

CAMBRIDGE HOUSE TIMES

JANUARY 2024

At A Glance



Try some Berry Cobbler!



Let's Ring in this New Year Together!

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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

As 2024 begins, I find myself reflecting on the past year and the moments we have shared. I want to take this

opportunity to extend my heartfelt gratitude to all our residents, families, employees, and stakeholders.

This year has been filled with memorable experiences, and I am grateful for the connections I have had with many of you. Your support and encouragement have truly made a difference in my life and the lives of those we serve.

As we envision 2024 together, I want to express my sincerest wishes for your happiness, health, and success. May the coming year bring you exciting adventures and blessings.

I look forward to the year ahead, the experiences we will create and the lives we will touch together!



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IN THE NEWS

ABOUT THE MONTH OF JANUARY

Rick Banas



Benjamin Franklin, who helped draft the Declaration of Independence, was born on Jan. 17, 1706. An inventor, he is credited with inventing what we now call bifocals. As he grew older, Franklin became both near-sighted and far-sighted. Tired of switching from one pair of glasses to another, he had the lenses of the two pairs of glasses sliced horizontally in half and remade them into a single pair – the top half for distance and the bottom half for reading. Franklin never patented any of his inventions, believing they should be freely shared.

President Abraham Lincoln issued the Emancipation Proclamation on Jan. 1, 1863.

The first Rose Bowl Parade dates back to 1890. It featured horse-drawn carriages filled with flowers. In the afternoon after the parade, there were foot and chariot races, jousting, and tug-of-war. The Rose Bowl college football game was added in 1902 to help fund the cost of the parade. Michigan played Stanford.

On Jan. 1, 1892, Ellis Island in New York Harbor opened. It served as an immigration processing center for more than 60 years until it closed in 1954. It has been estimated that nearly 40 percent of current U.S. citizens can trace at least one of their ancestors back to Ellis Island.



Jan. 22 is Celebration of Life Day. It is designed to honor the children and grandchildren who bring joy to our lives.

The week of Jan. 22 to Jan. 28 is National Activities Professional Week.

Jan. 24 is Global Belly Laugh Day. It is no joke that laughter is great medicine. According to the Mayo Clinic, laughing has many short-term and long-term benefits, including stimulating your heart, lungs, muscles, and circulation; enhancing your intake of oxygen; relieving stress; improving your mood and your immune system; and increasing the endorphins released by your brain.



January is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that damage the optic nerve in the back of the eye, which can lead to vision loss and blindness. Symptoms can start so slowly that you may not even notice them at first. The only way to find out is with a comprehensive dilated eye exam.



WELLNESS

January is Glaucoma Awareness Month

Chrisi Karcz VP Clinical Operations

January is recognized as National Glaucoma Awareness Month. Glaucoma is a group of eye diseases which gradually leads to blindness without warning. Damage caused to the optic nerve results in loss of vision. Currently there is no cure, but early diagnosis can lead to treatment including medications and surgery. While most often it occurs in the middle-aged and elderly, it can affect people of all ages.

It is important to spread the word about the sight-stealing disease as it impacts over 3 million people in the United States. According to the Glaucoma Research Foundation (2023), by 2030, it is predicted to be over 4.2 million people will have glaucoma. There are no symptoms and once vision is lost it is permanent. Glaucoma is the leading cause of irreversible blindness.

Glaucoma is more prevalent in African Americans and Latinos. With African Americans 6 to 8 times more likely than Caucasians to be diagnosed with glaucoma. Additionally, glaucoma is the leading cause of blindness in African Americans. Older Hispanics are at as high of risk as African Americans.

Regular eye exams are important in protecting one's sight from glaucoma. Early detection leads to early treatment. African, Asian and Hispanic individuals are at greatest risk. Individuals 60 years and older, diabetics, family history of glaucoma and those very nearsighted are also at greater risk. Routine eye exams may help prevent vision loss.

**JANUARY IS
GLAUCOMA
AWARENESS MONTH**

- ✓ Get regular dilated eye exams
- ✓ Know your family's eye health history
- ✓ Exercise
- ✓ Take prescribed eyedrops
- ✓ Wear eye protection

TEXAS Health and Human Services

Source: Mayo Clinic

Recipe Corner Microwave "Baked" Berry Oatmeal Cobbler

- 1/2 cup instant oats
- 1 egg
- Cinnamon to taste
- 1 Tbs. milled flax seed
- 1/3 cup milk or almond milk
- 2 tsp. honey
- 1/3 cup blueberries
- Spray coconut oil (or any oil)

Directions

1. Spray a coffee mug with the oil. Add oatmeal, a tablespoon of flax seed, some cinnamon, milk, an egg, and the honey to the cup.
2. Mix it up then toss in the blueberries. Gently mix together.
3. Place the mug in the microwave for 3 minutes but check it after 2 minutes to ensure that it doesn't bubble over.
4. Careful when handling, it will be hot. Enjoy!





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Dan P. 1/1
- Barb S. 1/1
- Barb B. 1/4
- Roger W. 1/6
- Sharlyn T. 1/10
- Debbie L. 1/18
- Loretta K. 1/20
- Ana T. 1/20
- Shirley R. 1/20
- Paul F. 1/25

Staff Work Anniversaries:

- Alena D. (1 year)
- Ashely G. (9 years)
- Geeana H. (1 year)
- Tamyra Mc. G. (11 years)
- Torriana S. (1 year)
- Diana T. (13 years)

Welcome New Staff

- Sean C. (dietary)
- Kari H. (dietary)
- Rosalind R. (Nursing)

A Note from the Executive Director

Jacque Dearborn

Write it on your heart that every day is the best day in the year!

Happy New Year to You and Yours!

It is the beginning of a new year and with this new year, let's talk about how to keep consistent with good habits. One way to stay consistent with good habits is to start a journal. Write daily tasks, affirmations, goals or daily quotes.

Another way to start good habits is to exercise each day. We do offers several ways to exercise throughout the week. "Chair Zumba" is at 9:45am on the first floor lobby on Mondays, Wednesdays and Fridays. We also offer our "Walking Club" which meets at 10am on Tuesdays on the second floor common area. If you are interested in either of these activities please sign up with Sandy at the front desk or our Resident Service Coordinator Amanda. Shirts will be provided to those that have maintained attendance for at least three months.

We all know that hydration is very important. During the colder months, drinking at least 15 cups of water per day will keep your skin healthy and boost your immune system to avoid several infections such as a UTI. While your eating breakfast, lunch and dinner, why not ask for a glass of water to go along with your favorite beverage. Be sure to also have water on hand in your home. You can get ice from the dining room to place in a zip lock bag to keep in your freezer for a refreshing healthy drink!

We look forward to better health and positivity during 2024. If you have other great suggestions, please let Amanda know so we can include them on our daily journey with you.





LIFESTYLE

Events You Don't Want to Miss!

Date: January 8th 2024

Time: 2-3pm

Location: Cambridge House of Swansea Dining Room

Details: Elvis will be in the house!!! We will have cookies and punch to celebrate Elvis' birthday and the public is invited to this event. So, come and join in on the fun!!

Date: January 24th, 2024 Time: All day events

Location: Cambridge House of Swansea

Details: We are hosting a Beach theme day to shake off the winter blues. We will have a beach themed lunch, play balloon volleyball and have a cardboard beach bodies fashion show in the afternoon. We will snap pictures all day while we bask in the sun in our cool sunglasses.

Date: January 31st, 2024

Time: 2-3pm

Location: Cambridge House of Swansea Dining Room

Details: We will have the RSVP orchestra in our community to play some great toe tapping music. Come in and join in on the fun!!!

Community Partner in the News

Amanda Tarter

I hope you all had a Merry Christmas and a Happy New Year!! Welcome to the year 2024, and I hope that it will bring you many blessings and good fortune to you and your loved ones.

In regards to fun and exciting events happening in our community, I have some good ones. Which include, Elvis and the RSVP orchestra "being in the house" and beach theme day complete with a cardboard beach bodies fashion show. Plus, we have book club with Kelly, boost your brain smoothies, staff vs. resident snowball fight, resident and food council meetings, silly social hour with sarcasm and satire and many, many fun events. Remember to review your January 2024 calendars!!

Horoscope

Aquarius (1/20-2/18)

Try to reduce the demands of others in order to repair relationships

Pisces (2/19-3/20)

After the full moon, peace will reign in the soul for Pisces.

Aries (3/21-4/19)

This month will have dynamic change, in a good way!

Taurus (4/20-5/20)

Don't be afraid to express your feelings this month.

Gemini (5/21-6/20)

Success can not be achieved alone.

Cancer (6/21-7/22)

Have patience with yourself and others.

Leo (7/23-8/22)

The beginning of the year is great for taking on a new position

Virgo (8/23-9/22)

January will cause an upliftment and desire to live in a new way!

Libra (9/23-10/21)

Attention should be focused on moments that cause warm feelings

Scorpio (10/22-11/21)

This month is great for new hobbies, household chores, and sports!

Sagittarius (11/22-12/21)

A powerful upsurge of energy will make it easier to achieve your goals.

Capricorn (12/22-1/19)

Take part in a special project or plan a new trip!



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ANSWERS

1	2	6	4	3	7	5	9	8
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7	8	5	2	1	9	3	4	6
8	6	7	3	9	2	4	5	1
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6	5	1	7	2	4	9	8	3
2	3	9	1	8	5	6	7	4
4	7	8	9	6	3	2	1	5



Hope you all had a Merry Christmas and a Happy New Year!!!