

COMFORT CARE CHATTER

December Birthdays

Happy Birthday to YOU!

Christine C.	RN Case Mngr.	CO	12.5
Jessica M.	HCA	CF	12.5
Victoria M	RN Case Mngr.	DV	12.8
Taylor W.	Marketing	CR	12.11
Penny B.	RN Case Mngr.	CF	12.18
Kathy L.	HCA	CR	12.22
Deana C.	Office Assist.	CO	12.25
Barbara L.	HCA	CF	12.26
Sandra N.	HCA	CR	12.26
Jenn M.	Sched.	CF	12.29

December 2017 Issue

Also available online at
www.comfortcareia.com

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Brain Teasers

Last Month's Answer

Jake: lions, pretzels, t-shirt

Anthony: alligators, popcorn, keychain

Carlos: giraffe, chips, plastic snake

Abigail: monkeys, nachos, stuffed monkey

Paige: bears, crackers, stuffed rabbit



STAYING ACTIVE IN THE WINTER

From Jo Ellen Haddad, Aging Services

Winter can put a serious damper on activities and events. Between frigid temperatures, shorter days, and snow and ice, the temptation to hibernate until spring is strong.

However, maintaining strength of both body and mind is an important part of weathering the winter for a stronger spring, summer and fall.

Let's count down four ways to stay active this season.

1. Social Matters

While the holidays may bring with them a rush of social commitments, the post-holiday letdown usually includes a lull in opportunities for socialization. Unfortunately, this can lead to increasing incidences of isolation.

Whether you schedule a standing weekly lunch date or look into local activities, make sure you have plenty of chances to connect with friends and family. Not only will these engagements get you out and about, but they also have the ability to boost morale and immunity.

2. Get Moving

While the temptation to curl up on the couch is strong when the weather outside is frightful, we need to move our bodies to stay strong. Exercise has profound benefits, including everything from lifting the spirits to building strength and balance. Many community centers and senior organizations offer fitness classes, but even a daily walk around the neighborhood is effective. An added bonus? Getting out on a sunny winter afternoon delivers a solid dose of healthy vitamin D. If bad weather forces you to stay inside, try a chair exercise workout or fitness DVD instead.

3. Boost the Brain

Staying healthy isn't just a matter of physical strength and stamina. **Brain fitness** is also critical, especially when we may have fewer things to keep us busy in the winter. Try to do at least an hour's worth of daily mind-stimulating activities, such as puzzles, brain teasers, or just reading a good book. Or consider scheduling an afternoon of cards or board games. Everyone will enjoy -- and benefit from -- the company and the mental stimulation. Listening to music is also an effective way to engage and energize the mind, as are other artistic endeavors, such as painting, coloring, sculpting and sketching.

4. Get Cooking

Cooking gets us off the couch and into the kitchen. Find one of your favorite recipes, gather the ingredients, and set aside time for cooking. The act of following a recipe, preparing a meal, and sharing it with others helps keep the mind sharp while promoting manual dexterity. Plus, the benefits of communal meals are well-known. Bonus points for choosing a recipe that's both healthy and delicious!

While staying active in the winter months poses some additional challenges, the payoffs in strength, confidence and morale are well worth the effort.

Key Takeaways

- Keeping the mind and body active during the winter months is important to maintaining overall well-being.
- Social activities, physical exercise, and mind-stimulating activities can provide great benefits during winter weather.
- Other outlets for boosting strength and morale include creative arts activities, cooking, and sharing meals with others.

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REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE
REMEMBER TO **CALL THE OFFICE**
WHENEVER YOU HAVE A SCHEDULE
CHANGE!

Brain Teasers

There is a new pizza place in town called Pick-A-Pizza. They have five wheels that, for just a few dollars, you can spin to decide the pizza chef, crust, cheese, meat topping, and veggie topping. When the wheels stop spinning, you have your pizza order! There have only been five customers so far, and each time, a different chef, a different crust (crisp, Greek, Sicilian, thin, or whole wheat), a different cheese (Gorgonzola, mozzarella, Parmesan, provolone, or Romano), a different meat topping (bacon, chicken, meatball, pepperoni, or sausage), and a different veggie topping (broccoli, mushrooms, olives, onions, or peppers) have been chosen. From the information provided, can you determine the crust, cheese, meat and veggie toppings on the pizza made by each chef?

1. The pizza topped with onions (which wasn't made by Nunzio) didn't have a Greek crust. Alfredo's pizza didn't have a whole wheat crust and wasn't topped with pepperoni. No pizza had both olives and mozzarella.
2. Mario didn't make the bacon pizza (whose crust was neither crisp nor thin). The sausage-topped pizza (which didn't have a whole wheat crust) didn't include peppers. Luigi's pizza (which didn't have a crisp crust) wasn't topped with broccoli.
3. Alfredo's pizza (which didn't include chicken) didn't have a Sicilian crust. Neither the pizza with a whole wheat crust (which wasn't topped with onions) nor Nunzio's pizza was topped with provolone cheese. Neither the pie topped with broccoli nor the pepperoni pizza was the one that had a crisp crust.
4. Neither Giuseppe's pizza nor the sausage pizza was the one topped with onions. The Sicilian pizza (which wasn't Luigi's) wasn't topped with peppers. Alfredo's pizza (which didn't include olives) wasn't topped with provolone cheese.
5. Mario didn't make the pepperoni pizza. The sausage pizza (which wasn't made by Nunzio) wasn't topped with mushrooms. The broccoli pizza was neither the one with a thin crust nor the one topped with mozzarella.
6. The meatball pizza (which wasn't topped with onions) didn't have a crisp crust. The olive pizza wasn't topped with Romano. Luigi's pizza (which didn't have a thin crust) wasn't topped with provolone.
7. The pizza with a Greek crust wasn't topped with broccoli. The bacon pizza had neither Parmesan nor Romano cheeses. There were no peppers on the thin crust pizza.

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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