



New Year Resolutions... Have you made yours?

Each year millions of Americans start the New Year with some type of resolution. Making a New Year resolution is a great way to commit to do something good for yourself. Statistically, increasing physical activity is the #1 resolution made by Americans each year. We think this is a great resolution especially for the aging population and below are a handful of reasons why.

8 Great Reasons to Keep Fit as You Age...

1. Exercise can increase bone density and limits osteoporosis
2. Exercise can help you stay independent
3. Exercise can increase metabolism to help you control your weight
4. Exercise can lower your risk for falls
5. Exercise can make you more flexible
6. Exercise is a great way to be sociable
7. Exercise can improve your mood
8. Exercise can help your ENTIRE body!

All of the body’s systems deteriorate with age, but much of that can be attributed to a lack of physical activity. Exercise can slow the breakdown and help you live well.

The National Institute on Aging recommends incorporating the following four types of activity into your routine:

Endurance, Strength Training, Balance and Stretching

We recommend consulting your physician before you start any physical activity. Begin with a small goal and work your way up to bigger goals at your own pace.



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Staying Healthy in Cold Weather

10 Tips:

1. **Stay warm, keep blankets, thick socks, gloves and hats in easy reach.**
2. **Stock up on cold weather foods like soups and stews. Keep warm drinks on hand too.**
3. **Make an appointment for yourself to receive a flu shot... encourage your family members to do the same.**
4. **Eat a healthy diet.**
5. **Wash your hands often. You hear it everywhere, you read it everywhere, now it’s time to practice. You should wash your hands with soap and warm water for at least 20 seconds.**
6. **Drink plenty of water.**
7. **Cover your coughs and sneezes with a tissue and promptly put it in the trash.**
8. **Do your best to keep stress to a minimum.**
9. **If at all possible stay indoors during extremely cold or wet weather.**
10. **Be sure to get enough sleep.**



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Grandma Hill's Baked Minestrone Soup Recipe

- 1 1/2 lb. beef stew (I use round steak)
- 1 c. coarsely chopped onion
- 1 clove garlic
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. olive oil
- 3 (10 oz.) cans beef bouillon
- 2 cans water
- 1 1/2 tsp. herb seasoning
- 1 (16 oz.) can un-drained tomatoes
- 1 can kidney beans
- 1 1/2 c. thinly sliced carrots
- 1 c. seashell macaroni
- 2 c. sliced zucchini
- Grated Parmesan cheese
- 1 (6 oz.) can ripe olives, un-drained

Mix beef, garlic, salt and pepper. Add olive oil. Coat meat evenly. Bake at 400 degrees 30 minutes, stirring occasionally. Turn oven to 350 degrees. Add broth, water and seasonings and cook 1 hour until meat is tender. Stir in tomatoes, beans, olives, carrots and macaroni. Put zucchini on top. Bake 30 to 40 minutes. Serve with grated cheese and enjoy!



The Ladies of Advanced Security / Easy Call attend Kiwanis First Annual "Women in Business" Luncheon.



The Eureka Kiwanis club hosted a Women in Business lunch Wednesday October 22, 2014. Advanced Security Systems' General Manager Rick Petrusha hosted the table and we were honored to have Lisa Rossbacher HSU President and key note speaker of the event as our table guest. The lunch was a great time and a huge success. We thank the Eureka Kiwanis for recognizing and celebrating local women in business!

Creating a Safer Home Room by Room This Issue — The Bathroom

- ◆ Properly mounted grab bars ensure safer use of toilets and showers.
- ◆ A light-sensitive nightlight turns on automatically when it's dark to increase visibility.
- ◆ Bathmats are a common cause of falls. Either use a non-slip version or eliminate all together.
- ◆ A sturdy shower seat can reduce the risk of slipping and a hand-held shower sprayer on a hose reduces the need to reach overhead.

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