

# SQUARE TIMES

FELLOWSHIP SQUARE-MESA

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## Brain Boost

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.

## Brainteaser

Question: What has eight fingers and two thumbs but can't pick up anything by itself?

Answer: A pair of gloves.

## You Are Invited!

Our Theme in 2018 is "The Magic of Music." We will highlight a different music genre each month. Featuring a fun ALLE Learning class relating to that month's genre, live concert performances and occasionally special food events. January's theme is "Rock Around the Clock." The ALLE Learning class will be: "The Night Elvis Showed Up." Our live performance will be from Elvis-AKA-Taylor Olsen. We will go off campus to the Red Mountain Methodist Church to explore Elvis—The Gospel years with Victor

Trevino Jr. He placed 2nd in the Elvis Presley Ultimate Competition and was featured on CNN's New Year's Eve Celebration and performed throughout the world, opening for such rock legends as "Boyz II Men" and "Foreigner." "Rock Around the Clock" with us and enjoy root beer floats.



## Ongoing Gratitude

January is National Thank You Month, an observance worth celebrating all year. Try expressing genuine gratitude to someone every day. Those two little words pack a lot of power.



## Trivia Whiz

### The Last Frontier

Alaska became the 49th state on Jan. 3, 1959. Here are a few more facts about the land called the Last Frontier:

As the largest state, Alaska is more than twice the size of Texas.

Alaska's name is based on an Aleut word that means "great land."

The state motto is North to the Future.

Juneau is the only capital city in the United States that is not accessible by road. The town can be reached by boat or airplane.

The official state sport is dog mushing.

## Nutritious Goals for the New Year

Nutrition is one of the most important factors that contribute to overall wellness. Use the new year as motivation to dig into some fresh healthy eating habits.

*Share meals with others.*

Eating mindlessly or too quickly are common habits that you can fall into from dining alone—and both can lead to weight gain. When possible, share meals with friends and family members. Engaging in conversation at the table helps you eat more slowly and fully savor your food.

*Practice moderation.* You don't have to completely give up great-tasting foods that aren't so

great for your health. Depriving yourself can take the joy out of eating and often sets you up for failure. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.



### Brain Bender: Happy 'New' Year

Each of the following clues describes a person, place or thing with a name that contains the word "new." How many can you answer correctly?

1. Scientist who developed the laws of motion and the theory of gravity
2. The most populated city in the U.S.
3. Type of publication this puzzle is printed in
4. Large dog, originally bred in Canada

5. 1992 film that became a Broadway musical in 2012
  6. A just-wed bride and groom
  7. Semiaquatic salamander
  8. Connective tissue between muscle and bone
  9. Island nation east of Australia
  10. Star of the movie "Cool Hand Luke"
- (Answers: 1. Isaac Newton; 2. New York City; 3. newsletter; 4. Newfoundland; 5. "Newsies"; 6. newlyweds; 7. newt; 8. sinew; 9. New Zealand; 10. Paul Newman)



## The Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 41 million Americans over the age of 50 play video games regularly, with 40 percent playing daily. While these types of games are entertaining, research shows they offer other benefits, too. Like other muscles in the human body, the brain needs regular workouts to stay in shape. A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to increase cognitive abilities. Many games engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination. With regular play, these brain functions can become stronger and sharper. Digital gaming also helps seniors stay socially engaged. Much like bridge and bingo, gaming get-togethers offer good-natured competition with friends and neighbors.

## Achievements and Ambitions

Whether you make a New Year's resolution or not, it's good to have goals. Use the following questions to reflect on past ambitions and make plans for the future.

- What would you say is your biggest accomplishment in life? How about in the last year?
- What are some other major goals you've set during your lifetime? What strategies did you use to accomplish them?
- What advice would you give to someone trying to achieve a goal? Do you have any motivational tips?
- What are some good daily goals to have? How about weekly or monthly?
- What are some advantages to having goals?
- Do you usually make a New Year's resolution? Why or why not?
- Can you think of any past New Year's resolutions that were particularly successful—or maybe unsuccessful? Do you have any funny or inspiring stories?
- What goals or resolutions do you have for 2018? How do you plan to achieve them?



## Wit & Wisdom

“The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”  
—Melody Beattie

“Set your goals high, and don't stop till you get there.”  
—Bo Jackson

“Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as steppingstones to build the life you want.”  
—Marsha Sinetar

## God Is With You



Chaplain Chats- Dan

Happy New Year! We did it! We made it through another holiday season and another year. I trust this past year was as special as mine. Now what? We wonder don't we? We know that this coming year will bring many new experiences and special moments. We also wonder. We wonder how the year will unfold. We have a blank page to which, in part, we can write our own script. We realize, too, that we have a God who is there every step of the way. ***“Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”*** (Joshua 1:9 NKJV). This year may the scriptures challenge us to seek God in all things and to appreciate each day of the year with strength and gratitude.

### Five Simple Ways to Increase Your Resilience

Every day as I walk the halls of Fellowship Square-Mesa I am reminded of what resilient people live in our community—residents who have overcome a setback of some kind but demonstrate to everyone their capacity to recover and bounce back. According to the dictionary the definition of resilience is just that, “the capacity to recover from difficulties and bounce back.” Here are five ways to increase your resilience as you age:

- 1) **Education.** Learning everything you can about your situation by doing things such as attending a health & wellness class, a lifelong learning class, a support group or meet with your physician; ask questions and be curious about your situation.
- 2) **Accept.** You may not be able to do everything you did before in the way that you did it, but resilient people discover a way to overcome their limitations and explore a new reality. Find a new sense of purpose; look for ways that you can make a difference in your community.
- 3) **Seek.** Understand fully what is really going on, including how you may have played a role in causing the adversity. Changing your diet or increasing exercise may be simple things that might have a big impact.
- 4) **Spiritual.** The power of prayer, the support of your family, or friends. Identify positive beliefs in your abilities; write them down and read them every day.
- 5) **Believe.** Know that you can make a difference in the future despite the constraints imposed by reality. Develop a strong social network. Reconnect with that old friend or make a new friend.

**Jon Scott Williams, Executive Director**