



The Boulder Reminder

January 2018

Month At a Glance

Jan 3- Coffee Taste Testing & Trivia

Jan 5- Sing-along w/ Beth

Jan 9- Big Stone Fall Prevention Screening

Jan 10- Tenant Council

Jan 12- DOS Off Beat

Jan 17- LuAnn Colvin-Peace Corp experience

Jan 19- True Light Kids (Special Bingo)

Jan 22- Wii Bowling w/ HH

Jan 24- Armchair Adventures- "Going to Hawaii"

Jan 26- Guy and Guitar

Jan 31- Bday's w/The Music Makers

House Calls w/ Dr. Clarissa Tues in a.m.

Wellness Clinic Thurs @ 12:30 sign up w/Georgette



Fixen Chiropractic in the 1st floor activity room. See calendar in lobby

Avera Eyewear Clinic – 1st floor activity room. See calendar in lobby

Town & County hearing aid clinic – 1st floor activity room. See calendar in lobby

The back of your eye continuously makes a clear fluid called aqueous humor. As this fluid is made, it fills the front part of your eye. Then, it leaves your eye through channels in your cornea and iris. If these channels are blocked or partially obstructed, the natural pressure may increase. As your pressure increases, your optic nerve may become damaged. As damage to your nerve progresses, you may begin losing sight in your eye.

What causes the pressure to increase isn't always known. However, doctors believe one or more of these factors may play a role.

*Dilating eye drops, blocked or restricted drainage in your eyes, medications, such as corticosteroids, poor or reduced blood flow to your optic nerve,

high or elevated blood pressure.

Who is at risk? According to the world health organization, glaucoma is the 2nd leading cause of blindness around the world. The risk factors include: people over 60. Ethnicity is a contributing factor. Chronic eye problems such as a chronic eye inflammation, thin corneas, physical injury, or



trauma to your eye can increase your risk. Family history has an increased risk. People with diabetes and high blood pressure, are at an increased risk of developing glaucoma. Using certain types of meds such as corticosteroids for extended periods of time.

Will a person w/ glaucoma go blind? If your increased pressure can be returned to normal, vision loss can be slowed or even stopped. However, because there's no cure, you will likely need treatment for the rest of your life to regulate your pressure. Unfortunately, vision lost as a result of glaucoma cannot be restored.

How is Glaucoma treated?

Glaucoma can't be prevented, but it's still important to catch it early so you can begin treatment that will help prevent it from getting worse. The best way to catch glaucoma early is to have an annual preventive eye care appt. Make an appointment with an ophthalmologist. Simple tests performed during these routine eye checks may be able to detect damage from glaucoma before it advances and begins causing vision loss.

Why It's Not Just Another Year!

Many of us think we have lived the best years of our lives already. That all we are doing is sitting around waiting for our time to come. Well that's not true, and it's not just another year. If you woke up this morning, if you are still breathing, if your heart is pumping...you have a purpose for being here.

Now, before I hear all the

arguments about how I'm old, I have arthritis, I use a walker....that doesn't mean you have no purpose. Now it is up to you to figure out what God's plan is for you.

Could you be a friend to someone? Could you join a group? Could you lend an ear? Could you write a letter to someone who's lonely? Boulder finds many opportunities for you to make a difference in your

lives and that of others. If you would prefer, ask at your church, hospital, or community center. Now it is up to you. I don't have a crystal ball. I can't tell you exactly what you are supposed to do, but I do know that you are suppose to be doing something. So please don't waste this gift of time. I wish you every success in your journey. **Happy New Year and God Bless.**

Meet your new neighbors! We are so proud to have so many wonderful residents here at Boulder Estates! You get a special feeling when you see so many friendly faces. If you see one of our new residents, stop by and say hello. Anyone can be a neighbor, but it takes someone special to be a friend. It gives us great pleasure to introduce:

Delores and Francis Arends # 225



Count your life by smiles, not by tears. Remember to count your age by friends and not by years.

LaVonne Stoks 1-1

Donna Weeks 1-7

Avis Gravely 1-8

Erma Ellingson 1-11 Don Klein 1-11 Betty Claeys 1-16

Elvera Cole 1-17

Melba Pack 1-20

Iona Arndt 1-21

Betty Swanson 1-25 Rick Minnehan 1-27 Alice Shaw 1-28

Jayne Bleloch 1-29

Viv Gregoire 1-30

Boulder is now selling the cookbook “Seasoned with Love”. The cost is \$10.00. All proceeds will go to the local Hospice. If you are interested in purchasing one please check with Tenant Services.



We are shaking things up!



Several New things will be happening in the New Year here at Boulder.

1. Starting the 2nd week in January there will be a new exercise group put on by the **SMSU Masters students**. It will focus on strength, stability, and endurance. It will be Mon, Wed, and Fri at 1pm in the Quarry for 30 mins for 8 weeks. It will start Jan 8th.
2. We will be starting the 2018 year with **Armchair Adventures**. We will be traveling around the world. It will be a different place each month. It will start Jan 24th in the Summit.
3. Health and Harmony will be starting on Tuesday evenings at 6pm in the Red Baron Room. It will focus on health, meditation, and positive energy. We will learn about the direct correlation between trauma's in our lives and diseases that we end up with later. It will start Jan 30th

4. We are looking at starting a weekly “Men” Exercise group called “**Men on the Move**”. Please let Tenant Services know if you are interest. It will be on Thursday’s at 10:30am in the Red Baron Room or the Exercise Room for about 30 min.
5. Once a month we will be holding a “**Show and Share**” in the Quarry at 9:30am. This gives us the opportunity to learn interesting things from each other.
6. **Flex & Stretch** will be on Tuesday at 9:00am. We will be holding it in the Quarry so we have more room. Everyone is welcome.
7. **Men’s Club** will be held in the Red Baron room on Wednesday from 9:30 to 10:30.
8. **Golden Girls** will be held in the Quarry on Thursday from 9:30 to 10:30am so we can stretch out and add some new activities to our schedule.
9. **All Monday 1 pm Club meetings-** will meet in the Red Baron room starting in January.
10. **Boulder Estates Food Committee** - If you are interested in being a positive voice at Boulder and shaping the menus in 2018 please let Sandy in dining know. We are looking for 6 ppl who would like to discuss from a tenants point of view menu items/ holidays and special events. It would consist of 3 ppl with a 3 mos rotation, and 3 ppl with a 6 mos rotation. Jim and Sandy would facilitate group on Wednesday’s at 1:15 in the Summit. You would be done in time for the afternoon group activity. Committee members will be notified when positions are filled for first rotation. The first meeting will be on March 28th.

11. A new bible study by Dr. David Jeremiah called "**Agents of the Apocalypse**" will take a riveting look at the key players of the end of times. Every Wednesday at 12:30 in the Red Baron Room.

Please give a nice warm welcome to our new intern **Joe Rock**. He will be starting the first week of January. We are so excited for him to join us here at Boulder Estates.

"Falls are not an inevitable result of aging!"

Big Stone Therapies is holding a **free screening** on Tuesday January 9th at 1pm in the Quarry.



This is a great opportunity to ask the experts about a personal safety checklist to help you determine your own fall risk level and if therapy can help you stay active and fall free!



Join us for Movie Night at the Quarry Theater. The Quarry will be showing

Friday Jan 5th – Grumpy Old Men at 7pm in the Quarry

Friday Jan 12th- The Cowboys at 7pm in the Quarry

Sunday Jan 21st – Swiss Family Robinson at 2pm in the Quarry

Friday Jan 26th- Avalanche (pending if a volunteer is found)

We are still looking for Tenant Volunteers to help with movie night/matinee. Please contact Tenant Services if you are interested.

**No act of kindness,
no matter how small,
is ever wasted.**
- Aesop

Armchair Adventures- This month we will be starting our armchair adventures around the world. This month we will be going to Hawaii. Our Summit Premier will be a Hawaiian themed meal. The 24th we will be going to explore Hawaii.

***Wednesday the 17th of January we will have a special movie night at 5:30pm. No ticket is needed but it will be a “Hawaiian Treat”.**

Jan 17th at 2:30pm in the Quarry LuAnn Colvin will be talking about her experiences in the “Peace Corp”. It should be very interesting



Martin Luther King Jr. (born **Michael King Jr.**, January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement. He is best known for his role in the advancement of civil rights using the tactics of nonviolence and civil disobedience based on his Christian beliefs and inspired by the nonviolent activism of Mahatma Gandhi.

King became a civil rights activist early in his career. He led the 1955 Montgomery bus boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. With the SCLC, King led an unsuccessful 1962 struggle against segregation in Albany, Georgia, and helped organize the 1963 nonviolent protests in Birmingham, Alabama. King also helped to organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech.

On October 14, 1964, King received the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In 1965, he helped to organize the Selma to Montgomery marches, and the following year he and SCLC took the movement north to Chicago to work on segregated housing. In the final years of his life, King expanded his focus to include opposition towards poverty and the Vietnam War, alienating many of his liberal allies with a 1967 speech titled "Beyond Vietnam".

In 1968, King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he

was assassinated by James Earl Ray on April 4 in Memphis, Tennessee. King's death was followed by riots in many U.S. cities. Ray, who fled the country, was arrested two months later at London Heathrow Airport. Ray was sentenced to 99 years in prison for King's murder, and died in 1998 from hepatitis while serving his sentence.

King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal. Martin Luther King Jr. Day was established as a holiday in numerous cities and states beginning in 1971, and as a U.S. federal holiday in 1986. Hundreds of streets in the U.S. have been renamed in his honor, and a county in Washington State was also renamed for him. The Martin Luther King Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.



You've heard of the game "Where's Waldo"....Well each month we will have something hidden in the newsletter that you must find. The first person to find it and let Tenant Services know will receive a prize. Cheryl Wyffels found the hidden Gingerbread Man last month. (**Clue: I'm associated with winter although I can be seen year around. If I'm spotted they say there is bound to be an angel around.**) I know it's fun to find but we've decided to be kind. All of you eagle eyes can only win once every three months to give others a chance. Happy Hunting.

Riddles of the Week

Mary father has 5 daughters- Nana, Nene, Nini, and Nono.

What is the fifth daughters name?

How can a pants pocket be empty and still have something in it?

In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower- everything was pink! What color were the stairs?

A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son." How is that possible?