



## **The Senior's Guide to Staying Healthy Year-Round**



No matter your age, it's important to take care of your body and prevent illness. But if you're 65 or older, something as simple as the flu or a common cold can progress and

lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse. Because of this, it's important to make healthy choices to strengthen your immune system and reduce the likelihood of illness.

Follow these tips to stay healthy year-round.

### **1. Get Active**

Physical activity is an immune system booster. The more you move, the more your body is able to fight inflammation and infections.

The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too.

You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of 150 minutes a week Trusted Source. Also, strengthen your muscles by lifting weights or doing yoga. Modify your exercise routine to find what feels best for you.

### **2. Take Supplements as necessary**

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12. Take supplements or multivitamins as instructed to boost your immune system.

### **3. Eat a Healthy Diet**

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy.

You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system.

In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.

### **4. Wash your hand Frequently**

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face. Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands.

You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

### **5. Get plenty of Rest**

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night.

If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.



# January Resident Right

## Right of Access to

Individuals, services, community members, and activities inside and outside the facility

Visitors of his or her choosing, at any time, and the right to refuse visitors

Personal and medical records

His or her personal physician and representatives from the state survey agency and long-term care ombudsman program

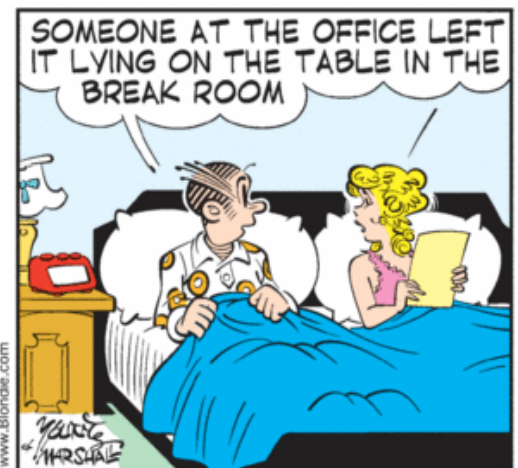
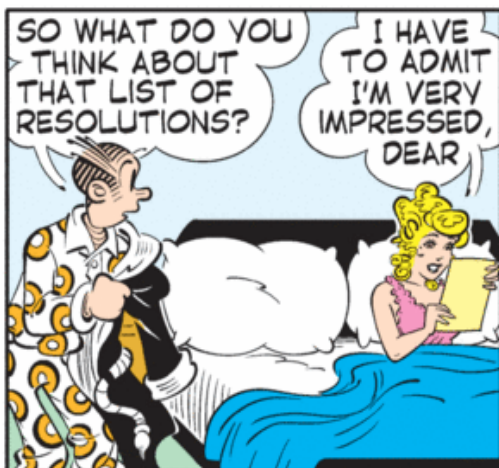
Assistance if sensory impairments exist

Participate in social, religious, and community activities

## Happy Birthday!!



Russell Johnson — 1/17





In the  
**Spotlight**  
**Virginia Leland**

**Where were you born?**

Junction City, Oregon

**What big world events do you remember most from when you were growing up?**

Howard Becoming President

**What is different about growing up today from when you were growing up?**

People had to work for every little thing, Now days things are easy for families to help each other

**What was your first job?**

Working at ASC, Now Known as USDA

**How did you meet your spouse?**

I rented a place to live from his mom while I was a teacher and I met him.

**If you won \$1 million dollars tomorrow what would you do with the money?**

I'll probably help my kids, donate some to food banks and try to convince Leroy to go on a Vacation

**What is your favorite family tradition?**

Getting together on Holidays

**Do you have any hobbies or special interests?**

Carpentry

**What advice did your parents/grandparents give you that you remember most?**

Honesty it's the best policy

**What is your favorite Holiday?**

Christmas





**STAFF** **Spotlight**  
**Colin Livers**  
**Cook**

**Where did you grow up?**

Williston, ND

**When you were little, what did you want to be when you grew up?**

Hunting Outfitter

**What was your first job?**

Paper Boy

**If you could visit anywhere in the world you've never been, where would you go and why?**

I would like to visit the Holy Land and see where Jesus was born.

**What are some of your pet peeves?**

Let's keep it positive (Lack of Communication)

**What is your favorite family tradition?**

Hunting

**What advice did your parents/grandparents give you that you remember most?**

Work hard for what you want

**What's your favorite Holiday**

Haunting Season



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WINTER IS HERE

## Word Search

DIRECTIONS: Find and circle the vocabulary words colors in the grid. Look for them vertically and horizontally.



COAT

COLD

FROST

ICE

IGLOO

SCARF

SNOW

WINTER



# January

# 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Self Directed</b> ♦ Puzzle Tables ♦ Reading ♦ Adult Coloring	<b>Activities</b> ♦ Walking Path ♦ Puzzle Books		1 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	2 2:00 Kids coming to singing for the residents 3:00 Coffee Time	3 9:00 Chair Exercises 3:00 Coffee Time	4 2:00 PM Bingo 3:00 PM Coffee Time/ Speciality Drinks (Italian Sodas, Wine,
5 3:00 Coffee Time 	6 9:00 Chair Exercises 3:00 Coffee Time	7 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	8 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	9 2:00 Church Service Pastor Evans 3:00 Coffee Time	10 9:00 Chair Exercises 3:00 Coffee Time 	11 2:00 PM Bingo 3:00 PM Coffee Time/ Speciality Drinks (Italian Sodas, Wine, Beer, Electric Lemon-
12 1:00 Fingernails— Fireside 3:00 Coffee Time	13 9:00 Chair Exercises 3:00 Coffee Time 	14 9:00 Catholic Mass 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	15 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time 	16 2:00 Church Service Pastor Meehan 3:00 Coffee Time	17 <b>Russell Johnson</b> 9:00 Chair Exercises 3:00 Coffee Time	18 2:00 PM Bingo 3:00 PM Coffee Time/ Speciality Drinks (Italian Sodas, Wine, Beer, Electric Lemon-
19 3:00 Coffee Time	20 9:00 Chair Exercises 3:00 Coffee Time 	21 2:00pm Wisdom & Coffee Hour W/ Sister Rita 3:00 Coffee Time	22 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	23 2:00 Church Service Pastor Evans 3:00 Coffee Time	24 9:00 Chair Exercises 3:00 Coffee Time	25 2:00 PM Bingo 3:00 PM Coffee Time/ Speciality Drinks (Italian Sodas, Wine,
26 2:00pr. ....me 3:00 Coffee Time 	27 9:00 Chair Exercises 3:00 Coffee Time	28 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	29 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	30 2:00 Church Service Pastor Meehan 3:00 Coffee Time 	31 9:00 Chair Exercises 3:00 Coffee Time	



THE  
**LODGE**

Managed by  
SIDNEY HEALTH CENTER

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