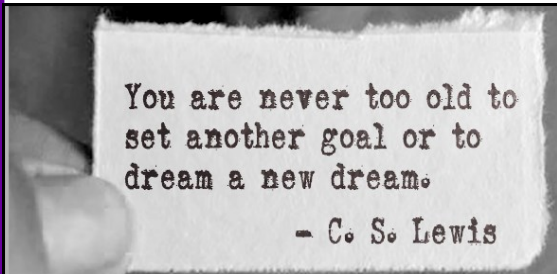




## **GOLDEN YEARS** at **Golden Tower** *10th Issue/January 2017*

Dear Residents: Welcome to the 10th edition of **GOLDEN YEARS!** Stayed tuned to Channel 31 and watch for event flyers of upcoming events too!

# 5 Resolutions for Seniors in 2017!



1. **Get rid of the “I’m too old” excuse!** Being old or young is largely a mindset. Change your mindset and things will start changing in your life! It’s time to stop hoping and start choosing to live a healthy life. Why not drop the excuses and start doing what you always dreamed of doing?

2. **Find free local classes and continue to learn!** Did you know that taking a class in just about any subject can improve your cognitive abilities, rejuvenate your memory, and have fun at the same time? Recent scientific studies clearly show that senior citizens who stay mentally active enjoy all these benefits. Taking classes at the public library, local non-profit agencies, and community colleges can lead to respectful and interesting interactions with all sorts of people!

3. **EXERCISE!** According to the National Institute on Aging, there are four types of physical activity which can enhance an individual’s well-being—at any age: Endurance or aerobic exercises, such as brisk walking, jogging and dancing increase the breathing and heart rate; strength exercises, which involve lifting weights or the use of a resistance bands, make the muscles stronger; balance exercises help prevent falls; and flexibility exercises can help the body stay limber.

Pictured to the right is 99 year old Violet Bakash of Queens, NY who attends senior fitness classes 4-5 times a week. When asked how she does it, Violet says “I don’t make excuses, I don’t smoke or drink alcohol, and I follow my doctors orders!”



4. **Eat and Drink Healthy!** Exchange high fat, packaged and fried foods with baked wholesome meals with fruits and vegetables several times a week. Eliminate high sugar soda and sugary juices with water. Slow simple changes can make a huge impact on your health and in the long run, save money on medical expenses. (Pick up a USDA **Choosing Healthy Meals as You Get Older** tip sheet in Allura Eckert’s office .)

5. **Combat Loneliness!** Loneliness is a serious problem among seniors. Fortunately, loneliness can be overcome, although doing so takes some initiative. Your local Council on Aging, churches, the Northern Kentucky Community Action Commission, and Kenton County Public Library are great resources to find volunteer, hobby, and group activities so you can meet people of all ages and make new friends! When you see the opportunity to introduce yourself, do so. Growing new friendships requires ongoing contact!

# **Local Opportunities for Seniors 2017**

## **Northern Kentucky Community Action Commission**

**859-581-6607**

Check out the Senior Employment Program for ages 55+. Work approximately 20 hours a week, meet new people and learn new skills.

## **Kenton County Public Library**

**859-962-4071—Susan Rasche**

Call for more information on classes and events like, Smart Phones for Seniors, Knitting, Kentucky Health Benefit Exchange, Exploring the Internet, Beginning Computers, Healthy Choice Cooking for Low-Income Budgets, Diabetes Support Groups, Matinee Movies and much more!

## **Brighton Center Retired & Senior Volunteer Program**

**859-491-8303 Ext. 2340—Nina Prysock**

Volunteers choose what, where and how often they want to serve, with commitments ranging from a few hours to 40 hours per week.

## **Golden Tower Resident Council Meeting**

**Monday January 16th @ 2:00 pm / Community Room**

Don't miss this opportunity to help make positive changes, learn about Golden Tower upcoming events and brainstorm on issues that will make our community a great place to live!



## **Quote of the Month:**

**IF YOU CAN'T FLY, THEN RUN  
IF YOU CAN'T RUN, THEN WALK  
IF YOU CAN'T WALK, THEN CRAWL  
BUT WHATEVER YOU DO,  
KEEP MOVING.**

**-DR. MARTIN LUTHER KING JR.**



# New Year Word Search

B P M Q N U I T Z I H V P N N  
 E A B Q O E N I W V V W I O O  
 Y M E T I Q I O U T I R G I B  
 E B G H T U T N S L I A T T B  
 D D I G A M I A O S M L I C I  
 B U N I R N O I T U L O S E R  
 K R N N B T X E N D W M U L F  
 W A I D E E N E W T C K G F M  
 O D N I L D H X M M I P L E J  
 N N G M E S N X U I B U A R H  
 S E C X C S D R A C X N S Q M  
 J L M R A C F X P U Y J S O D  
 V A S K R O W E R I F Y E M L  
 B C P S I T T E F N O C S S O  
 C W D L O S G N I T E E R G C

BEGINNING REFLECTION CALENDAR CARDS CELEBRATION  
 RESOLUTION RIBBON SNOW COLD TOAST  
 CONFETTI WINE END IN FIREWORKS  
 GLASSES GREETINGS MIDNIGHT NEW OLD  
 OUT

<u>Staff</u>	<u>Position</u>	<u>Phone #:</u>	<u>E-Mail Address</u>
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Chris Bradburn	Director/ HOPE VI CSS Coordinator	859-655-7306	<a href="mailto:cbradburn@hacov.org">cbradburn@hacov.org</a>
Jon Adkins	Program Manager/ROSS Coordinator	859-655-7316	<a href="mailto:jadkins@hacov.org">jadkins@hacov.org</a>
Jennifer Bennett-Phillips	Manager, Family Support Services / FSS Coordinator	859-292-3260	<a href="mailto:jbennett@hacov.org">jbennett@hacov.org</a>
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