciated. There will be a dish sign-up sheet in the resident mail room along with continued updates posted in the weekly gazette. Also keep an eye out for a Veteran's form for all new Bedford Veterans to fill out. This includes veteran's wives as well. We want to make sure no one is missed when recognizing our heroes here at Bedford. Please sign-up with concierge if planning to attend.



### NOVEMBER 24 | Thanksgiving Extended Menu

There will be an elevated Thanksgiving menu served on the day of Thanksgiving. All residents are welcome to invite guests for lunch. Lunch will be served during regular hours from 11:30a-1:00p and there will be a \$25 charge for any adult guests and a \$15 charge for any guests under the age of 12. Keep an eye out for an invitation, including the menu and additional details, that will be distributed in the next gazette. There will be a sign-up sheet located in the resident mail room for you to sign up yourself and any additional guests. If you will be the only one to attend lunch that day, there is no need to sign-up. A head count will be made during lunch in the week leading up to Thanksgiving.

### A letter from your Activity Director, Kelly Champ:

Dear Bedford Residents,

As our one-year, Bedford BIG Hearts, anniversary comes and goes this past October, I just wanted to give you all one last thank you. This past weekend was a once in a lifetime opportunity to not only make a huge impact in our local community but for me to repel over the edge of the Tiger Hotel. It was both thrilling and gratifying to know that helping your neighbors can look like many different things. We have partnered with so many local charities and foundation in this last year. I have watched this little basket in the lobby grow to a huge donation area on the lower level. Each and every month I am blown away by the out pour of support. I can see it bringing our community together, bringing purpose to our lives, and bringing smiles to our faces. I have big plans for our next year, and we have made a name for ourselves here in Columbia. Our neighbors have learned they can count on us, the have noticed our dedication, and they have seen our BIG hearts making a difference. I wanted to put into perspective the lives we have touch in just one year. We have donated time, funds, and personal hours to the following local charities- LOVE Columbia, First Chance for Children, Columbia Boys & Girls Club, True North, Salvation Army, City of Refuge, and Turning Point at United Methodist Church. We've reached over 5,000 local residents in need across 7 different charities and were at the very top of the Team Leaderboard for donations at the Over the Edge event. If you have any new charities, families in need, donations you'd like to make, or ideas for our BIG Hearts as we take on this next year, please do not hesitate to reach out to me.

Sincerely,

*Kelly Champ*

*"The smallest act of kindness is worth more than the grandest intention."*

- Oscar Wilde

## WELCOME YOUR NEW NEIGHBOR!

Dale Klausman Connie Tapley Rae Ellen Tash

## HAPPY BIRTHDAY!

Tommy Highbarger 9th Larry Peterfy 22nd  
Tommye Stolte 10th Linda Ince 24th

SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>RL</b> = Resident Led Event</p> <p> = Trash Day</p> <p> = Recycle Day</p> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>Church Services begin every 2nd and 4th Saturday</li> <li>Communion every 2nd Saturday</li> <li>No afternoon Hymns till further notice</li> <li>Hair stylist available by appointment every Monday</li> </ul>		<p><b>1</b></p> <p>First day to donate to Salvation Army Thanksgiving Kits</p> <p>10:00 a.m. Crafts with Kelly: Thanksgiving Center Piece</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>1:00 p.m. Bible Study with Jackie <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Difference Between Bluetooth &amp; WiFi</p> <p>3:00 p.m. Fiber Arts</p>	<p><b>2</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Resident Council Meeting</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>BIG LOTS!</b></p> <p>4:00 p.m. Social Hour:  <b>Taco Bar</b></p>	<p><b>3</b></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Brain Games</p>	<p><b>4</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p>	<p><b>5</b></p>
<p><b>6</b></p> <p>3:00 p.m. Afternoon Show: <i>Going In Style</i></p> <p>3:00 p.m. Carrie Conklin Children's Piano Performance</p>	<p><b>7</b></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>8</b></p> <p>10:00 a.m. Crafts with Kelly: Indian Corn</p> <p>10:00 a.m. Shuttle for voting</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>1:00 p.m. Bible Study with Jackie <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: More Storage for Your Phone</p> <p>3:00 p.m. Fiber Arts</p>	<p><b>9</b></p> <p><b>HAPPY BIRTHDAY Tommy Highbarger!</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Activity Club</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:  <b>Bluestem Missouri Crafts</b></p> <p>4:00 p.m. Social Hour <b>RL</b></p>	<p><b>10</b></p> <p><b>HAPPY BIRTHDAY Tommye Stolte!</b></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Brain Games</p> <p>5:00 p.m. Dinner Club: Glenn's Cafe</p>	<p><b>11</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. <b>Patriotic Sing-a-long</b></p> <p>4:00 p.m. Veterans Day BBQ</p> <p>6:30 p.m. Game Night <b>RL</b></p>	<p><b>12</b></p> <p>3:00 p.m. Non-Denominational Worship Service &amp; Communion <b>RL</b></p>
<p><b>13</b></p> <p>3:00 p.m. Afternoon Show: <i>The King's Speech</i></p> <p>4:30 p.m. Soup Pot Luck</p>	<p><b>14</b></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>15</b></p> <p>10:00 a.m. Crafts with Kelly: Friendsgiving Banner</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>1:00 p.m. Bible Study with Jackie <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Reminders Application</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. BUNCO Night</p>	<p><b>16</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>Schnucks</b></p> <p>4:00 p.m. Social Hour <b>RL</b></p>	<p><b>17</b></p> <p>Columbia Foot Available by Appt</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>4:00 p.m. Kindway Club: Battling Seasonal Stress</p>	<p><b>18</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>10:30 a.m. Capitol Tour and Lunch at Big Whiskey's</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p>	<p><b>19</b></p>
<p><b>20</b></p> <p>3:00 p.m. Afternoon Show: <i>Saving Mr. Banks</i></p>	<p><b>21</b></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>22</b></p> <p><b>HAPPY BIRTHDAY Larry Peterfy!</b></p> <p>10:00 a.m. Crafts with Kelly: Wine Cork Craft</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>1:00 p.m. Bible Study with Jackie <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Your Camera</p> <p>3:00 p.m. Fiber Arts</p>	<p><b>23</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Chair Yoga</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:  <b>curations</b></p> <p>4:30 p.m. Social Hour <b>RL</b></p>	<p><b>24</b></p> <p><b>HAPPY BIRTHDAY Linda Ince!</b></p> <p>Massage Therapist Available by Appt</p> <p>11:30 a.m. Thanksgiving Extended Menu</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>1:00 p.m. Fitness Equipment Tutorial</p>	<p><b>25</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p>	<p><b>26</b></p> <p>3:00 p.m. Non-Denominational Worship Service &amp; Communion <b>RL</b></p>
<p><b>27</b></p> <p>3:00 p.m. Afternoon Show: <i>The Hundred Foot Journey</i></p>	<p><b>28</b></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p> <p>3:30 p.m. Audio Interview with the Author</p> <p>4:00 p.m. Book Club</p>	<p><b>29</b></p> <p>10:00 a.m. Handmade Christmas Card Tutorial</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>1:00 p.m. Bible Study with Jackie <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Open Floor, Bring a Question!</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. Save Money On Prescriptions Seminar</p>	<p><b>30</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>Walmart</b></p> <p>4:00 p.m. Social Hour and Birthday Cake and Ice Cream <b>RL</b></p>	<p><b>NOVEMBER 2022</b></p>		

**DETAILS**

**Capitol Tour**  
 On Friday the 18th, the Bedford shuttle will be departing from the main entrance at 10:30am for Jefferson City. The first stop will be for lunch at Big Whiskey's American Restaurant and Bar. Big Whiskey's prides itself on its elevated bar style food and unique location atop an old factory building. Following lunch, we will head over to the capitol building for a guided tour of the capitol's new renovations and restored history. If you would like to join us for this short daytrip, please sign up through concierge.

**Kindway Club**  
 Anyone interested in more information about medical cannabis, how to obtain your medical card, or what Kindway Club entails, please do not hesitate to reach out to Kelly Champ, our Activities Director, or directly to Kindway Consultations at (573)355-7609. There continues to be advancements in modern medicine that can help ease the impact of many daily ailments, such as pain, depression, insomnia, or appetite. This could be the answer for you.

**Next RX**  
 On Tuesday the 29th in the Theatre Room there will be a seminar for Medicare and supplement insurance holders. This seminar is hosted by the Columbia Next RX Branch. Next RX is a local pharmacy that specializes in prescription medication at a discounted price. Sound too good to be true? Well come see for yourself! This company has been sweeping the nation since it first aired on Shark Tank and was picked up by Mark Cuban. In short Next RX is able to buy the same prescription medication from the same vendors as other "big name" pharmacies but is selling them for cash at a much lower rate. They are able to do this by cutting out the middle made, your insurance companies. No, Next RX knows this may not work for every patient or for every prescription, but they are here to do all the leg work from reaching out to your doctor, calling your current pharmacy, and even offering delivery. Just show up for the seminar and bring your list of prescription medications and they can take it from there.