

New Year's Resolutions

This year has taught us gratitude and how to give thanks for things we would generally take for granted. From friends and family to health, there is so much to be thankful for as we enter the year 2023. What's a better way to express thanks than by using our gratitude to guide our New Year's resolutions?

As you map out your 2023 New Year's resolutions, focus on attainable goals that boost your health and overall quality of life. While resolutions will vary from individual to individual, below are seven positive ways to refocus your energy in 2023.

KEEP A POSITIVE MINDSET

Research shows that maintaining a positive mindset comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn't mean wearing rose-colored glasses all the time or ignoring difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook with everything going on in the world, incorporate positive thinking exercises into your daily routine. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

COMMIT TO 10 MINUTES OF EXERCISE DAILY

Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Though the research behind the positive effects of exercise on aging is extensive, the findings from a 30-year study effectively sum them up. Per the findings, incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass. For some people, the improvements are so significant that baseline levels match those from their early 20s.

While you don't have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

MAKE BETTER DIETARY CHOICES

As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

QUIT SMOKING

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. For instance, individuals who quit smoking claim to have more energy, sleep better, and breathe easier.

PLAY WITH YOUR GRANDKIDS

Though the reasons behind the phenomenon are multi-faceted, research shows that elderly individuals who spend more quality time with their grandchildren live longer and have better physical and mental health outcomes than those who do not. For instance, a 2016 study found that half of the grandparents who occasionally participated in their grandchildren's lives were alive five years post-study compared to individuals who had no involvement. Findings from a 2014 study showed that individuals who watched their grandchildren once a week scored higher on cognitive tests than those who never did.

STIMULATE YOUR MIND

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

REACH OUT TO OLD FRIENDS, AND MAKE NEW ONES

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while elder living communities provide ample opportunity to make new ones.

<https://www.caringplaces.com/actionable-and-healthy-resolutions-for-seniors/>

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

JANUARY 2023

COMMUNITY EVENTS



JANUARY 6 | Party for Decoration Volunteers

Thank you all who were so generous in helping decorate our lovely building for the holiday season. Now for the not so fun part...what goes up, must come down. We, again, are asking for anyone willing to help pack away decorations to meet us in the piano lounge. Check your calendar for days and times. You can help all or just one of the days. Any help is appreciated! To show her appreciation, Kelly will be hosting a movie and pizza party in the theater on Friday January 6th at 3:00 p.m. Again, this party is only for those that were able to donate their time for either decorating, tear down, or both. Kelly will get invites out to all who helped with more information. Thank you!



JANUARY 20 | Men's Breakfast at HyVee

We are excited to have one of the highest male populated communities in Columbia, and those numbers are continuing to grow as we approach 90% occupancy in the new year. In the coming months, you will see a shift in the calendar to offer more male-focused activities. We would like to start by trying out a men's breakfast at HyVee on Friday, January 20th. The Shuttle will be leaving from the main entrance at 9:00 a.m., and you will be accompanied by your Executive Director, Miguel!

Residents are financially responsible for their meal

When using Bedford's transportation, a minimum of 5 participants is required

FEATURED: The Bedford Big Hearts

There's nothing like the feeling of waking up on Christmas morning as a child or parent and seeing that under the tree is filled with gifts. Thanks to you, this was made possible for many families in need here in Columbia. This past year was especially difficult financially for many families. The Salvation Army was happy to report that our donation was one of the biggest they had received and was going to make many boys and girls VERY happy on Christmas morning!























This month we will be collecting gently used or new Kitchen items for The City of Refuge. Pots, Pans, gadgets, silverware, if its in your kitchen, they could use it in theirs. Many of these refugee families are arriving with little to nothing. Starting over can be hard, especially when wanting to provide a warm meal for your family. Starting on the 1st of the year, our donation bins will be back on the lower level, just at the bottom of the stairs. We will be collecting for the entire month, last day to donate will be the 31st. Our weekly shopping shuttle will be taking a trip to their brand-new store front the first Wednesday in February, where they sell gently used and new items that their refugees do not need. All proceeds go directly back to the refugees. Consider donating this month.

WELCOME YOUR NEW NEIGHBOR!

James Straub
Sandra Sasser

HAPPY BIRTHDAY!

Dori Bolten	January 6th
Herold Bland	January 13th
Jan Bland	January 18th
Paulena Broyles	January 31st

SUN	MON	TUES	WED	THUR	FRI	SAT
 <p>1</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p> <p>3:00 p.m. Afternoon Show: <i>Hustle</i></p> <p><i>First day to donate kitchen items to City of Refuge</i> </p>	<p>2</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>3</p> <p>10:00 a.m. Crafts with Kelly: Paper Roll Snowflakes 12:30 p.m. Euchre RL 1:00 p.m. Christmas Cleanup Volunteers 3:00 p.m. Fiber Arts NO Tech Tuesdays</p>	<p>4</p> <p>10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Resident Council Meeting 12:30 p.m. Bridge RL 1:00 p.m. Christmas Cleanup Volunteers 1:00 p.m. Weekly Shopping Trip: BARNES & NOBLE 4:00 p.m. Social Hour RL</p> 	<p>5</p> <p>10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 1:00 p.m. Christmas Cleanup Volunteers 3:00 p.m. Resolution Meeting RL 5:00 p.m. Dinner Club: Applebee's NO Brain Games</p> 	<p>6</p> <p>HAPPY BIRTHDAY Dori Bolten! 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 12:30 p.m. Hand & Foot RL 3:00 p.m. Volunteer Decorating Appreciation Party</p>	<p>7</p>
<p>8</p> <p>3:00 p.m. Afternoon Show: <i>Where the Crawdads Sing</i></p>	<p>9</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>10</p> <p>10:00 a.m. Crafts with Kelly: Winter Wreath 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Maps 3:00 p.m. Fiber Arts</p>	<p>11</p> <p>10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Activity Club 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Schnucks 4:00 p.m. Social Hour: Chips, Dips & Sips</p>  	<p>12</p> <p>10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games 3:00 p.m. SoftWave Seminar</p> 	<p>13</p> <p>HAPPY BIRTHDAY Herold Bland! 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. State Historical Society of Missouri & Lunch at Flat Branch 12:30 p.m. Hand & Foot RL</p> 	<p>14</p> <p>3:00 p.m. Non-Denominational Worship Service RL</p>
<p>15</p> <p>3:00 p.m. Afternoon Show: <i>The Butler</i></p>	<p>16</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 11:00 a.m. <i>Martin Luther King Jr. Trivia</i> in the lobby before lunch 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>17</p> <p>10:00 a.m. Crafts with Kelly: Wooden Bead Project 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Fitness & Health 3:00 p.m. Fiber Arts</p>	<p>18</p> <p>HAPPY BIRTHDAY Jan Bland & Virginia Bzdek! 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Tuesday Morning 3:00 p.m. Bedford Game Day 4:00 p.m. Social Hour RL</p>   	<p>19</p> <p><i>Columbia Foot Available by Appt</i> 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. <i>Get Up!</i> Seminar 5:00 p.m. Dinner Club: Kobe's Japanese Grill</p>  	<p>20</p> <p>9:00 a.m. Coffee & Conversation 9:00 a.m. Men's Breakfast at Hq/Vee 9:15 a.m. Water Aerobics 12:30 p.m. Hand & Foot RL</p>	<p>21</p>
<p>22</p> <p>3:00 p.m. Afternoon Show: <i>Father Stu</i></p>	<p>23</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>24</p> <p>10:00 a.m. Crafts with Kelly: Snowy Owl 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: All My Buttons 3:00 p.m. Fiber Arts</p>	<p>25</p> <p>10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Target 4:30 p.m. Social Hour: Pizza & Pool Tournament; Birthday Cake!</p> 	<p>26</p> <p><i>Massage Therapist Available by Appt</i> 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. Kindway Club</p> 	<p>27</p> <p>9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 12:30 p.m. Hand & Foot RL (Around) 1:00 p.m. <i>Babylon</i> at Hollywood Theater (exact time TBD)</p> 	<p>28</p> <p>3:00 p.m. Non-Denominational Worship Service RL</p>
<p>29</p> <p>3:00 p.m. Afternoon Show: <i>Uncharted</i></p>	<p>30</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO 3:30 p.m. Audio Interview with the Author 4:00 p.m. Book Club </p>	<p>31</p> <p>HAPPY BIRTHDAY Paulena Broyles! <i>Last day to donate kitchen items</i> 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Contacts 3:00 p.m. Fiber Arts NO Crafts with Kelly</p>	   <p>RL = Resident Led Event</p> <p> = Trash Day</p> <p> = Recycle Day</p> <p>NOTES:</p> <ul style="list-style-type: none"> No Resident Led Bridge Class 			

JANUARY 2023

DETAILS

SoftWave Seminar
SoftWave Therapy is a type of shockwave therapy utilizing electrohydraulically produced soundwaves that amplify your body's immune system initiating stem cell migration to injured areas where they regenerate tissue. This therapy has been around for 14 years in Europe and was recently FDA-cleared and brought to the USA in 2020. This therapy is used by the NFL, MLB, and NBA, and has only been released to the top 0.5% of chiropractors in North America.

We help treat anyone with:

- plantar fasciitis
- arthritis
- posterior/anterior tibialis tendonitis (any -itis really)
- Knee pain
- neuropathy
- lower back pain
- shoulder pain
- hip pain
- elbow pain
- Osgood Schlatter's

.... you name it. If it involves connective tissue, we can help. If you are anyone you know is in pain, please attend our seminar in the theater room on **January 12th** at **3:00 p.m.**

Get up! Seminar
About 36 million falls are reported among older adults each year. Don't let this number leave you in fear anymore! Leave those uncertainties behind and rather arm yourself with the physical and metal tools too be able to get up if you have a fall. In this seminar you will learn some strategies and strengthening exercises that could very well save your life! If you would like to know more join us in the theater on **January 19th** at **3:00 p.m.**