



Volume I  
August 2019

# The Simpler Times



Happening In ...

August - Luau Social

September - Carnival

October - Costume  
Contest



Mountain Creek  
Retirement Living

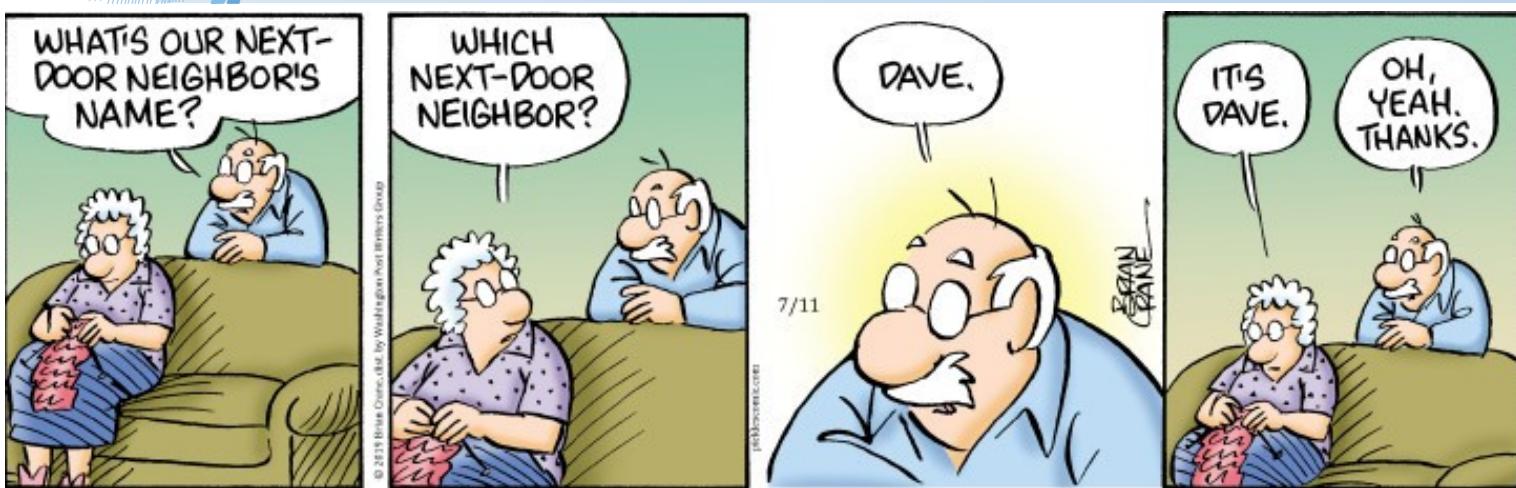
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## Purpose:

The Simpler Times provides information of general nature with the understanding that neither Mountain Creek nor its affiliates are engaged in rendering medical, legal or any advice or recommendations. Information provided should not be considered a substitute for a consultation with a licensed physician or attorney. This newsletter is for your entertainment only.

# Happening In August

## Luau Social in August,

Get your Hawaiian shirts out and get ready to dance!

Look out for the flyers for more details.

**8/06 - Dine Out At China Harbor**



**8/07 - Lillian & Stella Gifts**

**8/10 - The Drifters At Uptown Theater**

**8/14 - Fiddler On The Roof, Dallas Summer Musicals**

**8/20 - Dine Out At Furr's**



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



BASEBALL

BEACH

FISHING

FLOWERS

FRISBEE

HAMBURGERS

HOTDOGS

SANDCASTLE

SHORTS

SUNSHINE

SWIMMING

WATERSKI



Aloha!



## DOG TIRED

An old dog wandered into a man's yard. The man could tell from his collar and well-fed belly that he had a home.

The dog followed the man into the house and fell asleep on the couch. An hour later, the dog went to the door, and the man let him out. The next day the same

dog was back, went to the couch and fell asleep. This continued for several weeks.

Curious, the man pinned a note to the dog's collar: "Every afternoon your dog comes to my house for a nap."

The next day the dog

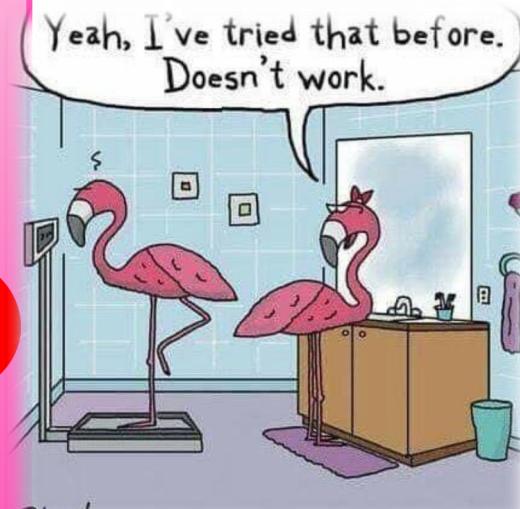
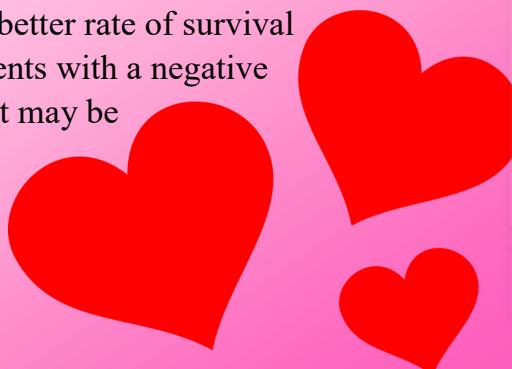


arrived with a new note pinned to his collar: "He lives in a home with four children. He's trying to catch up on his sleep. Can I come with him tomorrow?"

## Optimism Helps Your Heart

Optimism helps heart patients stay healthy. Patients with coronary artery disease who had a positive outlook about their recoveries had 30% better rate of survival over the next 15 years than patients with a negative view. Possible reasons: Optimist may be better at coping with illness and less prone to stress reactions, which can impede recovery.

*John Barefoot, PhD, published in Archives of Internal Medicine.*



## KNOCK ON WOOD

Three sisters ages 72, 74, and 76 live in a house together. One night the 76 year old draws a bath. She puts her foot in and pauses. She yells down the stairs "was I getting in or out of the bath?".

The 74 year old yells back "I don't know. I'll come up and see."

She starts up the stairs and

pauses. Then she yells "was I going up the stairs or down?"

The 72 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says "I sure hope I never get that forgetful."

She knocks on wood for good measure. She then yells "I'll come up and help both of you as soon as I see who's at the door".



## LOOKING GOOD

My face in the mirror isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I might never put my glasses back on.

when nothing goes right...  
go left.

## **Memory Loss:**

# **7 Tips To Improve Your Memory**

Try these simple ways to improve your memory.

Can't find your car keys? Forget your grocery list? Can't remember the name of the personal trainer you liked at the gym? You're not alone. Everyone forgets things occasionally. Still, memory loss is nothing to take lightly.

Although there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help. Consider seven simple ways to sharpen your memory — and know when to seek help for memory loss.

### **1. Include physical activity in your daily routine**

Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging — preferably spread throughout the week. If you don't have time for a full workout, squeeze in a few 10-minute walks throughout the day.

### **2. Stay mentally active**

Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Do crossword puzzles. Play bridge. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

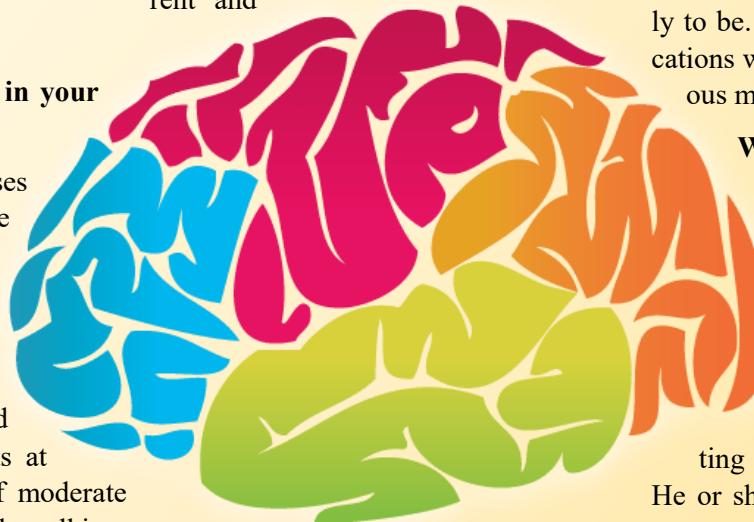
### **3. Socialize regularly**

Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone.

### **4. Get organized**

You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic planner.

You might even repeat each entry out loud as you jot it down to help cement it in your memory. Keep to-do lists current and



check off items you've completed. Set aside a place for your wallet, keys, glasses and other essentials.

Limit distractions and don't do too many things at once. If you focus on the information that you're trying to retain, you're more likely to recall it later. It might also help to connect what you're trying to retain to a favorite song or another familiar concept.

### **5. Sleep well**

Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most

adults need seven to nine hours of sleep a day.

### **6. Eat a healthy diet**

A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss. So can drug use.

### **7. Manage chronic conditions**

Follow your doctor's treatment recommendations for medical conditions, such as depression, high blood pressure, high cholesterol, diabetes, obesity and hearing loss. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory.

### **When to seek help for memory loss**

If you're worried about memory loss — especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse — talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills.

Sometimes other tests are needed as well. Treatment will depend on what's contributing to your memory loss.

By Mayo Clinic Staff

**The brain is the most important organ you have.**

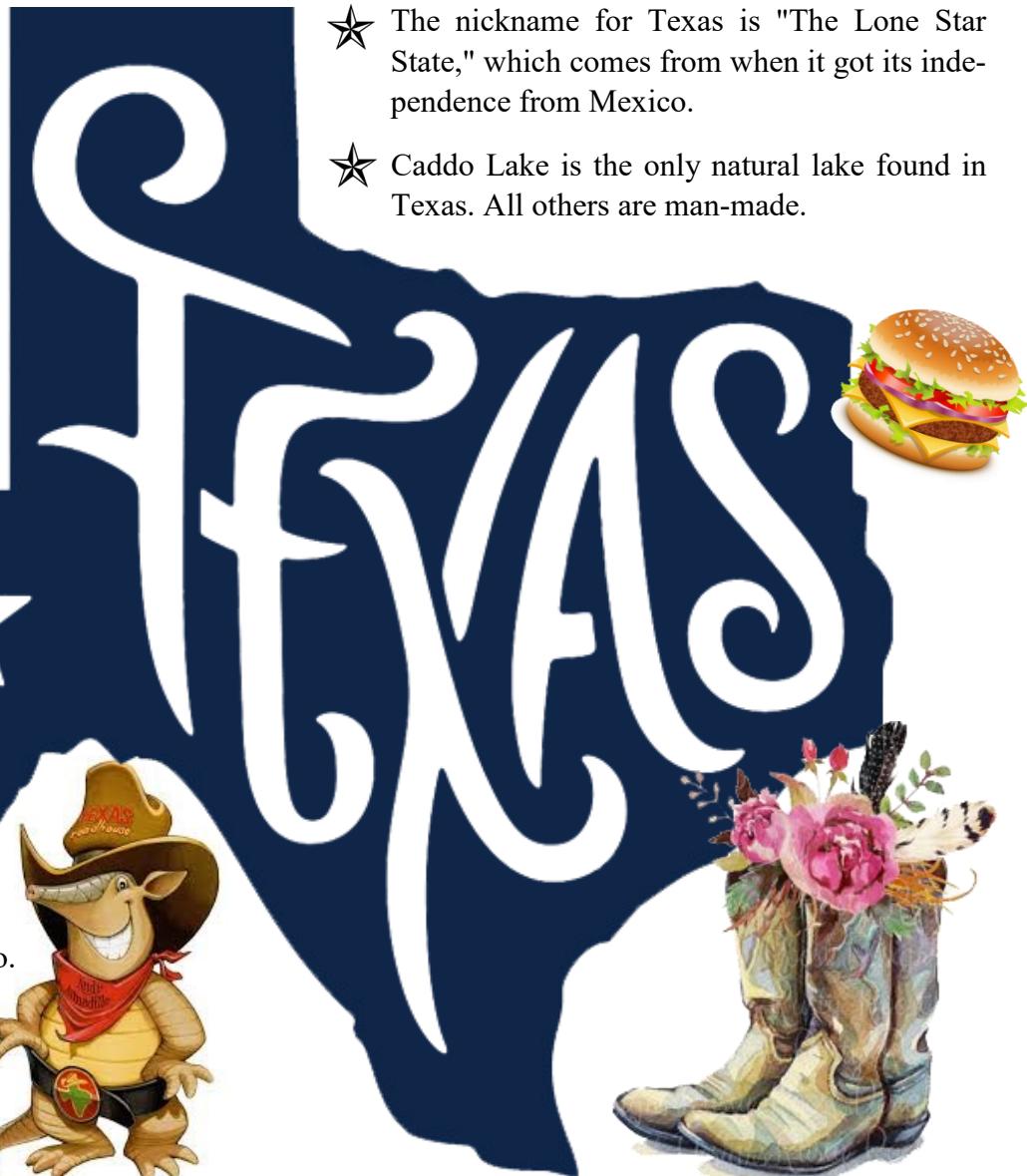
**According to the brain!**



# Texas Trivia

Texas is a state rich in culture and heritage. It is a beacon for music, food, and dustry. There are many people living in Texas, and many come from a wide variety of backgrounds and ethnicities. This helps to make the great state of Texas more interesting and cultured. Who knows what you can discover once you learn more about this fascinating place?

- ★ The state motto is "friendship."
- ★ Texas' state bird is the mockingbird.
- ★ The world's largest parking lot is at the Dallas/Fort Worth airport.
- ★ Texas' state mascot is the armadillo.
- ★ The name of the state comes from a Native American word, "tejas," which means "friends."
- ★ The world's first rodeo took place in Texas in 1883.
- ★ The hamburger was first created in Athens, Texas.
- ★ The flag of Texas has three colors: red represents courage, white represents liberty, and blue represents loyalty.
- ★ The oldest law enforcement agency in the U.S. is the Texas Rangers.
- ★ Dr Pepper was invented in Waco, Texas, in 1885.



★ Tyler, Texas, is home to the world's largest rose garden.

★ Pecan trees are the official tree of Texas.

★ Dwight D. Eisenhower was the first president to be born in Texas.

★ Texas extends 800 miles from north to south.

★ Texas was an independent country from 1836 to 1845.

# Sepsis

## How Can I Get Ahead of Sepsis?

### What is Sepsis?

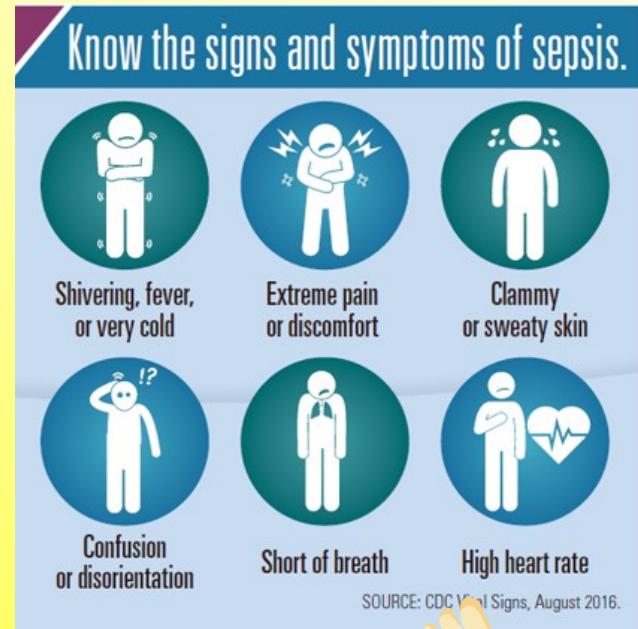
Sepsis is a complication caused by the body's overwhelming and life-threatening response to infection. It can lead to tissue damage, organ failure, and death. Sepsis is difficult to diagnose. It happens quickly and can be confused with other conditions early on. Sepsis is a medical emergency. Time matters. When sepsis is quickly recognized and treated, lives are saved. Healthcare providers are the critical link to preventing, recognizing, and treating sepsis. Sepsis is deadly when it's not quickly recognized and treated. Certain people with an infection are more likely to get sepsis.

### Who is at Risk?

Anyone can get an infection and almost any infection can lead to sepsis. Certain people are at higher risk:

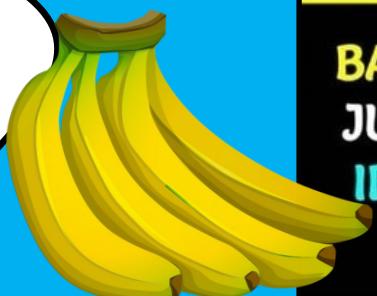
- ◆ Adults 65 or older
- ◆ People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- ◆ People with weakened immune systems
- ◆ Children younger than one

- ◆ Talk to your doctor about steps you can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
- ◆ Practice good hygiene, such as handwashing, and keeping cuts clean until healed.
- ◆ Know the symptoms of sepsis.
- ◆ Act Fast. Get medical care immediately if you suspect sepsis or have an infection that's not getting better or is getting worse.



**Q: What kind of key opens a banana?**

**A: A Monkey!**



### DID YOU KNOW?

**BANANA IS A HAPPY FRUIT. EATING JUST ONE CAN HELP YOU RELIEVE IRRITABLE EMOTIONS, ANGER OR DEPRESSION.**



# Mountain Creek's Directors Corner

## Moises, Mr. Fix It



Moises keeps our community looking good. He is responsible for the overall upkeep and appearance of all areas, inside and outside. He supervises the maintenance technicians and housekeepers.

## Renee's Welcoming Committee



Renee' greets potential residents, gives sales presentations and tours, and follows up with prospective residents to provide a warm, welcoming environment so they can find a nice place to live. She also maintains marketing traffic reports.

When you see these Director's friendly faces, stop and say  
"Hi, thank you for all you do!"



## Chow Talk with Rosa

Rosa helps everyone stay healthy and happy by providing tasty meals every day of the week. She creates menus, orders all the food and supplies for the day to day operation of the dining room and kitchen. She also supervises all dining staff. Have a craving for a meal? Submit a suggestion to her and she can add it to the menu!

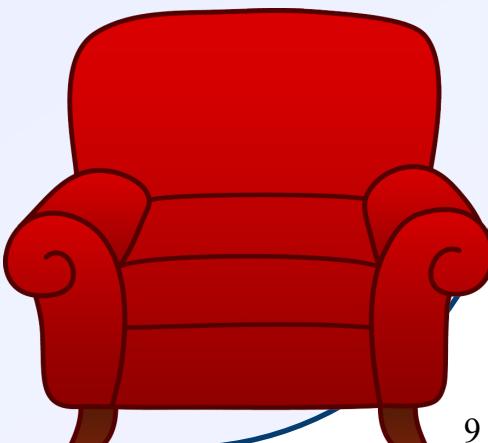
## Heather's Happenings

Heather makes it fun to live at Mountain Creek. She creates programs and encourages participation to provide a warm, friendly, and stimulating environment for each resident.



## Lesa's Legends

Lesa creates a close bond being a liaison between staff, residents and their families by being available to listen to all their concerns. She supervises the front desk personnel and driver.



# Happening In September

## Carnival At Mountain Creek!

We are bringing in some fun from the Texas State Fair! Be ready to eat and have some fun! Look out for the flyers for more details!

**9/10 - Dine Out At ....**

**9/14 - Frank Sinatra At Uptown Theater**

**9/17 - Sandy's Creation**

**9/19 - Lift Arlington Symphony**

**9/23 - Cornerstone**



## September Trivia!

- a. When is the Autumn Equinox?
- b. What is the September gemstone?
- c. What is the September Flower?
- d. What two zodiac signs are in September?
- e. True or False: More people are born in September than any other month.
- f. When is Grandparent's Day?
- g. When did the New York Times publish its first edition?
- h. True or False: The US Supreme Court was established September 24th, 1989.
- i. How many days does September have?



Answers on last page

### Another reason why our health care cost are so high!

Doesn't it seem more and more that physicians are running their practices like an assembly line?

Here's what happened to Charlie:

Charlie walked into a doctors office and the receptionist asked him what he had. Charlie said: 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurses aide came out and asked Charlie what he had. Charlie said, 'Shingles' So she wrote down his height, weight, a complete medical history and told Charlie to wait in the examining room.

A half hour later a nurse came in and asked Charlie

what he had. Charlie said, 'Shingles..'" So the nurse gave Charlie a blood test, blood pressure test, an electrocardiogram, and told Charlie to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Charlie sitting patiently in the nude and asked Charlie what he had.

Charlie said, 'Shingles.' The doctor asked, 'Where?' Charlie said, 'Outside on the truck. Where do you want me to unload 'em??'



**SEPTEMBER**

# Dry Eyes

Even when you're happy, your eyes are full of tears. They provide moisture and lubrication to help you see and keep your peepers comfortable.

What's in a tear? They're a mix of:

- ◆ Water, for moisture
- ◆ Oils, for lubrication
- ◆ Mucus, for even spreading
- ◆ Antibodies and special proteins that keep infection at bay

The ingredients come from special glands around your eye. Dry eyes often mean your tear system is out of whack.

When tears don't provide enough moisture, you might notice:

- ◆ A gritty feeling
- ◆ Feeling like there's something in your eye
- ◆ Itching
- ◆ Redness
- ◆ Blurry vision
- ◆ Light sensitivity

Sometimes, dry eyes create too many tears. This confusing condition is called reflex tearing. It happens because the lack of moisture irritates your eye. It sends a distress signal through your nervous system for more lubrication. Your body sends a flood of tears to try to make up for the dryness. It's a lot like what happens when you get sand in your eye and it runs. But these tears are mostly water, so they don't act like normal tears. They can wash debris away, but they can't coat your eye's surface.

## How Are Dry Eyes Treated?

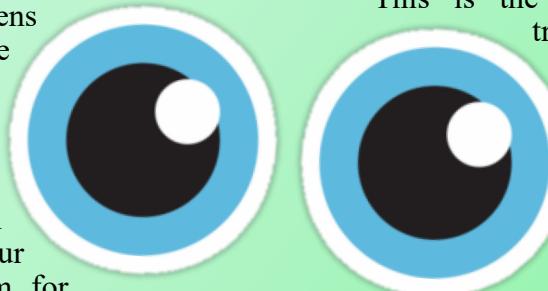
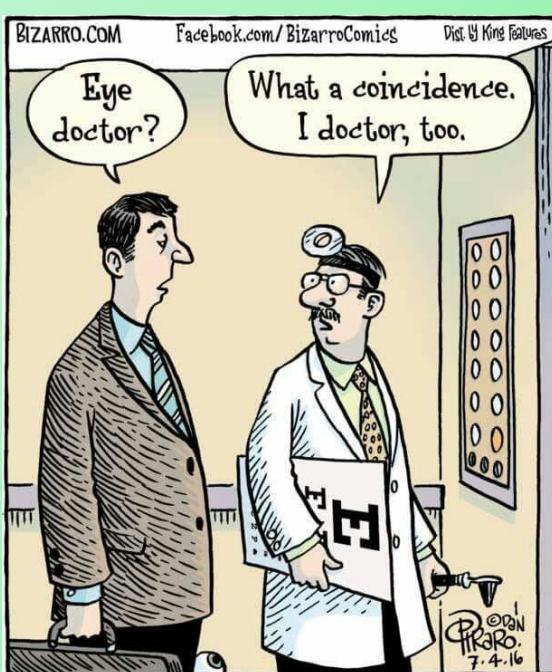
Artificial tear drops and ointments. This is the most common treatment. Many types of drops are available over the counter. If you have chronic dry eye, you need to use the drops

even when your eyes feel fine, or they won't stay wet enough. If your eyes dry out while you sleep, you can use a thick product, like an ointment, at night. You might think about sleeping with airtight goggles on. They'll create a mini "moisture chamber" for your eyes.

**Lipiflow.** This medical device uses heat and pressure to unclog blocked glands on your eyelids. These glands produce the oil in your tears. It keeps your eye moist and prevents your tears from evaporating.

**Testosterone cream.** Dry eye can be related to a lack of testosterone in the oil glands on your eyelids. The doctor might give you a testosterone cream that you apply to your eyelids. It can help your oil glands work better.

**Other medications and nutrition:** You can use steroid eye drops, for short periods, along with long-term measures. Adding fish oil or omega-3 to your diet or can also help.



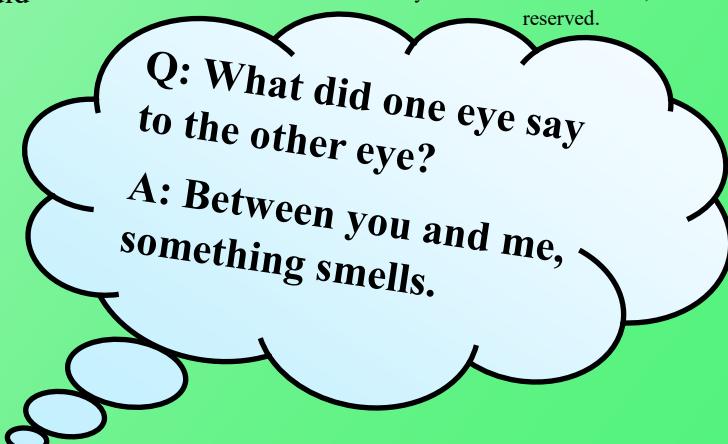
## What Causes Dry Eyes?

Sometimes, there's a lack of balance in your tear-flow system. Or your air conditioner, heater, or other things around you could dry out your tear film. Other causes include:

- ◆ The natural aging process, especially menopause
- ◆ Side effects of certain drugs like antihistamines
- ◆ Diseases that affect your ability to make tears, like Sjogren's syndrome, rheumatoid arthritis, and collagen vascular diseases
- ◆ Problems that don't allow your eyelids to close the way they should

WebMD Medical Reference | Reviewed by Brian S. Boxer Wachler, MD on September 25, 2018 Sources

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# Happening In October

Prepare for our annual Costume Contest! Show Off your Spooktacular costume in our runway on your way into lunch! We will have prizes!

10/01 - Dine Out At ....

10/02 - Lilian & Stella Gifts

10/10 - Lift

10/15 - Dine Out At

10/17 - Arlington Symphony

10/21 - Cornerstone

10/26 - Coffee With A Cop

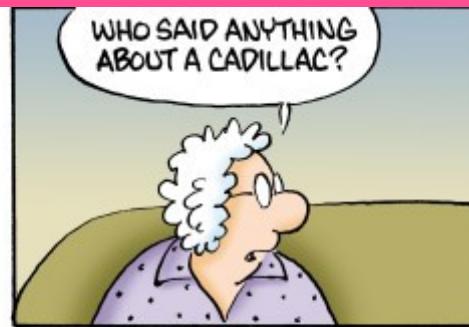
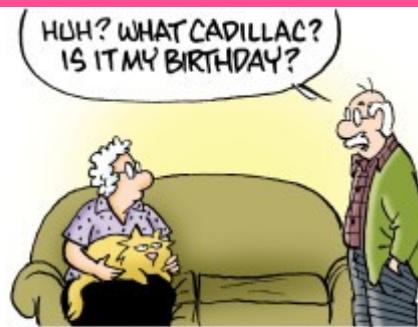
10/31 - Costume Contest



Time to put fall chores off until it's too cold to do them.



**Doctors' Law-** If you don't feel well, make an appointment to go to the doctor, and by the time you get there you'll feel better. Don't make an appointment, and you'll stay sick.



# Chocolate: Yummy & Healthy

Dark chocolate—with a high insulin content of cocoa—is now considered a bona fide health food and vonoids—the powerful, disease-free superfood! You may have heard that it can be good for (plant chemicals) that pervade your heart. It's been linked to reduced arterial inflammation, for example, and lowered blood pressure, particularly in people who have hypertension. To get the heart and red wine, ounce for ounce, benefits, the recommended amount of flavonoids is approximately 30 g to 60 g per day than an apple. Enjoy (roughly one to two ounces, or Responsibly!

one to two squares). But those aren't the only salutary effects from dark chocolate. An increasing body of evidence shows an even broader range of potential health benefits—from improving short-term memory and alertness by increasing blood flow to the brain...to curbing diabetes risk by improving the body's response to



dark chocolate has such a highly concentrated

amount of flavonoids

that it beats out tea

amount of these miraculous plant chemicals than an apple. Enjoy

Responsibly!

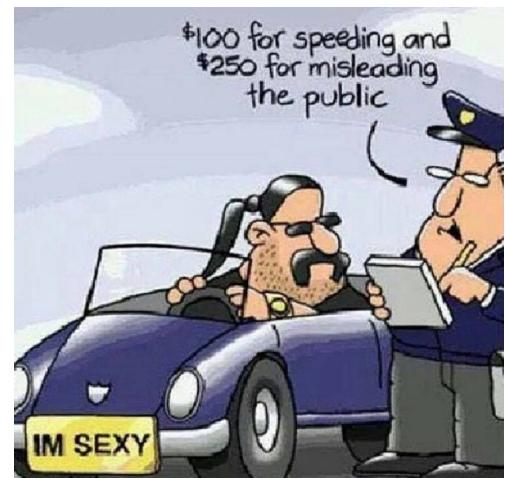
**Janet Bond Brill, PhD, RDN, FAND,** is a registered dietitian nutritionist. Dr. Brill is author of *Blood Pressure DOWN, Cholesterol DOWN and Prevent a Second Heart Attack.*

**ONE  
Chocolate  
A DAY  
KEEPS THE BAD MOOD AWAY**

**Q: Why did the doughnut visit the dentist?**



**A: He needed a chocolate filling!!!**



## Did You Know?

- ♦ It takes 400 cocoa beans to make one pound of chocolate.
- ♦ Each cacao tree produces approximately 2,500 beans.
- ♦ Research to date supports that chocolate can be enjoyed as part of a balanced, heart-healthy diet and lifestyle.
- ♦ The average serving of milk chocolate has about the same amount of caffeine as a cup of decaf coffee.

- ♦ Because cacao trees are so delicate, farmers lose, on average, 30 percent of their crop each year.
- ♦ It takes two to four days to make a single-serving chocolate bar.
- ♦ German chocolate cake was named for Sam German, who developed a sweet bar for Baker's Chocolate—and was not from Germany.
- ♦ The Aztecs loved and valued the cacao bean so highly that they used it as currency during the height of their civilization.



# The Happiness Advantage:

The Keys to Defeating Depression and the Blues

Want to be happier? Self-help books often recommend doing the things happy people do but just as important is not doing the things that happy people tend NOT to do . . .

- ◆ Happy people **don't** blame other people for their problems.

They take personal responsibility when things go wrong, when we take responsibility we are more likely to solve those problems which helps effectively manage our lives and our happiness.

- ◆ Happy people **don't** overreact to the present moment.

They typically do a better job of remembering that unhappiness usually mitigates over time. That reduces the odds that the unhappy moment will snow-

**BE SO HAPPY THAT WHEN OTHERS LOOK AT YOU, THEY BECOME HAPPY TOO.**

ball un-  
to a long-term funk. Encour-  
age yourself to move past the  
problem.

Smile.  
YOUR EYES SPARKLE  
WHEN YOU DO.

QUOTEDIARY.ME

- ◆ Happy people **don't** use negative language. They try not to insult other people or talk down about themselves. Try to mentally rewrite the story with a positive spin. Example: Wrinkles are a sign of hard-earned experience and wisdom.

- ◆ Happy people **don't** feel trapped. They focus on the options that remain and try to manage themselves. They don't feel helpless.

- ◆ Happy people **don't** focus on a single passion or relationship. They usually have multiple hobbies, belong to different clubs and socialize with a different friends and acquaintances. Continue trying new activities, joining new groups and building additional friendships.

- ◆ Happy people **don't** dwell on past failures. Unhappy people tend to be very failure conscious. Try not to do this, just remember times when you learned important lessons from past mistakes.

- ◆ Happy people **don't** spend more time than necessary around unhappy people. Naysayers, can't do types and other chronically unhappy people can makes even posi-

tive people unhappy. Use the occasion as a learning experience to discover what makes these people unhappy, then you can identify and manage similar tendencies.

- ◆ Happy people **don't** gossip. If they are told something in confidence, they keep the secret. If they have something critical to say about someone else, they either say it directly to that person or they don't say it at all.

- ◆ Happy people **don't** procrastinate.

They usually get unpleasant tasks over with so they can move on to

happier

things. Break big tasks down into more manageable parts. Even reward yourself when each task is complete.

Credit: Dan Baker, PhD, owner of Dan Baker Consulting. He is coauthor of *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better*.



You're Special!

# Halloween

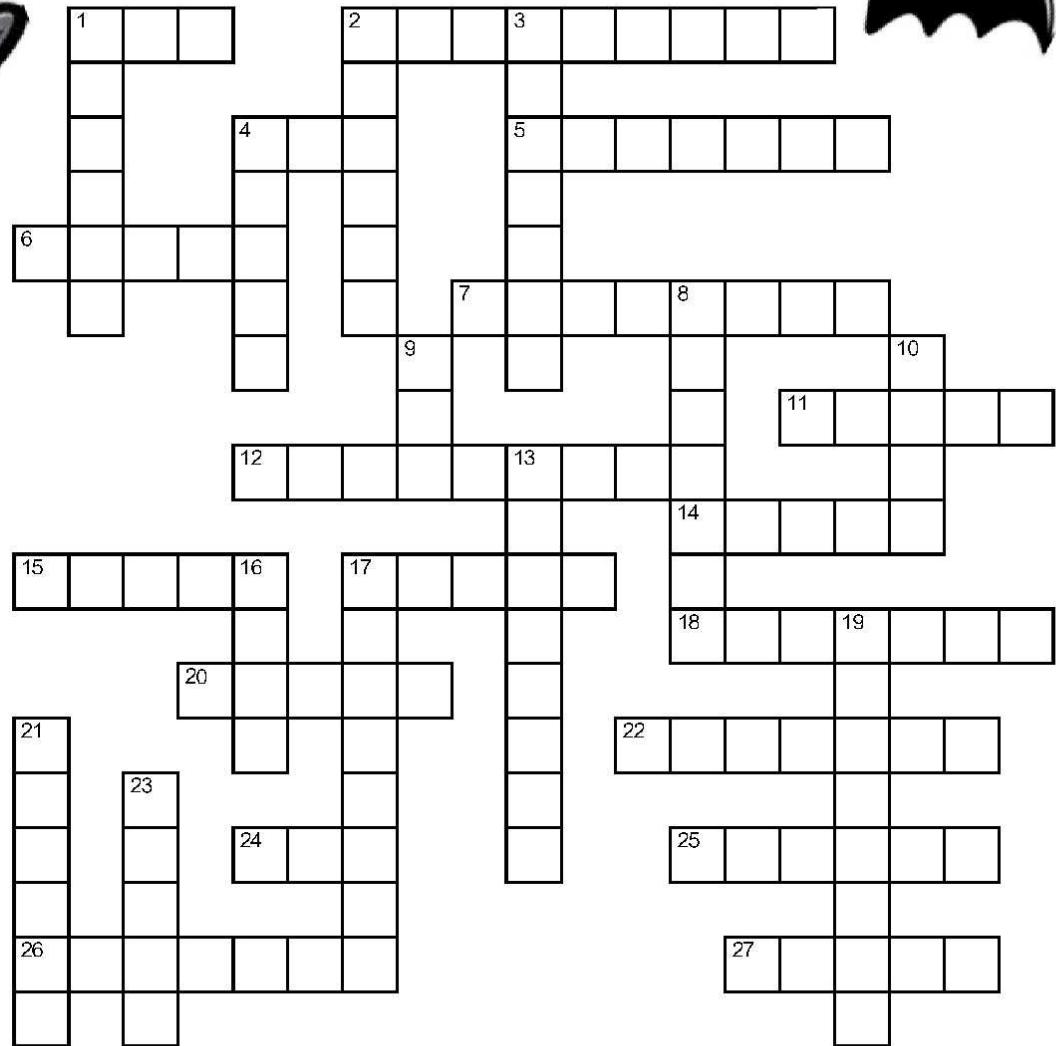


## Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. \_\_\_\_ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. \_\_\_\_ stories.

## Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. \_\_\_\_ house.



9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and \_\_\_\_ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



Answers On Back Page

## US Presidents II



GEORGE H BUSH  
RICHARD NIXON  
GEORGE W BUSH  
JOHN ADAMS  
BARACK OBAMA  
WOODROW WILSON  
ULYSSESS GRANT  
JIMMY CARTER  
JOHN Q ADAMS  
JOHN KENNEDY  
JAMES MONROE  
RONALD REAGAN



**September Trivia: Answers** a. September 22 b. Sapphire c. Morning Glory d. Virgo (Aug 23—Sept 33) & Libra ( Sept 23—Oct 22) e. True f. The first Sunday after Labor Day g. September 18, 1851 h. False, September 24th. 1789 i. 30

