



801 South Benton  
Searcy, AR 72143

www.hardingplaceretirement.com

Voted Best Retirement Center - 2011



### Exercise Is the Key to Maintaining Your Health

The good news is, no matter your age, your health, or your fitness level - you can benefit from moving more. Whether you are generally healthy or are managing an illness, there are big and small ways to get more active and boost your fitness level.

- Walking - Walking is a perfect way to start exercising. You need no special equipment aside from a pair of comfortable walking shoes. Here at Harding Place, you can take a few laps around the building on sunny days or visit friends who live on the opposite end of the building. If you're up to it - take the stairs!
- Consider water aerobics - working out in water reduces stress and strain on your body's joints. Use your Lyceum card to use Harding University's indoor pool!
- Strength training - If you are chair bound (even if you're not) use weights to do repetitive sets of lifting. Don't have weights? Use anything weighted that fits in your hand, like soup cans or water bottles.

Use common sense and don't exercise if you are ill or injured. If you are afraid you might fall, be sure to take your walker while walking. Above all, make sure that you drink plenty of water, even in the winter when it's cool outside.



# Harding Place Notes

"An Active Lifestyle in a Christian Atmosphere"

January, 2012

- Executive Director**  
Randy Reynolds
- Business Director**  
Charlene McClung
- Marketing Director**  
Terri Riley
- Activities Director**  
Sandy Reynolds
- Maintenance Director**  
Clent Butler
- Housekeeping Director/  
Office Coordinator**  
Alice Smith
- Dining Room Manager**  
Shalanda Poe
- Housekeepers**  
Donna Shaver  
Pam Fleming  
Teresa Williams  
Sarah Turnbull
- Front Desk Attendants**  
Joan Duncan  
Mary Frye  
Carolyn Arellano  
Ashton Robbins  
Melinda Lyons  
Melinda Johnson
- Bus Driver**  
Jerry Calender



The new year signifies a new beginning for most of us. Flipping open a brand new calendar with its 12 un-marked months is a very hopeful act... a chance to start over. This time of year is welcomed with much enthusiasm. Here in the United States, we celebrate with fireworks and parades. Some cultures have more unusual ways of ushering in the New Year.

In **Spain**, it is customary to quickly eat 12 grapes at the stroke of midnight. Each grape supposedly signifies good luck for each month of the new year.

The custom in **Scotland** is that the first person who crosses the threshold of a home in the new year must come bearing a gift for the owner of the home.

In **Denmark**, party-goers stand on chairs and all jump off at the same time to banish the bad and bring good luck.

No matter how odd they may seem to us, customs all over the world share an optimism that is difficult to deny. Out with the old, and in with the new. May God bless 2012 with good health and happiness!



Welcome New Residents

Lloyd Crockett






November Birthday Party  
 Marion O'Donell, Alline Peters, Betty Freeman, Nellie Cole, Betty Owens, and Clyde Johnston



Santa Claus and Lloyd Crockett enjoy a laugh over Christmas memories.

Clarene Keesling admires the collection of Santas at the home of Wanda Emde. Mrs. Emde has over 1400 Santas on display.

### Exercise Your Brain!

6		5	7	2		3	9
4					5	1	
	2		1				4
	9			3		7	6
1			8		9		5
2		4		5			8
8					3		2
		2	9				1
3	5			6	7	4	8

- ### January Highlights
- 1/1 - New Year's Day
  - 1/4 - Resident Meeting - stroke awareness
  - 1/5 - Out to eat: Doc's Grill
  - 1/6 - Play Bunko
  - 1/9 - Molly the therapy dog in lobby
  - 1/10 - Red Hatters & Friends
  - 1/12 - Bus Trip to see Trumpeter Swans
  - 1/13 - Harding Academy Preschoolers
  - 1/15 - Heritage Lunch
  - 1/16 - P. Alexander & Gang Sing
  - 1/17 - Cards, Coffee, & Conversation
  - 1/18 - Big Screen Movie - State Fair
  - 1/19 - Out to Eat: Casa Brava
  - 1/21 - McCain Mall Shopping
  - 1/24 - Amedysis Blood Pressures
  - 1/25 - January Birthday Party
  - 1/27 - Pancake Supper with Staff



- ### Shalanda's Nutrition News
- The new year is here and it's the perfect time to take a good look at your diet and make some simple resolutions that can have a big impact on your heart health.
- **Eat more vegetables** - In addition to your small salad at lunch, make sure you get a serving or two of brightly colored vegetables (carrots, broccoli, etc.)
  - **Consider more whole grains** - Whole wheat toast or oatmeal will make a great addition to your breakfast. Try your sandwich on whole wheat bread. Every little bit helps.
  - **Eat your (good) fats** - Fats from fish can help boost heart health with omega-3 fatty acids. Other sources of omega-3 include eggs, canola oil, and walnuts.
  - **Use low-fat dairy products** - You don't need loads of artery-clogging cheese and cream to have a delicious meal. Nonfat yogurt and almond or soy milk can provide a great taste with plenty of nutrients.
  - **Cut out processed foods** - Eat fruits and nuts for your treats instead of processed snacks.



December Birthday Party  
 Flo Keech, Murl Ramsey, Bernice Cothorn, Char Miguet, and Betty Jones  
 Not Pictured: Ernie Saizan and Lil Harris

