

Answers for Aging

January, 2016

Special points of interest:

- The Old Year
- The New Year
- Everyday Survival Kit
- Poetry for January
- Resolve to Eat Healthy
- Blood Donor Month
- Announcements

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In Memoriam ...to the Old Year

...The year is dying in the night;
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief that saps the mind
For those that here we see no more;

Ring out the feud of rich and poor,
Ring in redress to all mankind.

...Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.

...Lord Alfred Tennyson



Looking Forward to the New Year

"May this new year find you healthier and happier,
Peaceful, content, satisfied,
Looking forward to fresh, revitalizing interests,
To a variety of pleasures,
To interesting new people,
To material and personal successes
To make this new year the best one yet! " ...Joanna Fuchs





Everyday Survival Kit—Little Things That Mean A Lot

As we begin our journey into the new year, we have the opportunity to do a better job than we did last year—we don't have to do great and wondrous things, but we can make each day a little better. We can perform small acts of kindness and caring that mean a lot to others. We can't go back and start a new beginning, but we can start today and make a new ending. We can "pack an everyday survival kit" of good things to help us and to help others in this new year of 2016. The following everyday items are suggested as necessities in our survival

kit:

- **Toothpick:** to remind us to pick the good qualities in everyone
- **Rubber Band:** to remind us to be flexible—things may not always go the way we want, but they can be worked out
- **Band-Aid:** to remind us to heal hurt feelings, whether ours or someone else's
- **Eraser:** to remind us that everyone makes mistakes
- **Candy Kiss:** to remind us that everyone needs a hug or a compliment every day
- **Mint:** to remind us that we are worth a mint to our family and friends
- **Gum:** to remind us to stick with it and we can accomplish anything
- **Pencil:** to remind us to list our blessings every day
- **Tea Bag:** to remind us that we never know how strong we are until we're in hot water

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending.."

...Maria Robinson



January

January brings the snow [that] makes our feet and fingers glow." *...Sara Coleridge*

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." *...Edith Sitwell*

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." *...John Boswell*



Resolve to Eat Healthier in 2016 !

When we eat **mindlessly**, we often do not plan ahead, but instead grab up whatever is handy, or quick; or we may have a plate of food that we eat in front of the television and end up still feeling hungry because we ate so quickly. We can end up consuming a lot of empty calories without even enjoying our meal.

Mindful eating, on the other hand, involves thought, planning, and a few of the following exercises:

- Consider what you really want before eating.
- Wait for hunger before you eat.
- Eat balanced meals.
- Eat a variety of foods—for a week, make it a point to try a new food each day.
- Sit down when you eat.
- Take a smaller portion size than you usually do.
- Take a few deep breaths before eating.
- Slow down! Put your fork or spoon down between bites.
- Savor. Take a bite of food and take the time to notice how the food tastes, and how the textures feel.
- Chew slowly.
- Stop eating when you feel satisfied, not necessarily full.



In today's busy world, mindless eating is the habit of many. A better, more healthy habit is mindful eating.

January is Blood Donor Month

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather, and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low. January has been designated as National Blood Donor Month to encourage donors to give or pledge to give blood.



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NUTRITION CENTERS

Athens... (256) 233-6412
East Limestone... (256) 230-2829
Elkmont... (256) 732-4777
Owens... (256)-230-2753
Tanner... (256)-230-6400

ACTIVITY CENTERS

Ardmore... (256) 423-2099
Goodsprings... (256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation	SHIP/Medicare Part D
Nutrition Centers	SeniorX program
Meals-on-Wheels	Legal assistance
In-home services	Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

Upcoming Events

Resolved to make some positive changes for 2016?

Consider the following options:

- ◆ Exercise with the Balance and Flex Class offered at the Athens Senior Center on M.W.F. mornings (class begins at 8:30).
- ◆ Exercise with the East Sr. Center's Silver Sneakers Class on M.&W. mornings at 11:30. Also take advantage of their fully-equipped exercise room.
- ◆ Attend one of our seven senior centers for fellowship, fun, and nutritious food. They are open 5 days a week. See the column to the left for contact information.

The COA and all 7 centers will reopen on Monday, January 4th, 2016. We hope to see you there!!

