



LEGACY HOUSE

South Jordan

1517 Temple Lane • South Jordan, UT 84095 • (801) 254-0373

January 2018

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Take care of your brain. A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.



Legacy House Directors

Executive Director	Rose Black
Housekeeping Director	Maria Perez
Asst. Administrator	Kami Palmer
Activities Director	Kathleen Beal
Marketing Director	Lorren Mitchell
Administrative Assistant	Chris Hafoka
Res. Care Coord.	Ashlie Nielsen, R.N.
Maintenance Director	Tom Poulsen
Food Service Director	Rene Diaz



January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>January</i></p>	<p>New Year's Day 1</p> <p>HAPPY NEW YEAR! No Exercise Think about and write your New Year's Resolutions! Or, you can bring your resolutions to "Write Time" on Jan 29th, and we will write them for you!</p>	<p>2</p> <p>9:30 Exercise 10:00 <u>Resident Council</u> 10:30 Personalize Your Own Library Bag (We will supply the bag!) 1:00 Gospel Doctrine 3:00 B-I-N-G-O 6:00 Personal History Cue: When I was young, I loved to...</p>	<p>3</p> <p>Wacky Wednesday - Wear Crazy Socks*</p> <p>9:30 Exercise 10:00 Crossword 10:30 Walk-n-Talk 1:30 Manicures and Table Games w/ River's Edge. 3:00 Creative Conversations</p>	<p>4</p> <p>9:30 Exercise 10:00 Resident Meeting with Rene 11:30 January Birthday Lunch (Upstairs Common Area) 12:30 Wheelchair/Walker Check 1:00 Grocery Run 3:00 Music with Terry Spencer</p>	<p>5</p> <p>Happy Birthday Dorothy!</p> <p>9:30 Exercise 10:00 Back Rubs 10:30 Power of One Visits 1:00 Out to the South Jordan Library 6:00 Movie and Popcorn</p>	<p>6</p> <p>10:00 Charlie the Therapy Dog 10:15 Exercise 10:45 Balloon Volleyball 1:15 B-I-N-G-O 2:30 Movie: <i>The Princess Bride</i> 6:00 Table Games</p>	
	<p>7</p> <p>10:00 LDS Sacrament Meeting 11:00 Relief Society and Priesthood</p>	<p>8</p> <p>9:30 Exercise 10:00 Family Feud 10:30 Walk-n-Talk 1:30 Manicures 3:00 Ice Cream Social 6:30 <u>LDS Fireside</u></p>	<p>9</p> <p>9:30 Exercise 10:00 Come Decorate a Personal Calendar for the Year! 1:00 Gospel Doctrine 3:00 B-I-N-G-O 6:00 Personal History Cue: When I was young, my Mom would...</p>	<p>10</p> <p>Wacky Wednesday - Find Mystery Snowflake*</p> <p>9:30 Exercise 10:00 Crossword 10:30 Walk-N-Talk 11:30 Indoor Picnic Burgers 'n Fries from IN-N-OUT (\$5 Charge) 1:30 Manicures 3:00 Creative Conversations</p>	<p>11</p> <p>9:30 Exercise 10:00 January IQ 10:30 Lawrence Welk 1:00 Out to Walmart 6:00 Table Games</p>	<p>12</p> <p>9:30 Exercise 10:00 Back Rubs 10:30 Power of One Visits 3:00 Music with Larry Turner 6:00 Movie & Popcorn</p>	<p>13</p> <p>Happy Birthday Leeila!</p> <p>10:00 Charlie the Therapy Dog 10:15 Exercise 10:45 Balloon Volleyball 1:15 B-I-N-G-O 2:30 Movie: <i>West Side Story</i> 6:00 Table Games</p>
	<p>14</p> <p>10:00 LDS Sacrament Meeting 11:00 Relief Society and Priesthood</p>	<p>15</p> <p>Martin Luther King Jr. Day</p> <p>9:30 Exercise 10:00 Yahtzee 10:30 Walk-n-Talk 1:30 Manicures 3:00 Martin Luther King Jr. Trivia</p>	<p>16</p> <p>9:30 Exercise 10:00 Jeopardy 10:30 The Johnny Carson Show 1:00 Gospel Doctrine 3:00 B-I-N-G-O 6:00 Personal History Cue: When I was in the 5th Grade, I remember that...</p>	<p>17</p> <p>Wacky Wednesday - Give Your Server a High Five*</p> <p>9:30 Exercise 10:00 Crossword 10:30 Walk-n-Talk 1:30 Manicures 3:00 Creative Conversations</p>	<p>18</p> <p>9:30 Exercise 10:00 Game of "Operation" 10:30 Lawrence Welk 1:00 Grocery Run 3:00 Make-n-Take Craft 6:00 Table Games</p>	<p>19</p> <p>9:30 Exercise 10:00 Back Rubs 10:30 Power of One Visits 2:00 Big Screen Movie: The Sound of Music 6:00 Movie and Popcorn</p>	<p>20</p> <p>10:00 Charlie the Therapy Dog 10:15 Exercise 10:45 Balloon Volleyball 1:15 B-I-N-G-O 2:30 Movie: <i>North by Northwest</i> 6:00 Table Games</p>
	<p>21</p> <p>10:00 LDS Sacrament Meeting 11:00 Relief Society and Priesthood</p>	<p>22</p> <p>National Soup Month!</p> <p>Dr. Shelton: Podiatrist</p> <p>9:30 Exercise 10:00 Great States 10:30 Walk-n-Talk 1:30 Manicures 3:00 Soup Social w/ Homemade Bread (Upstairs Common Room)</p>	<p>23</p> <p>9:30 Exercise 10:00 Come Make A Birdfeeder! 10:30 The Johnny Carson Show 1:00 Gospel Doctrine 3:00 B-I-N-G-O 6:00 Personal History Cue: The funniest thing that ever happened to me was when...</p>	<p>24</p> <p>Wacky Wednesday - How Many Fish Are in the Fish Tank?*</p> <p>9:30 Exercise 10:00 Crossword 10:30 Walk-n-Talk 11:30 Indoor Picnic Pizza from Papa John's (\$5 Charge) 1:30 Manicures 3:00 Creative Conversations</p>	<p>25</p> <p>9:30 Exercise 10:00 Fact or Crap 10:30 Lawrence Welk 1:00 Out to Walmart 6:00 Table Games</p>	<p>26</p> <p>9:30 Exercise 10:00 Back Rubs 10:30 Power of One Visits 1:00 Out to the South Jordan Library 6:00 Movie and Popcorn</p>	<p>27</p> <p>10:00 Charlie the Therapy Dog 10:15 Exercise 10:45 Balloon Volleyball 1:15 B-I-N-G-O 2:30 Movie: <i>The Wizard of Oz</i> 6:00 Table Games</p>
	<p>28</p> <p>10:00 LDS Sacrament Meeting 11:00 Relief Society and Priesthood</p>	<p>29</p> <p>9:30 Exercise 10:00 Marbles 10:30 Walk-n-Talk 1:30 Manicures 3:00 "Write Time" (Bring Personal History Cues)</p>	<p>30</p> <p>9:30 Exercise 10:00 UNO 10:30 The Johnny Carson Show 1:00 Gospel Doctrine 3:00 B-I-N-G-O 6:00 Personal History Cue: I remember when my Dad...</p>	<p>31</p> <p>Wacky Wednesday - Tell Chris at the Front Desk the Secret Word (FUZZY)*</p> <p>Happy Birthday Joe!</p> <p>9:30 Exercise 10:00 Crossword 10:30 Walk-n-Talk 1:30 Manicures 3:00 Creative Conversations</p>	<p>All activities with an asterisk (*) will have participants' names entered in a drawing!</p>	<p>Please sign up for all outings at: (801)-601-2006 or kathleenb@wslm.biz Family members are welcome to sign up for the resident.</p>	<p>All activities are subject to change. All outings and doctor appointments are weather permitting.</p>

January 2018

"This Month In History"

JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeline Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming the highest-grossing installment in the film franchise.

Legacy House of South Jordan
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