

Make It Happen This Year



For seniors, setting New Year's resolutions should be old hat. After all, we've had plenty of opportunities to get it right. However, most resolutions are petty and fleeting. Diets are forgotten, and exercise programs are abandoned. For 2012, why not try a resolution that is both enduring and doable?

Volunteer: Interested in the environment? Many retired Americans work with organizations like the National Audubon Society, Earth Watch and the U.S. Forest Service. Go to the inner city and help build homes for the poor with Habitat for Humanity. The AARP is another great resource for volunteer opportunities, particularly programs that help seniors.

Protest Something: Have you ever complained about where this world is going? This year, do something about it! If it's

your passion, resolve to get involved in politics. Attend city council meetings and protest loudly at the problems you see. Start a petition, attend a rally or write your congressman. Find your passion and protest something!

Make a Scrapbook About Your Life: Do you remember the television show "This Is Your Life"? Each show featured in detail the life of one person. Pretend you're getting ready to be on that show and will need a scrapbook to tell your life story. Where were you born? Who was in your family? What happened to you as a child? When did you marry? You have a great story to tell – and your family and friends will love experiencing it with you through your scrapbook.

Letting go of the past and embracing the future is one of the most positive steps a person can take, no matter how old that person may be. Write down at least one positive thing you would like to see come true this year and move into 2012 with an upbeat and positive attitude.

The Four S's of Sleep (Continued)

Spend Time in the Sun: Melatonin is a naturally occurring hormone that helps regulate your sleep-wake cycle, and melatonin production is controlled by light exposure. Your brain secretes more in the evening, when it's dark, to make you sleep. Spending long days away from natural light can impact your daytime wakefulness and make your brain feel sleepy. Increase your light exposure by keeping curtains and blinds open during the day and getting outside as much as possible. Boost melatonin production at night by turning off your television. Try listening to music or audio books instead.

Set the Stage: Make your bedroom more sleep-friendly by keeping the noise level low. If you can't avoid noise from barking dogs, loud neighbors or city traffic, try masking it with a fan or other white noise. Keep your room cool; most people sleep best in a slightly cool room (around 65° F) with adequate ventilation.

Sixty Minutes: Be active during the day with at least 60 minutes of physical activity. You've probably noticed how much running around children do – and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help you feel more relaxed.

Make Some Noise!

Chinese New Year begins on January 23rd with 15 days of celebration and the start to the Year of the Dragon. Just as Americans do, the Chinese use firecrackers to ring in the new year. Chinese New Year is a time to welcome longevity, wealth and prosperity and to eliminate any negative "chi" from the past.

In Chinese tradition, each year is dedicated to a specific animal. Each of these animals is thought to bestow its characteristics to people born in that year. People born under the dragon will be marked with excitement, unpredictability, exhilaration and intensity.

Want to celebrate Chinese culture through the festivities of the new year? Here are some fun ideas.

Clean your house: Before the new year arrives, give your house a thorough cleaning, sweeping away any bad luck that may have accumulated over the past year. Don't clean again for the first few days of the new year! If you do any sweeping during this time, you risk sweeping away your good luck.

Add a lucky red door: Red is a traditional color of luck. Focus on doing what you can to bring about good luck in the new year by painting your door red or wrapping it up like a present with red wrapping paper.

Eat: Food is a huge part of most cultures, and the Chinese New Year is no different. Eat "jiaozi" on New Year's Eve, or longevity noodles on day seven to bring about long life.

Happy New Year, and Happy Chinese New Year, too!



livfun

The Bellettini

JANUARY 2012 • THE GAME OF LIFE

Happy New Year!

"I Have a Dream"

Dr. Martin Luther King, Jr. helped millions of people in the fight for racial equality. A Baptist minister, King became a civil rights activist early in his career. He was convinced that the same nonviolent methods used by Mahatma Gandhi could be employed by African Americans to obtain civil rights in America. In 1955, he led a year-long boycott of the Montgomery Bus system, eventually forcing a decision by the Supreme Court to accept integration. In 1963, King led the March on Washington, where he delivered the speech "I Have a Dream" and established a reputation as one of the greatest orators in American history. Tragically, despite his work as a leader and humanitarian, King was assassinated in Memphis, Tennessee, on April 4, 1968.

What are some ways to commemorate Dr. Martin Luther King, Jr. this year?

Attend a Church Service or Event in His Honor:

Reverend King's faith and role as a pastor helped him persevere through hard times. Check your local community center or church to see if it is having special MLK Day events.

Walk the Walk:

The changes that came about during the civil rights era were the result of a massive social movement. A good way to press home that point is to take it to the streets. Plan a walk to raise money for a local charity or nonprofit organization. Although the cause may be different than those for which Dr. King fought, the message is the same: "When we all march together, we can change things."

Find your own way to honor the holiday on January 16, 2012, by spreading the message of equality and service throughout your community.



The Four S's of Sleep

Do you want to be productive, mentally sharp, emotionally balanced and full of energy? The way you feel during your waking hours hinges on how well you sleep at night. Denied downtime, your brain begins to falter, affecting mood, attention, working memory and many

other functions. In fact, the loss of just one night's sleep can cause a 30% drop in cognitive function. Lose two nights and the drop is 60%. Even more worrisome, the effects of sleep loss are cumulative. The following tips will help optimize your nightly rest and lay the foundation for all-day energy and peak performance.

Schedule: Get in sync with your body's natural sleep-wake cycle. If you keep a regular sleep schedule, going to bed and getting up at the same time, you will feel more refreshed and energized than if you sleep the same number of hours at different times. Consistency is important. Go to bed at the same time every night and wake up naturally without an alarm.



Glaucoma Awareness Month

January is Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Glaucoma is often called "the sneak thief of sight" because people usually do not notice symptoms until they have already lost significant vision. For most people, however, glaucoma does not have to lead to blindness.

Glaucoma is an eye disease that causes loss of sight by damaging the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. When glaucoma attacks, you begin to lose patches of vision. Side vision (peripheral vision) is typically lost first. Over time, glaucoma may also damage central vision.

Early detection is vital to stopping the progress of glaucoma. Glaucoma can be treated and controlled using medicine, laser surgery, glaucoma surgery or a combination of these. Medicines (eye drops) are typically the first step in treatment, but your treatment is up to you and your doctor. The best way to protect your sight is to get a comprehensive eye examination.

The BELLETTINI
BLAZE YOUR OWN RETIREMENT

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WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
2:00 CROSSWORDS WITH VAL, PL 2:00 Weekend Theater, BT 7:30 Weekend Theater, BT	10:00 Get Moving (Cardio and Movement), PFG 10:45 AquaFit Class, OP 11:30 Hook 'n' Stitch for Charity, FP 1:00 Artists' Studio, TCR 2:00 Get Flexible, PFG 2:30 PRIMEFIT OLYMPICS PRACTICE 7:00 BOGGLE, PL	10:00 Get Flexible (Stretching), PFG 1:00 Poker Club, TCR 2:00 Get Strong (Weights), PFG 2:00 WII COMPETITIONS WITH CISCO, PL 2:30 PRIMEFIT OLYMPICS PRACTICE 3:30 EDUCATIONAL DVD LECTURE SERIES, BT 7:30 Tuesday Movie, BT	9:30 Blood Pressure Checks/ Fitness Q&A, PFG 10:00 Get Moving (Cardio and Movement), PFG 10:45 AquaFit Class, OP 1:00 Mah Jongg Club, TCR 2:00 Get Flexible, PFG 2:30 PRIMEFIT OLYMPICS PRACTICE 2:30 TRAVELING WITH SAM, BT 7:30 Midweek Movie, BT	10:00 Get Flexible (Stretching), PFG 12:00 Stallion Club, T 2:00 Get Strong (Weights), PFG 2:30 PRIMEFIT OLYMPICS PRACTICE	10:00 Get Moving (Cardio and Movement), PFG 2:00 Get Flexible, PFG 2:30 PRIMEFIT OLYMPICS PRACTICE 3:30 Bellettini Bridge, FDL	2:00 Weekend Theater, BT 7:30 Weekend Theater, BT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW YEAR'S DAY 1	2	3	4	5	6	7
	11:50 LUNCH AT IVAR'S SALMON HOUSE, OP 4:00 3/4 Jazz Combo Performing, GPL	1:00 Mah Jongg Instruction, T 5:00 Cocktail Hour, FP	4:00 Get to Know Your Neighbor, BT	2:30 MEETING RE: INTEREST IN BIBLE STUDY, BT 3:00 Current Affairs Discussion, BT	2:00 OPEN FORUM Q & A WITH DR. KANER, BT	2:00 CHEF DEMO, FDL
8	9	10	11	12	13	14
	5:30 The Colgate Thirteen (A Cappella) Strolling Performance	BELLETTINI WINTER OLYMPICS COMPETITION: PUTTING, GPL 12:00 Les Femmes Luncheon, T 5:00 APPETIZER MIXER W/ COCKTAIL HOUR, FP	4:00 PRESENTATION: ANDY WAPPLER OF PUGET SOUND ENERGY, BT	10:00 Duplicate Bridge Game, T	11:00 TULALIP CASINO, OP	
15	16	17	18	19	20	21
MARTIN LUTHER KING JR. DAY	11:20 COLUMBIA TOWER OBSERVATION DECK/LUNCH AT MCCORMICK & SCHMICK'S, OP	BELLETTINI WINTER OLYMPICS COMPETITION: WII BOWLING, PL 5:00 Cocktail Hour, FP	10:00 Book Discussion Group, BT 4:00 Get to Know Your Neighbor, BT	3:00 Current Affairs Discussion, BT	PUZZLE PALOOZA & MORE AT PACIFIC SCIENCE CENTER, OP	9:00 BELLA BOTTEGA (MET OPERA: THE ENCHANTED ISLAND), OP 2:00 CHEF DEMO, FDL
22	23	24	25	26	27	28
	3:00 Victor Janusz Performing (Piano Crooner), GPL	BELLETTINI WINTER OLYMPICS COMPETITION: BEANBAG BASEBALL, GPL 10:00 KCLS Techlab Computer Training 5:00 Cocktail Hour, FP	11:45 KCLS Traveling Library Center, GPL 4:00 Presentation: The Bellettini Mentoring Program w/Youth of Yao, Japan, BT	3:00 All Resident Meeting, GPL	11:15 TOUR OF BENAROYA HALL & LUNCH, OP	VILLAGE THEATER: THE ODD COUPLE, OP
29	30	31	Locations Bellettini Theatre, BT Library, L Brain Gym, BG Off Property, OP Fireplace, FP Panini's, PA Front Desk, FD Panini's Lounge, PL Front Desk Lounge, FDL PrimeFit Gym, PFG Grand Piano Lounge, GPL The Club Room, TCR Herb Garden, HG Toscano, T			
	2:00 BEANBAG BASEBALL GAME VS. NORTH CREEK COMMUNITY, GPL	BELLETTINI WINTER OLYMPICS COMPETITION: WALKING RELAY 5:00 Cocktail Hour, FP	Birthdays Anne Gregory, 5th Carolyn Noel, 20th Zoe Thompson, 7th Tom Yamakawa, 23rd George Harry, 14th Edna Burke, 27th Howard Michel, 15th Marc Temkin, 29th Joseph Benezra, 18th Betty Honodel, 30th Wilma Phillips, 18th		Transportation Monday, Tuesday, Wednesday, Thursday, & Friday: 9:00 am-5:00 pm, Local Bellevue Area Wednesday: 9:00 am-3:00 pm, Service to Kirkland Thursday: 9:00 am-3:00 pm, Service to Downtown Seattle Saturday: 10:00 am-4:00 pm, Local Bellevue Area Sunday: 8:30 am-3:30 pm, Local Bellevue Area	