



Weinberg Village

Harry & Jeanette
Weinberg Village Assisted Living Residences
&
Sylvan & Jean Orloff Memory Support Unit

January 2012



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Manager's Corner

Grapevine News

Dear Weinberg Friends,
5 reasons it's great to get older

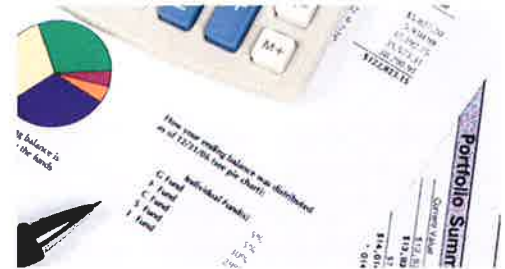
1. Your investment in health insurance is finally beginning to pay off.
2. Your eyes won't get much worse.
3. There's nothing left to learn the hard way.
4. Your joints are more accurate than the National Weather Service.
5. Your secrets are safe with your friends because they can't remember them either.

Unfortunately, growing in age, does not mean growing in wealth too. What exactly is money management? For those retired and aging gracefully, it may mean the

difference between outliving your money or having your money outlive you! Prepare for your future by joining us at our next Weinberg Village Educational Seminar on "Managing Your Money—Post Retirement."

Workshop:
Date: Thursday, January 26th at 11am
Hosted at: Kol Ami: 3919 Moran Road Tampa, FL 33618
R.S.V.P.: Please contact Toby Zarolnick at 813.769.2814

Happy (secular) New Year,
Dan Sultan
Executive Director



Daniel Sultan	Executive Dir.
Beverly Bates, R.N.	D.O.N.
Toby Zarolnick	Marketing Dir.
Bill Langston	Dietary Dir.
Linda Mccann	Dining Super.
Sylvia Cohen	Events Coord.
Lindsay Woods	Activities Dir.
Nelly Reyes	Housekeeping Dir.
Marissa Hurley	Admin. Asst.
Pamela Levenstone	Controller

Up-and-Coming

January brings with it new entertainers and many fun trips: shopping at Publix and Walmart, along with lunch and movie outings. A sign-up sheet is at the front desk with the details for each trip. Contact Lindsay Woods at (813) 769-2818 for questions.

Happy Birthday

Happy birthday to all of our residents who were born in the month of January.



Trivia Whiz

In honor of National Puzzle Day on Jan. 29, here's a look at the origins of a few popular ones:

Crossword. In 1913, the New York World published a "word cross" devised by Arthur Wynne of Liverpool, England. It was an instant hit, but other newspapers were slow to follow suit. In 1924, a new publishing company called Simon & Schuster came out with a book of crosswords, igniting a nationwide craze.

Word search. The first English version of the puzzle where you find and circle words was published in 1968. Norman E. Gibat designed it for a want-ad digest in Norman, Okla. He arranged the names of 34 Oklahoma cities horizontally, vertically and diagonally in a grid. Area teachers started using the puzzles, and soon they were being syndicated nationally.

Health & Wellness

Healthy Resolutions for the New Year

Resolving to live better is a New Year's tradition. Here are some resolutions to put seniors on the road to better health:

Catch your z's. Don't underestimate the power of a good night's sleep. Most seniors need about eight hours a night. Resolve to go to bed and wake up at reasonable times to allow for sufficient shut-eye.

Get adequate nutrition. Aim to eat three balanced meals a day containing nutrient-dense foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products.

Move your body. Talk with your

health-care provider about activities appropriate for your level of fitness and mobility. Light workouts, such as walking, stretching and lifting small weights, can provide big benefits.

Keep in contact with friends and family. Social connections boost emotional well-being, which is every bit as important as physical health. Reach out to your friends and work together on achieving your goal of a healthy, happy new year.



Best Ways to Calm a Cold

While there's no cure for the common cold, knowing the best ways to alleviate symptoms will help you manage until you are well again. Here are some tips to survive a cold according to WebMD:

Drink plenty of liquids. Sneezing, coughing and blowing your nose can quickly deplete your body of fluids. Make sure you stay hydrated to help thin out mucus buildup.

Soothe your nose. With frequent blowing, even the softest tissues can irritate your nose. Try dabbing some petroleum jelly around your nostrils to relieve the chapped skin.

Gargle. If a sore throat becomes a pain in your neck, gargle with a little salt water.

Sip some soup or tea. Your favorite

chicken noodle soup recipe really can help you feel better. The hot drink helps loosen mucus and move it out of your system.

Get some sleep. Your body needs rest, so take it easy and try to get more shut-eye.

Consider medicine. No medicine will cure your cold, but over-the-counter drugs can make you more comfortable. Decongestants help ease congestion, and painkillers such as aspirin, ibuprofen and acetaminophen help with fever and body aches. Always follow dosage instructions on the label.

Remember to wash your hands frequently and sneeze or cough into a tissue or your elbow to prevent spreading germs.



Protect Your Vision

Glaucoma, an eye disease that can result in blindness, reportedly affects more than 3 million Americans each year. Because the illness exhibits no symptoms in its early stages, regular eye exams are essential for early diagnosis and treatment to minimize the damage. January is National Glaucoma Awareness Month, so make an appointment for screening, especially if you are at higher-risk: Over age 45, African-American, diabetic, nearsighted, have a family history of glaucoma or a previous eye injury, or use steroids/cortisone on a regular basis.

Poetry Corner



“Resolutions”

Oy Vey!
It’s resolution day
Last year I promised
Not to gossip or pry
But the news was so delicious
I swear I really tried
So Hu? What’s the big deal
If I have bread with every meal?
And what’s wrong with a little
peek-a-boo at the Canasta game
Without broken resolutions
Life wouldn’t be the same!
Happy New Year
By Carole Bernson

Cognitive Aging vs. Dementia

Do you know someone who avoids speaking to people because they don’t understand you? Are you embarrassed because you cough during meals? Are you having trouble adapting to new hearing aids? Do you forget what you are saying in the middle of your sentences? If so, you may benefit from speech therapy services. Speech therapists provide a variety of services for adults ranging from cognition for memory loss, aural rehabilitation for hearing aids, voice amplification, swallowing difficulties, fluency after a stroke, and articulation.

Becoming more forgetful is common in the normal aging process. However, repeating things to people in conversation, forgetting what you want to say in the middle of the sentences, those are indications that you may need a cognitive evaluation. Speech therapists do not diagnose memory disorders, rather they teach compensatory strategies to facilitate memory recall and improve functioning. Coughing daily during meals is a sign of swallowing problems and should be taken very seriously. If you or someone you love is exhibiting any of these problems, contact your physician and find out if a speech therapist might be able to help you.

Christine Wilson, the Speech-Language-Pathologist in Genesis Rehab at Weinberg has over 10 years of experience. She would be happy to sit down with you or your family and answer questions and concerns that you may have. Therapy services provided are reimbursed by health insurance plans and Medicare. Verifications are run prior to initiating services to make sure they will be covered. For more information, call 813-962-7138.

Wit & Wisdom

“I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident: that all men are created equal.’”
—Martin Luther King Jr.

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”
—Anatole France

“Those who dream by day are cognizant of many things which escape those who dream only by night.”
—Edgar Allan Poe

“All our dreams can come true, if we have the courage to pursue them.”
—Walt Disney

“Dream and give yourself permission to envision a you that you choose to be.”
—Joy Page

A NEW YEAR, A NEW START

HAPPY NEW YEAR TO ALL OUR RESIDENTS.
HERE'S HOPING THE NEXT 12 MONTHS BRING
YOU JOY, PEACE AND PROSPERITY.



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13005 Community Campus Dr
Tampa, FL 33625
(813) 969-1818

