



January 2012

4428 Pheasant Ridge Road • Roanoke, VA 24014 • (540) 400-6482

THE VILLAGE ON PHEASANT RIDGE



VISIT OUR WEBSITE AT:
www.villageonpheasantridge.com



PHONE NUMBER (540) 400-6482
FAX NUMBER (540) 400-6511



Happy New Year

Wishing you health and happiness in 2012!

A Figure of Speech

Phrase: Not worth his salt.

Meaning: Performing below expectations; not deserving of pay.

Origin: The English word "salary" is derived from "salarium," the Latin word for salt. Roman soldiers weren't actually paid in salt, but they spent a good chunk of their wages on the seasoning and preservative.

Seasonal Selections

January means out with the old and in with the new. Clean out the veggie crisper and stock up on some in-season produce.

Fruits: Grapefruit, lemons, oranges, tangelos, tangerines and papaya.

Vegetables: Broccoli, beets, cabbage, cauliflower, celery and leeks.

Easy Way to Cut Calories

Instead of drinking fruit juice, eat the real fruit. The fiber in fruit will fill you up, satisfying hunger.

Why, Thank You

Jan. 24 is National Compliment Day, so put a smile on someone's face by saying something positive.



Super Foods: Green Tea

Green tea is a popular hot drink that hails from China and is known for its health benefits. It is high in antioxidants and has been processed less than black tea, leaving more nutrients intact. Green tea appears to protect against heart disease, certain types of cancer, osteoporosis and infections.

Positive Thought

"Don't let what you cannot do interfere with what you can do."
—John Wooden

Reach for the Sky

Celebrate Amelia Earhart Day on Jan. 11, recognizing her as the first aviator—male or female—to fly solo from Hawaii to California.

Sing Out, Louise!

Broadway belter Ethel Merman was born Jan. 16, 1908.



Trivia Whiz

In honor of National Puzzle Day on Jan. 29, here's a look at the origins of a few popular ones:

Crossword. In 1913, the New York World published a "word cross" devised by Arthur Wynne of Liverpool, England. It was an instant hit, but other newspapers were slow to follow suit. In 1924, a new publishing company called Simon & Schuster came out with a book of crosswords, igniting a nationwide craze.

Word search. The first English version of the puzzle where you find and circle words was published in 1968. Norman E. Gibat designed it for a want-ad digest in Norman, Okla. He arranged the names of 34 Oklahoma cities horizontally, vertically and diagonally in a grid. Area teachers started using the puzzles, and soon they were being syndicated nationally.

Health & Wellness

Healthy Resolutions for the New Year

Resolving to live better is a New Year's tradition. Here are some resolutions to put seniors on the road to better health:

Catch your z's. Don't underestimate the power of a good night's sleep. Most seniors need about eight hours a night. Resolve to go to bed and wake up at reasonable times to allow for sufficient shut-eye.

Get adequate nutrition. Aim to eat three balanced meals a day containing nutrient-dense foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products.

Move your body. Talk with your

health-care provider about activities appropriate for your level of fitness and mobility. Light workouts, such as walking, stretching and lifting small weights, can provide big benefits.

Keep in contact with friends and family. Social connections boost emotional well-being, which is every bit as important as physical health. Reach out to your friends and work together on achieving your goal of a healthy, happy new year.



The Write Stuff for Thank-You Notes

Thank-you notes are short and sweet, but many people avoid writing them because they think the wording has to be perfect. Relax. A heartfelt message expressing your appreciation for the gift is much better than a formal, stuffy note.

Greet the gift giver. Be sure to include "Dear Cousin Sally," because it personalizes the message.

Convey your gratitude. Jog the giver's memory by stating exactly what you received. But if the gift was cash, don't state the dollar amount. It's better to write, "Thank you for your generosity." Saying something positive about the gift and how you plan to use it is a thoughtful touch.

Rewind and fast forward. Recap

why the giver gave you a present. Was it for your birthday, anniversary or a special holiday? Then, state when you hope to see the giver next.

Be grateful. It's never a bad idea to say "thank you" again.

Bid adieu. Wrap up your note with a closing that works for you, and don't forget to sign your name.

Helpful hint: Use a small card, which will allow space for only a short note.



November Events



We were visited and wooed by 'Frank Sinatra.'



A charming entertainer



The ladies especially loved it. 'Frankie' even signed autographs.



Later that month, we went to Liberty Station for our Mystery Lunch Outing.



There was a total of 19 of us, our largest group yet.



Early in December, we visited The Hotel Roanoke's Christmas trees. There were 24 beautiful trees to view.

Hold Someone Close



Family and friends deserve extra big hugs on Hugging Day, Jan. 21.



Village Trees



January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 New Year's Day (Federal Holiday)	3	4	5	6	7
8	9	10	11	12 	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<i>Happy New Year</i>			

"This Month In History" January

1790: George Washington gives the first State of the Union speech.

1794: To deliver his wife's baby, Jesse Bennett, M.D., performs the first successful caesarean operation.

1863: Abraham Lincoln issues the Emancipation Proclamation, freeing slaves across the country.

1892: On New Year's Day, Ellis Island opens. Over time, more than 20 million immigrants are processed through the site into the United States.

1916: Thirty-five pro golfers form the Professional Golfers' Association of America (PGA) and develop the idea for a national championship.

1943: The Pentagon, headquarters for the Department of Defense and one of the world's largest office buildings, is completed.

1946: In Philadelphia, the first of almost 78 million baby boomers is born.

1961: The first live televised presidential news conference is held by President Kennedy.

1964: Cigarettes are declared hazardous to one's health.

1964: "Meet the Beatles" is released in the U.S. by The Beatles, prompting the beginning of the "British Invasion."

1966: Robert Weaver is sworn in as the first U.S. Secretary of Housing and Urban Development, becoming the first African-American to hold a cabinet post.

1982: The camcorder, a portable videocassette recorder with built-in camera, is developed.

2007: Nancy Pelosi officially becomes the first female U.S. Speaker of the House of Representatives.

2010: A massive, 7.0 magnitude earthquake devastates Haiti.