

WELLNESS CORNER



MANAGING ARTHRITIS PAIN IN THE WINTER

If you suffer from worsened arthritis in the winter months, you are not alone. With colder weather comes a drop in barometric pressure (the weight of the air), which causes the tissues in your joints to swell. The tissues put pressure on the nerves in your body that control pain signals. This is what causes the extra joint pain and stiffness.

If you are dreading the winter months because of your arthritis pain, try these pain management tips:

- 1. Layer your clothes:** Dress warmly, and wear plenty of layers to trap your body heat. As one of your layers, try compression clothing, such as leggings, gloves or socks. Compression clothing can improve your blood flow.
- 2. Exercise inside:** Exercise helps relieve many conditions, so it should come as no surprise that it is important for managing your arthritis pain. When it is cold outside, focus on doing what you can inside, like yoga, dancing to music, household chores, stretching or at-home aerobics videos.
- 3. Take a vitamin D supplement:** Vitamin D has anti-inflammatory benefits, and since most people have lower vitamin D levels during the winter, a supplement could be helpful. As always, talk to your doctor first before adding a new supplement to your diet.
- 4. Use Hot Tub:** Soaking in the hot tub can help promote blood flow and may ease the pain of your stiff joints.
- 5. Stay hydrated:** You might want to switch out your water for warm beverages during the winter, but make sure you still try to drink 6-8 glasses of water per day. Dehydration can make you more sensitive to pain, and drinking water is an easy fix.

James Fleming. "Five Ways to Manage Your Arthritis Pain and Stay Sane During the Winter Months." LoveBeingRetired.com, October 2018.

COMMUNITY UPDATES

Please make note of Concierge Services Holiday Hours for December

Monday, December 24
10:00 a.m. to 2:00 p.m.

Tuesday, December 25
10:00 a.m. to 2:00 p.m.

Monday, December 31
9:00 a.m. to 4:00 p.m.

Christmas Eve & Christmas Day Lunch Buffet

11:30 a.m. to 1:30 p.m. in Wisteria Room

If you are bringing a guest, reservations are required with Concierge Services by Friday, December 14th with number of attendees and time of arrival. Guest fee for the buffet will be \$20.00 per guest.

Trash Reminder

Please use the black trash tray provided to you if your home is located in the multi-story building to protect the carpet in the hallways. If you did not receive one please make Concierge Services aware.



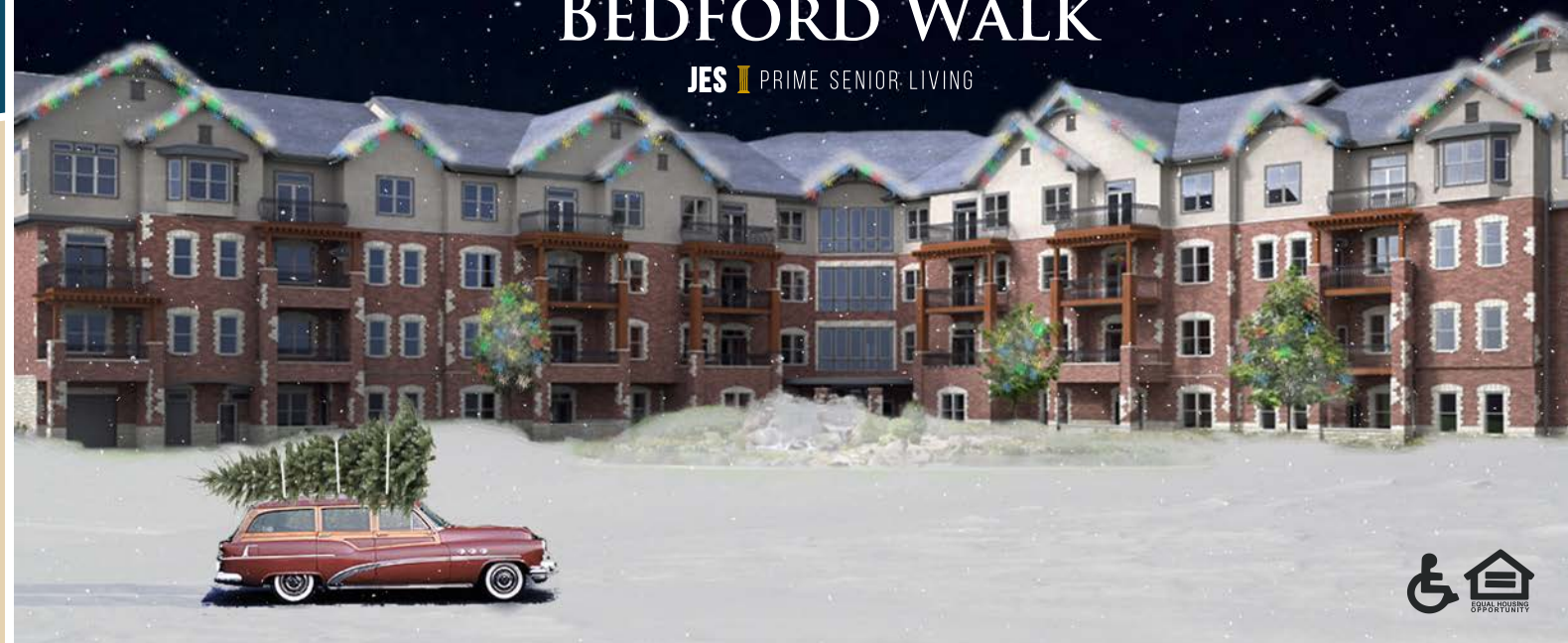
Happy Birthday!

Nesta V.	December 2
Loretta H.	December 13
Marilyn R.	December 22
Arlys B.	December 24
Joyce R.	December 30

Happy Birthday to you!

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY EVENTS

Please take notice of your activity calendar as some regular scheduled events may have changed in order to accommodate all the holiday fun!!

Snowflakes and Cupcakes Open House: Celebrate the holiday season with an open house on Saturday, December 8th from 3:00p.m. – 5:00p.m. Enjoy hors d'oeuvre, sweets, refreshments, a cupcake making station and more fun surprises! All family and friends are welcomed! RSVP due by December 1st.

Holiday Lights Tour: Two days to pick from to enjoy the lights at Warm Springs as well at local favorites such as Columbia College, Magic Tree and more.

Wine Club Holiday Dinner Pairing: Wine Club members will enjoy a four course meal paired with special wines on Tuesday, December 11th at 5:30p.m. in Lower Level. If you are not a member but would like to participate, a fee of \$30.00 will apply.

Gift Wrapping Station: Enjoy a free gift wrapping station located in the Community Laundry Room on Lower Level beginning December 1st.

Sing in the New Year Eve Party: Welcome back our favorite karaoke friend Bernard! Start your night with singing, food, beverages and party supplies! RSVP due by December 21st with Concierge Service.

HOLIDAY GAMES:

Punderland: Try your hand at holiday puns located in Sutherland Room December 3rd – 7th. A new pun will appear every day.

Elf on the Shelf: Buddy the Elf will be returning December 14th! Find him getting into trouble everyday in different location throughout the community spaces. Fill out your Elf on the Shelf card with correct locations and turn into Concierge Services by December 31st to see what Buddy has left for you.

EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!

* See Brittany Lambiris to learn more

Activity sign up for December will be on Tuesday, November 27 at 9:00 a.m. with Concierge Services.
Spots will be filled on a first come, first serve basis.



<p>2 4:30p.m. Music in Piano Lounge</p>	<p>3 Punderland Game in Sutherland Room 10:30a.m. Yoga with Kristen in Fitness Room *** 12:30p.m. Book Club: 2019 selection meeting in Magnolia Room 2:00p.m. Resident Led: Pet Bowls with Sue in Magnolia Room ***\$ 3:00p.m. Activity Club Meeting in Magnolia Room</p>	<p>4 Punderland Game in Sutherland Room 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 2:00p.m. Geriatric Care Management Seminar in Theater Room*** 3:30p.m. Music by Forum Christian Church in Piano Lounge 4:30p.m. Movie in Theater Room</p>	<p>5 Punderland Game in Sutherland Room 10:30a.m. FitCo*** 12:30p.m. Bedford Babes and Boys: Animal Snowflakes in Magnolia Room 2:00p.m. Walmart Trip** 4:30p.m. Social Hour in Piano Lounge *December Birthday Celebration*</p>	<p>6 Punderland Game in Sutherland Room 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 4:30p.m. Holiday Lights Tour*** \$5.00 5:30p.m. Movie in Theater Room</p>	<p>7 Punderland Game in Sutherland Room 9:00a.m. Coffee Catch Up in Bistro 10:30a.m. Meditation / Relaxation in Fitness Room *** 12:45p.m. Stephens College Caroling in Piano Lounge 2:30p.m. Tai Chi in Fitness Room *** 2:00p.m. Resident Led Fabric Ornament Making with Sue in Magnolia Room ***\$</p>	<p>8 10:00a.m. Water Aerobics in Pool *** 3:00p.m. -5:00p.m.*** Snowflakes and Cupcakes Open House</p>
<p>9 2:00p.m. Conklin Music Group in Piano Lounge</p>	<p>10 10:30a.m. Yoga with Kristen in Fitness Room *** 2:00p.m. Columbia Mall Trip** 4:00p.m. Resident Led: Holiday Social Hour for Bedford Team in Lower Level</p>	<p>11 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 4:30p.m. Movie in Theater Room 5:30p.m. Wine Club Holiday Pairing Dinner in Lower Level (<i>Wine Club Members only</i>)</p>	<p>12 10:30a.m. FitCo*** 2:00p.m. Walmart Trip** 4:30p.m. Social Hour in Piano Lounge</p>	<p>13 3:30p.m. Boys and Girls Holiday Party** 5:30p.m. Movie in Theater Room</p>	<p>14 9:00a.m. Coffee Catch Up in Bistro 10:30a.m. Meditation / Relaxation in Fitness Room *** 2:30p.m. Tai Chi in Fitness Room *** 4:30p.m. Resident Led: Christmas Music Festival in Piano Lounge *** (RSVP by December 5th)</p>	<p>15 12:30p.m. HomeGoods Trip**</p>
<p>16 4:30p.m. Holiday Lights Tour*** \$5.00</p>	<p>17 10:30a.m. Yoga with Kristen in Fitness Room *** Forum 8 Movie: TBA *movie details will be December 13th Mailer 5:00p.m. Dinner Club at Houlihan's</p>	<p>18 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 2:30p.m. - 6:30p.m. Cabi Clothing Show in Piano Lounge 4:30p.m. Movie in Theater Room</p>	<p>19 10:30a.m. FitCo*** 2:00p.m. Walmart Trip** 4:30p.m. Social Hour in Piano Lounge</p>	<p>20 8:00a.m. Men's Breakfast in Wisteria Room*** 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 5:30p.m. Movie in Theater Room</p>	<p>21 9:00a.m. Coffee Catch Up in Bistro 10:30a.m. Meditation / Relaxation in Fitness Room *** 2:00p.m. Tai Chi in Fitness Room ***</p>	<p>22 1:30p.m. Resident Led: Tommye S. Music Performance in Piano Lounge</p>
<p>23 Christmas Eve Concierge Hours: 10:00a.m. -2:00p.m. Brightstar Office Closed</p>	<p>24 Christmas Eve Concierge Hours: 10:00a.m. - 2:00p.m.</p>	<p>25 Christmas Day Concierge Hours: 10:00a.m. - 2:00p.m.</p>	<p>26 9:00a.m. Sign Up with Concierge Desk 2:00p.m. Walmart Trip** 4:30p.m. Social Hour in Piano Lounge</p>	<p>27 8:00a.m. Water Aerobics in Pool*** 9:00a.m. Water Aerobics in Pool*** 5:30p.m. Movie in Theater Room</p>	<p>28 9:00a.m. Coffee Catch Up in Bistro 10:30a.m. Meditation / Relaxation in Fitness Room *** 2:30p.m. Tai Chi in Fitness Room *** 5:30p.m. Dinner Club at Pekings**</p>	<p>29</p>
<p>30 10:30a.m. Yoga with Kristen in Fitness Room *** 5:00p.m. Sing in the New Year's Eve Party***\$</p>	<p>31 10:30a.m. Yoga with Kristen in Fitness Room *** 5:00p.m. Sing in the New Year's Eve Party***\$</p>	<p>December 2018</p>				

Snowflakes & CUPCAKES



ELF ON A SHELF



December 2018

**** Shuttle Service**
Shuttle Service is provided for this activity. Please see Concierge Services to reserve your spot on the shuttle.

***** Limited Availability**
Sign up with Concierge Services prior to the event if you plan to attend.

Please note that only transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.

Geriatric Care Manager Seminar:
Join Janie Shelburn, BS, CMC, Certified Geriatric Care Manager for a discussion regarding ways to remain independent including resources, healthcare questions, and the advantages of a Care Manager

Sue's Pet Bowls:
Adorable glass bowl decorated to look like your favorite pet! A perfect place for their treats or make one for a pet lover. \$2.00 fee applies at time of sign up and includes all supplies.

Fabric Ornament Making with Sue:
Make your own gorgeous fabric ornament ball with Sue. All levels of craft ability welcomed!! \$2.00 fee applies for all materials.

Holiday Lights Tour:
Two days offered to hop on the shuttle and see local holiday lights (Magic Tree, Columbia College and more) plus a trip out to Warm Springs where you can enjoy a beverage and take in the spectacular lights along with the famous Anheuser Busch Clydesdales. Please refrain from signing up for both dates.

Resident Led Musical Performances:
Please note two fantastic days of holiday music (December 14th and 22nd) organized and performed by fellow residents and their family/friends. Both dates are sure to be outstanding!

Boys and Girls Club Holiday Party:
Donate your time to give back and enjoy an evening with children of all ages by helping to make holiday ornaments at their holiday party.

New Year's Eve Party:
"Sing" in the New Year with Karaoke, food, beverages and friends! \$10.00 fee applies at time of sign up.