



January 1<sup>st</sup> is the first blank page of a 365 page book. Write a good one!  
-Brad Paisley



**Reminder >>>**

When a resident leaves the building it is Very Important that they notify the nursing staff well in advance for medication prep. It is also important that a resident signs in and out at the front desk.



*Independence When You Want It, Assistance When You Need It*

# Oak Terrace Senior Living of Jordan January Newsletter

## Community Highlights

### Scrambled Words

Unscramble the following words associated with Occupations.

R T O C A

T A C C N N T A U O

R D L E E W

C A E M C H I N

F H E C

E H C R T A E

W Y A L R E

C O R T O D

B B R A R E

O N U R C O S E L

S G R E I N

G N E R E N I E

B M P U E R L

F R M A R E



ANSWERS: ACTOR, WELDER, CHEF, LAWYER, BARBER, COUNSELOR, SINGER, ENGINEER, PLUMBER, FARMER, ACCOUNTANT, MECHANIC, TEACHER, DOCTOR



### January Birthdays



Emma D – 1/6

Fran A – 1/8

Genevieve S – 1/9

Bea T – 1/16

May 2017 bring you peace, love, and happiness. The New Year's Resolution for Oak Terrace of Jordan is to meet and exceed our standard of high quality services and amenities. Our focus for January will be spending more time together playing card games, bingo, movies, and just gathering around the fireplace for some good conversation. Please take time to share a smile with others and join in on the fun events and games planned for January.



Please note that Bingo on Mondays and Card Bingo on Wednesdays have been moved to 5:45 PM.

### January Important Dates

- 1/4 -Walmart
- 1/5 – Allen and Matt Carlson Performance
- 1/5 – Fall Risk Presentation
- 1/9 – Coffee Hour Tea Tasting
- 1/10 –Fishtale Restaurant
- 1/11 –Town Errands to Radermacher's
- 1/11 –Baileys Buddy Social
- 1/12 –Concertina Fun
- 1/12 –Library
- 1/13 –Rubber Duck Social
- 1/17 –Dollar Tree Store
- 1/18 –Target
- 1/19 –Popcorn Social
- 1/19 –Jonny Bird Performance
- 1/20 –Wear Your Slippers Day
- 1/20 –Resident Council
- 1/20 –Bingo and Beer
- 1/23 –Coffee Hour Cheese Tasting
- 1/24 –Carbone's Restaurant
- 1/25 –Town Errands to Coborn's
- 1/25 –Baileys Buddy Social
- 1/25 –Hope Lutheran Church Visits
- 1/26 -2017 Event Bingo
- 1/27 –Birthday Party For All Residents

## Autumn Lane News

December was so much fun! Our Christmas party and seeing Santa brought us joy. We all even made the nice list and Santa brought us all a present!! January we have some fun things coming up. Since we can't enjoy the outdoors without freezing ourselves to the chair we are going to have some fun parties. We will enjoy a Snowmen

Social, Rubber duck social, Popcorn social, Slipper social and we will celebrate with our friends who have a birthday in January. We are excited for all the fun to come, no winter blues here at Oak Terrace.

Cheers a New Year! Happy 2017 Everyone!!



## Blood Pressure Meds May Cut Alzheimer's Risk

Inexpensive blood pressure medications may help protect the brain from Alzheimer's disease, new research suggests.

People with early thinking and memory issues who took an ACE inhibitor or an ARB medication for their high blood pressure were less likely to get Alzheimer's disease than those on other BP drugs.

"All of these blood pressure medications have been available for decades. They're all FDA-approved. They're cheap. And blood pressure is easily controlled," says researcher Whitney Wharton, PhD, an assistant professor at the Emory University School of Medicine.

Results from the study were presented at the Alzheimer's Association International Conference 2015 in Washington, D.C.

Previous research has shown that having high blood pressure by midlife raises the odds of getting Alzheimer's disease down the road. But, treating high BP with any combination of medication or lifestyle changes also appears to lower Alzheimer's risk.

Source: ALFA

Wishing You  
a New Year filled  
with new Hope,  
new Joy &  
new Beginnings.

