Happy New Year –

As we change our calendar to 2014, a New Year begins. It’s at this time we typically plan for what we’d like to do differently in the upcoming year. We identify things we want to “change” for our betterment. We set goals and develop plans. Some common goals we often identify are those things which will bring about a positive end result. Some of those include weight loss, exercise, better eating habits, and the list goes on and on. Have you ever set goals to include improving your ability to think and remember?

The September Reserve Newsletter pointed out how the brain needs exercise to stay active and alive every bit as much as our bodies need exercise to stay physically active. The health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, playing and even sleeping. Mental exercise stimulates the brain, often providing long-lasting positive effects regarding thinking, reasoning skill, memory and processing speed.

For 2014 I challenge you to set goals for stimulating your brain cells. This can be as simple as little changes to your daily routines just to “shake” up the brain. Try performing routine tasks in a new way as this will play a part in brain fitness. New pathways to the brain open up as we try new activities or challenge our routines. Try brushing your teeth using the other hand – yes, this will be awkward but it will stretch your brain a bit as it adapts to something different. Other things you might try would include eating a few bites of a meal with your eyes closed, taking a different elevator in the building or taking a different route to come to the dining room, drive a different route to get to the grocery store or if you are right handed, try using your left hand to dial the telephone or your left hand to put pieces into a puzzle. Feels funny – right? Keep trying, it takes your brain a bit to make the adjustment. These are all great exercises to try.

I’m looking forward to what 2014 has in store for all of us.

Susie

“ The time is always right to do what is right”

Martin Luther King
Jan. 15, 1929
~
April 4, 1968
Maureen brings you.....Slivers, etc.....
Wow!!! First day of winter and nearing the end of the year. My last ten
days on the Board of Directors, I just finished four batches of peanut
brittle and only burned myself once, and who knows what next year will
bring.

Seriously, as we look forward to 2014, we have so much to be thankful
for. We are warm, dry, have plenty of food, and lots of friends in this
safe clean place we call home—The Reserve. And as Merrill reminded me
this morning, we have a heated garage! As we listen to the news we
hear of so many whose lives are marginal, at best. Why we were select-
ed to be in this country, we don’t know, but we must say prayers of
thankfulness every day.

In spite of a few differences along the way, by and large it has been a
good year at The Reserve. We were saddened by the loss of a few old
friends and were gladdened by the gain of new ones. We have seen im-
provements in our property and look forward to more. We have a sincere
and caring staff and we have each other. I plan to make a New Years’
resolution and get the word out amongst the community that we are a
happy and blessed group.

When the board meets in January, it will be with two new resident mem-
bers — Ardith and Bob. They will do well and need your encouragement
and time to “get their feet wet”.

We will have a New Years’ Eve celebration again this year with a pot luck
supper at 6 PM followed by Bingo. Bring along a wrapped “white ele-
phant” gift, if you have one. If not, come anyway as some bring extras.
Any questions you can call me at 252-0929.

A very HAPPY NEW YEAR with my best wishes to each of you for 2014
and yes, Virginia, there is a Santa Claus!

’Til next time...Maureen

Happy New Year!

I’m very pleased to report that marketing in 2013 ended on a high note! Pete and
Peggy Harris moved into #302 just before Christmas. What a whirlwind of ac-
tivity it is has been for them! New neighbors at The Reserve will also include
Bob and Nancy Cordy moving into #315 the end of January. They moved to Des
Moines from southern CA to be near their family and are really looking forward
to being a part of our community. Alice Disbro currently lives in FL and will be
moving into #212 when the IA weather improves. Richard and June Ledding
have homes in MN and Bella Vista, AR and are moving into #217 after April 1st.
They look forward to living closer to family in Urbandale. 2014 is off to a great
start and may it be a year filled with happy times for each of you!
**January 4th ~ 7:15 pm**

**Saturday Night Movie**

*Where: Home Theater*

"The Illusionist"

With his eye on a beautiful aristocrat, a gifted illusionist uses his powers to win her away from her betrothed, a cruel prince. But the magician's scheme soon creates tumult within the monarchy and stirs the suspicion of a dogged Inspector.

**January 8th ~ 11:00 am**

**Maureen’s Trunk Show**

*Where: Dining Room*

Maureen will be sharing her antique collection out of her trunk once again. There is a group coming in from outside of The Reserve as well as all residents are invited to come see the fun things she has to show!

**January 8th ~ 2:00 pm**

**Phil Porter & Daughter Musical Performance**

*Where: Dining Room*

**January 9th ~ 10:00 am**

**PAGE TURNERS**

*Where: Library*

A new (old name) book club has started at The Reserve using Book Club Kits from the Urbandale Public Library. The kits contain 10 copies of the same title. We will meet the second Thursday of every month at 10:00 AM in The Reserve library. The format will be an informal discussion of the book. Everyone is welcome to attend even if you haven’t read the book.

Our first meeting will January 9th. The book we will be discussing is The Autobiography of Mrs. Tom Thumb, by Melanie Benjamin. If you have any questions you can call Rosalie Stacy at 276-0737.

**January 10th ~ 11:15 am**

**Lunch OUT @ The Radish**

*(in Grimes)*

**Sign up in the coffee shop!**

**January 11th ~ 7:00 pm**

**BINGO with Dick Boyer**

Enjoy a night with friends playing BINGO with Dick. Be sure to bring 4 quarters with you and good luck!

**January 15th ~ 2:00 pm**

**I PAD CLINIC**

*Where: Coffee Shop*

Rob Conner, a computer technician from Spirit Homecare will be coming to help us learn our I Pads and computer skills a little better. Many of you got new I Pads for Christmas, some of you already have them. He will show us basics and tips beyond basics.

**January 16th ~ 7:00 pm**

**Farkel Fun Night**

*Where: The Dining Room*

Become a Farkel fanatic! Farkel is the classic dice rolling risk taking game! Keep rolling to build your score. Or play it safe so you don't lose your points in a Farkel. It's a fight to the finish in this fabulously fun game of strategy and luck!

Join your neighbors for a fun game night, Snacks, and a grand prize!
January 18th ~ 7:15 pm  
**Saturday Night Movie**  
Where: Home Theater  
*"State Fair"*

When a small-town family of four heads to the Iowa State Fair with their prized pig, they bring home more than just a few blue ribbons. Against a backdrop of colorful characters and musical numbers, Margy and her brother, Wayne, each find sweethearts for the first time. Hit-writing duo Rodgers and Hammerstein provide a captivating score that includes the Oscar-winning "It Might as Well Be Spring."

January 20th ~ 2:00 pm  
**Birthday and Anniversary Celebration**  
Where: Dining Room

Come join your neighbors to celebrate fellow resident’s Birthdays and Anniversaries. Rosie will be making another one of her delicious cakes to enjoy.

January 22nd ~ 10:00 am  
**READ TO ME**  
Where: Dining Room

SIGN UP IN THE COFFEE SHOP to participate in this wonderful program. Help children practice reading aloud and improve their communication skills.

January 29th ~ 3:00 pm  
**Jeopardy with Brian**  
Where: Home Theater  
If you have never gone to the home theater for this fun and challenging game, start the year out by trying something new! Brian Hilgenburg from Senior Helpers comes with a bundle full of questions which you are challenged as a team to answer.

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**Thank you !!!**

The Reserve Staff would like to say, “Thank you” for your generous contribution to our gifts given at the Holiday Party. We strive to make The Reserve a wonderful place to call home and all of you make us feel welcome and appreciated at our jobs. We are truly here because we care about each and every one of you and want to help to keep your lives enriched.

Thank you again, and have a Blessed New Year!

Susie  Patty  
Carl   Elva  
Rose   Jeff B.  
Larissa  Leah  
Nikki   Danielle

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**Urbandale Food Pantry Needs Your Help**

Thanks to everyone for sharing with the less fortunate. Please continue to place your donations in the plastic container in the coffee shop.

January  
**diapers : Size 4—6 & pull ups**
Seven Foods That Fight Inflammation and Belly Fat

Fruits & Vegetables
All fruits and vegetables, due to their rich nutrient and fiber content, help to combat chronic inflammation, so make sure to include adequate amounts of these foods daily. Some types of fresh produce, however, are even more potent than others.

Some terrific anti-inflammatory fruits and vegetables to include in your meal plan include apples, berries, broccoli, mushrooms, papaya, pineapple, and spinach.

Green Tea
This mild beverage is great for helping shrink your waistline as well as for decreasing inflammation. The flavonoids in this tea have natural anti-inflammatory properties. And the compound EGCG in green tea has been shown to help reduce body fat.

Monounsaturated Fats
These heart-healthy fats help raise your healthy HDL cholesterol levels and reduce overall inflammation. Great sources include olive oil, almonds, and avocado.

Omega-3 Fatty Acids
Research has shown that a diet with a high percentage of omega-3 fatty acids and a low percentage of omega-6 fatty acids has been linked with decreased inflammation. Food sources of omega-3s include walnuts, flaxseed, and fish, such as wild Alaskan salmon.

Spices
Certain spices, including garlic, turmeric, cinnamon, ginger, and chili peppers, have potent inflammation-reducing capabilities, so try adding them to meals as often as possible.

Water
Staying hydrated is essential to flushing inflammation-causing toxins out of your body. Aim for 64 ounces of water per day. Remember: Add an additional 8 ounces of water for every 30 minutes of exercise as well.

Whole Grains
Rich in fiber, whole grains help control the insulin response in your body. The high B vitamin content of whole grains also helps reduce the inflammatory hormone homocystine in the body.

Article from Health.com by John Wiley & Sons, Inc.

Important Reserve Phone Numbers

Reserve Office: 727-5927
After Hours Maintenance: 238-6443
Unity Point Home Care Marialice Fecht 557-3208
Salon (Dave): 491-9620
(Mary): 360-0249
(Glenna): 979-3532
(Sal): 491-2472
Community Rooms: 276-6432
Nails by Alicia: 418-1925