



Volume II

November 2019

The

Simpler Times

Goodbye 2019!

Happening In ...

November - Thanksgiving Dinner

December - Holiday Dinner



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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 November

Give 
thanks

Veterans Day Celebration

November 11, 2019 - More details coming your way on your weekly.

11/01 - Paparazzi Jewelry

11/04 - Famous Clothing

11/05 - Dine Out TBD

11/06 - Dallas Musical Summer Musical—CATS

11/18 - Dr. Salano

11/19 - HEDY

11/20 - Thanksgiving Dinner Special Entertainment by Deane Peters

11/21 - Arlington Symphony

11/22 - Gospel Hour w/ Danny Ray

11/25 - Mickey Massage Therapy

11/25 - Andy Goin

11/26 - Cutzie Designs

11/26 - Resident Birthday Celebration @ Lunch Time



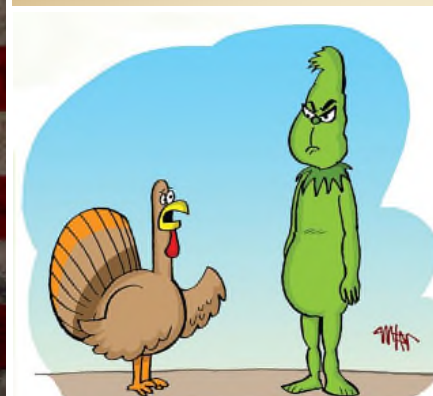
Veterans Day

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and Soldiers old,
Fought for freedom, brave, bold,
Some have lived, while others died,
And all of them deserves our pride.

We're proud of all the soldiers who,
Kept thinking red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.



NOVEMBER 3RD, 2019
DON'T FORGET TO SET YOUR
CLOCKS BACK AN HOUR!



"We'd like to hire you to steal Thanksgiving."

Bridgeway

Hi!

We are your Bridgeway Team for Mountain Creek.

My name is Tammi and I am your RN case manager
and I am Monica- your patient advocate

our phone number is 817-332-0400

Please let us know how we can help you with Patient care!

Join Monica every 1st Wednesday of the month for a health talk!



Care for Dry Skin

Dry skin is the most common cause of itching in older adults. Keep your skin healthy by:

- *Keeping baths and showers short and warm, not hot* - Hot water can deplete natural oils in your skin. Bathing with water at about 90 degrees F helps minimize this, as does keeping bathing times to less than 10 minutes.
- *Cleansing gently* - Most of the time, use soap only on the face, underarms, genital areas, hands and feet. Even then, cleanse gently and use mild, super fatted or glycerin soaps or dry skin cleansers from brands such as Cetaphil, Dove or Vanicream. Avoid aggressive scrubbing and lying in soapy water or bubble bath. Many soaps, such as antibacterial perfumed, and deodorant soaps, can be harsh on the skin.

- *Drying yourself gently* - Brush excess water off with your hands and pat or blot yourself with a towel. Leave skin moist. Avoid rubbing or wiping your skin dry.
- *Moisturizing* - Within a couple of minutes of bathing, apply moisturizing cream or ointment to trap moisture in your skin. A product in which petrolatum is one of the top three ingredients may be best. Products containing glycerin, lactic acid or urea may provide an extra boost.
- *Using a humidifier when air is dry* - This is particularly helpful during the winter months if you live in a cold climate.
- *Protecting your skin* - Drink water throughout the day. Protect your skin from dry wind.

- *Health Letter Mayo Clinic*

DOCTOR VISIT

A young woman went to her doctor complaining of pain.

"Where are you hurting?" asked the doctor.

"You have to help me, I hurt all over", said the woman.

"What do you mean, all over?" asked the doctor, "be a little more specific."

The woman touched her right knee with her index finger and yelled,



"Ow, that hurts." Then she touched her left cheek and again yelled, "Ouch! That hurts, too."

Then she touched her right earlobe, "Ow, even THAT hurts", she cried.

The doctor looked at her thoughtfully for a moment and asked, "Are you a natural blonde?"

"Why, yes," she said.

"I thought so," said the doctor, "You have a broken finger."

Mind Teasers!

- ◆ England has no kidney bank, but it does have a Liverpool.
- ◆ Haunted French pancakes give me the crepes.
- ◆ This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met her-bivore.
- ◆ I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
- ◆ A thief who stole a calendar got twelve months.
- ◆ When the smog lifts in Los Angeles U.C.L.A.
- ◆ I got some batteries that were given out free of charge.
- ◆ A dentist and a manicurist married. They fought tooth and nail.
- ◆ A will is a dead giveaway.
- ◆ With her marriage, she got a new name and a dress.
- ◆ Police were summoned to a daycare center where a three-year-old was resisting a rest.
- ◆ Did you hear about the fellow whose entire left side was cut off? He's all right now.
- ◆ A bicycle can't stand alone; it's just two tired.
- ◆ He had a photographic memory, but it was never fully developed.
- ◆ When she saw her first strands of gray hair she thought she'd dye.
- ◆ I didn't like my beard at first. Then it grew on me.
- ◆ Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- ◆ When you get a bladder infection, urine trouble.
- ◆ When chemists die, they barium.
- ◆ I stayed up all night to see where the sun went, and then it dawned on me.
- ◆ I'm reading a book about anti-gravity, I just can't put it down.
- ◆ Those who get too big for their pants will be totally exposed in the end.

Riddles

- a. You find me in December, but not in any other month. What am I?
- b. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
- c. A man is washing windows on the 25th floor of an apartment building. Suddenly, he slips and falls. He has nothing to cushion his fall, and no safety equipment—but he doesn't get hurt. How is this possible?
- d. I am a word that begins with the letter I. If you add the letter A to me, I become a new word with a different meaning, but that sounds exactly the same. What word am I?
- e. I have hundreds of wheels, but move, I do not.
- f. Call me what I am: Call me a lot. What am I?
- g. What rock group consists of four famous men, but none of them sing?
- h. What five-letter word becomes shorter if you add two letters to it?
- i. I have a neck, but no head, and I wear a cap. What am I?
- j. How do you make the number one disappear?
- k. You can break me without touching me, or even seeing me. What am I?

FRANK KEATING
WILL ROGERS
 OUR AMERICAN LEGEND
ILLUSTRATED BY MIKE WIMMER



Will Rogers Famous Sayings

Will Rogers, who died in a 1935 plane crash in Alaska with bush pilot Wiley Post, was one of the Greatest cowboy sages this country has ever known.

Some of his sayings include:

- ◆ Never slap a man who's chewing tobacco.
- ◆ Never kick a cow chip on a hot day.
- ◆ There are two theories to arguing with a woman. Neither works.
- ◆ Never miss a good chance to shut up.
- ◆ Always drink upstream from the herd.
- ◆ If you find yourself in a hole, stop digging.
- ◆ The quickest way to double your money is to fold it and put it back into your pocket.

◆ There are three kinds of men:

The ones that learn by reading.

The few who learn by observation.

The rest of them have to pee on the electric fence and find out for themselves.

◆ Good judgment comes from experience, and a lot of that comes from bad judgment.

◆ If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.

◆ Lettin' the cat outta' the bag is a whole lot easier'n puttin' it back.

◆ Never Squat With Your Spurs On!

ABOUT GROWING OLDER...

First

◆ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second

◆ The older we get, the fewer things seem worth waiting in line for.

Third

◆ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

Fourth

◆ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth

◆ You know you are getting old when everything either dries up or leaks.

Sixth

◆ I don't know how I got over the hill without getting to the top.

Seventh

◆ One of the many things no one tells you about aging is that it's such a nice change from being young.

Eighth

◆ One must wait until evening to see how splendid the day has been.

Ninth

◆ Being young is beautiful, but being old is comfortable and relaxed.

Tenth

◆ Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

And, finally

◆ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.



Keeping Fingers and Toes Warm

Winter's chill can be hard on the fingers and toes as you age, especially if you have arthritis or poor circulation. To maintain warmth and comfort:

- *Encourage circulation* - Wiggle or massage your fingers and toes. Move your arms in a windmill circle or shake your arms and legs.
- *Choose mittens* - Mittens offer more warmth than do gloves. Look for a pair that is insulated with wool or fleece.
- *Double up* - Wear two pairs of socks. For the layer closest to your skin, look for a moisture-wicking fabric. On top, choose a wool or wool-blend sock.
- *Carry hand and foot warmers* - Small charcoal or chemical packs that generate a low level of heat can be placed in your mittens, socks or boots. Battery-powered options also are available.



You'll find warmers of all types in many sporting goods stores.

- *Warm with water* - Soak your hands or feet in warm, not hot, water or place cold hands under running warm water.
- *Try specialty gloves* - Therapeutic gloves designed for people with Raynaud's disease may help.
- *Exercise regularly* - Regular physical activity helps increase blood flow to the body's tissues.
- *Don't smoke* - Smoking narrows the blood vessels, which can restrict circulation.



If the cold is bothersome despite your efforts, talk to your doctor. Let your doctor know if your fingers or toes feel numb or painful, or turn white or blue.

- Health Letter - Mayo Clinic

Pearl Harbor, We Remember

Back in 1941, on the seventh morn of December a tragic day it was, one heavy hearts will always remember

Casualties too many to count and fatalities too great the destruction of naval fleets on that day was the American fate

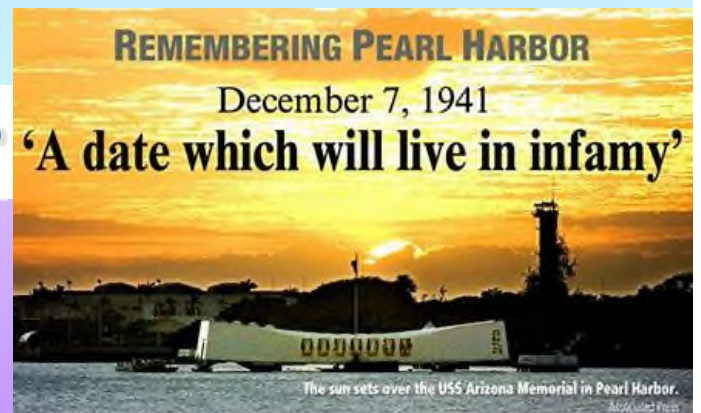
Navy battleships were targeted, aircraft carriers fired upon too American fleets gravely destroyed by the imperial Japanese crew

Tactical attacks like a beast shot from torpedo and fighter planes bombers spitting deadly missiles execution-style, like lasers radiating pain

When the dust settled from plumes by the enemy's war declaration imminent entry into World War II began strategic military configuration

As words resonated from President Roosevelt's famous Infamy speech dismayed and frightened, yet unbounded courage did his message teach

To our heroes who sacrificed their lives in Pearl Harbor that winter day we salute you with honor for united we stand, that's the American way.



- Kym Gordon Moore



SIX SECONDS.

TWO U.S. MARINES.

THE CHOICE THAT SAVED 150 LIVES.

THE 11TH ORDER

"The Last Six Seconds"

On Nov 13, 2010, Lt General John Kelly, USMC, gave a speech to the Semper Fi Society of St. Louis, MO. This was four days after his son, Lt Robert Kelly, USMC, was killed by an IED while on his 3rd Combat tour. During his speech, General Kelly spoke about the dedication and valor of our young men and women who step forward each and every day to protect us.

During the speech, he never mentioned the loss of his own son. He closed the speech with the moving account of the last six seconds in the lives of two young Marines who died with rifles blazing to protect their brother Marines.

"I will leave you with a story about the kind of people they are, about the quality of the steel in their backs, about the kind of dedication they bring to our country while they serve in uniform and forever after as veterans. Two years ago when I was the Commander of all U.S. and Iraqi forces, in fact, the 22 ND of April 2008, two Marine infantry battalions, 1/9 "The Walking Dead," and 2/8 were switching out in Ramadi. One battalion in the closing days of their deployment going home very soon, the other just starting its seven-month combat tour. Two Marines, Corporal Jonathan Yale and Lance Corporal Jordan Haerter, 22 and 20 years old respectively, one from each battalion, were assuming the watch together at the entrance gate of an outpost that contained a makeshift barracks housing 50 Marines. The same broken down ramshackle building was also home to 100 Iraqi police, also my men and our allies in the fight against the terrorists in Ramadi, a city until recently the most dangerous city on earth and owned by Al Qaeda. Yale was a dirt poor mixed-race kid from Virginia with a wife and daughter, and a mother and sister who lived with him and whom he supported as well. He did this on a yearly salary of less than \$23,000.

Haerter, on the other hand, was a middle class white kid from Long Island. They were from two completely different worlds. Had they not joined the Marines they would never have met each other, or understood that multiple Americas exist simultaneously depending on one's race, education level, economic status, and where you might have been born. But they were Marines, combat Marines, forged in the same crucible of Marine training, and because of this bond they were brothers as close, or closer, than if they were born of the same woman.

The mission orders they received from the sergeant squad leader I am sure went something like, "Okay you two clowns, stand this post and let no unauthorized personnel or vehicles pass. You clear?"

I am also sure Yale and Haerter then rolled their eyes and said in unison something like, "Yes Sergeant," with just enough attitude that made the point without saying the words, "No kidding, we know what we're doing." They then relieved two other Marines on watch and took up their post at the entry control point of Joint Security Station Nasser, in the

Sophia section of Ramadi, Al Anbar, Iraq.

A few minutes later a large blue truck turned down the alley way - perhaps 60-70 yards in length, and sped its way through the serpentine of concrete jersey walls. The truck stopped just short of where the two were posted and detonated, killing them both catastrophically. Twenty-four brick masonry houses were damaged or destroyed. A mosque 100 yards away collapsed. The truck's engine came to rest two hundred yards away knocking most of a house down before it stopped. Our explosive experts reckoned the blast was made of 2,000 pounds of explosives. Two died, and because these two young infantrymen didn't have it in their DNA to run from danger, they saved 150 of their Iraqi and American brothers-in-arms.

When I read the situation report about the incident a few hours after it happened I called the regimental commander for details as something about this struck me as different. Marines dying or being seriously wounded is commonplace in combat. We expect Marines regardless of rank or MOS to stand their ground and do their duty, and even die in the process, if that is what the mission takes. But this just seemed different. The regimental commander had just returned from the site and he agreed, but reported that there were no American witnesses to the event - just Iraqi police. I figured if there was any chance of finding out what actually happened and then to decorate the two Marines to acknowledge their bravery, I'd have to do it as a combat award that requires two eye-witnesses and we figured the bureaucrats back in Washington would never buy Iraqi statements. If it had any chance at all, it had to come under the signature of a general officer.



I traveled to Ramadi the next day and spoke individually to a half-dozen Iraqi police all of whom told the same story. The blue truck turned down into the alley and immediately sped up as it made its way through the serpentine. They all said, "We knew immediately what was going on as soon as the two Marines began firing." The Iraqi police then related that some of them also fired, and then to a man, ran for safety just prior to the explosion. All survived. Many were injured, some seriously. One of the Iraqis elaborated and with tears welling up said, "They'd run like any normal man would to save his life." "What he didn't know until then," he said, "And what he learned that very instant, was that Marines are not normal."

Choking past the emotion he said, "Sir, in the name of God, no sane man would have stood there and done what they did. No sane man. They saved us all."

What we didn't know at the time, and only learned a couple of days later after I wrote a summary and submitted both Yale and Haerter for posthumous Navy Crosses, was that one of our security cameras, damaged initially in the blast, recorded some of the suicide attack. It happened exactly as the Iraqis had described it. It took exactly six seconds from when the truck entered the alley until it detonated.

You can watch the last six seconds of their young lives. Putting myself in their heads I supposed it took about a second for the two Marines to separately come to the same conclusion about what was going on once the truck came into their view at the far end of the alley. Exactly no time to talk it over, or call the sergeant to ask what they should do. Only enough time to take half an instant and think about what the sergeant told them to do only a few minutes before, "Let no unauthorized personnel or vehicles pass." The two Marines had about five seconds left to live.

It took maybe another two seconds for them to present their weapons, take aim, and open up. By this time the truck was half-way through the barriers and gaining speed the whole time. Here, the recording shows a number of Iraqi police, some of whom had fired their AKs, now scattering like the normal and rational men they were - some running right past the Marines. They had three seconds left to live.

For about two seconds more, the recording shows the Marines' weapons firing non-stop the truck's windshield exploding into shards of glass as their rounds take it apart and tore in to the body of the (I deleted) who is trying to get past them to kill their

brothers - American and Iraqi-bedded down in the barracks totally unaware of the fact that their lives at that moment depended entirely on two Marines standing their ground.

If they had been aware, they would have known they were safe because two Marines stood between them and a crazed suicide bomber. The recording shows the truck careening to a stop immediately in front of the two Marines. In all of the instantaneous violence Yale and Haerter never hesitated. By all reports and by the recording, they never stepped back. They never even started to step aside. They never even shifted their weight. With their feet spread shoulder width apart, they leaned into the danger, firing as fast as they could work their weapons. They had only one second left to live.

The truck explodes. The camera goes blank. Two young men go to their God. Six seconds. Not enough time to think about their families, their country, their flag, or about their lives or their deaths, but more than enough time for two very brave young men to do their duty into eternity. That is the kind of people who are on watch all over the world tonight - for you.

We Marines believe that God gave America the greatest gift he could bestow to man while he lived on this earth - freedom. We also believe he gave us another gift nearly as precious - our soldiers, sailors, airmen, U S Customs and Border Patrol, Coast Guardsmen, and Marines - to safeguard that gift and guarantee no force on this earth can ever steal it away.

It has been my distinct honor to have been with you here today. Rest assured our America, this experiment in democracy started over two centuries ago, will forever remain the "land of the free and home of the brave" so long as we never run out of tough young Americans who are willing to look beyond their own self-interest and comfortable lives, and go into the darkest and most dangerous places on earth to hunt down, and kill, those who would do us harm.

God Bless America , and SEMPER FIDELIS !"

"No Better Friend, No Worse Enemy, Than A United States Marine, Your Choice."



MARINES


THE FEW - THE PROUD

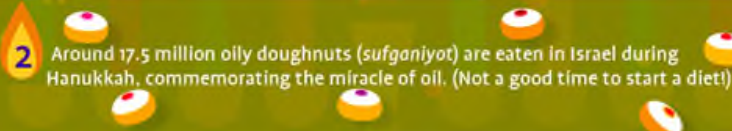
8 Fascinating Facts about Hanukkah

By Aish.com

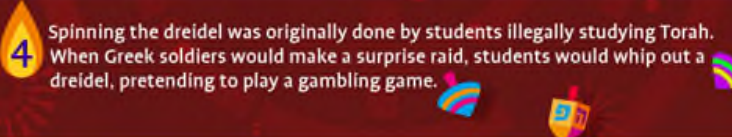



In the 2nd century BCE, the brave Maccabees recaptured the Holy Temple in Jerusalem from the Greeks. The first thing they did was light the golden menorah. They found only one jar of oil, but it burned miraculously for eight days. Today we light a menorah for eight days to recall this miracle, and to be inspired by its message.


1 The war of the Maccabees was the world's first ideological war, fought by a small band of pious Talmudic scholars who engaged in cunning stealth warfare. (In Israel you can visit the caves they hid in!) 


2 Around 17.5 million oily doughnuts (*sufganiyot*) are eaten in Israel during Hanukkah, commemorating the miracle of oil. (Not a good time to start a diet!) 


3 The word Hanukkah means dedication. That's what it takes to launch a war against a superpower, and light a single flask of oil that can't possibly last enough time. With enough dedication and commitment, God creates miracles. **חנוכה**

4 Spinning the dreidel was originally done by students illegally studying Torah. When Greek soldiers would make a surprise raid, students would whip out a dreidel, pretending to play a gambling game. 

5 Hanukkah is celebrated 8 days even though the miracle of the oil was really only 7 (the first day's light shouldn't count – it's natural) to teach us that everything in the 'natural' world is really a miracle caused by God. Nothing happens without Him willing it. 

6 Throughout Hanukkah, each menorah burns through 44 candles, adding one candle each night, plus the "shamash" – the extra helper candle. That's a lot of light to dispel the darkness. 

7 The menorah in the Holy Temple was gold. The Maccabees lit one made out of wood. Your menorah can be made out of any material, any size. You can see a solid gold replica of the menorah right outside Aish HaTorah in Jerusalem. It cost 3 million dollars. 

8 Hanukkah is not the Jewish Christmas. There is no significance to giving gifts during the holiday. But there is a tradition to give gelt (money) to give kids an incentive to learn Torah (Hanukkah also comes from the Hebrew word "hinuch," education). 

For more inspiring wisdom on Hanukkah visit Aish.com/hanukkah



Hanukkah for the year 2019 is celebrated/ observed on sundown of December 22 ending at sundown on Monday, December 30.

Hanukkah is an eight-day Jewish festival with the first day known as Chanukah, Festival of Lights, and Feast of Dedication. In the Jewish calendar, the first day of Hanukkah is on the 25th day of the month of Kislev. In the Gregorian calendar, Hanukkah may occur between late November to late December.

MERRY CHRISTMAS



GOODBYE 2019 HELLO 2020
 CREATE A LIFE YOU LOVE THIS YEAR
Project Love

Trivia

- Ezzard Charles was a world champion in which sport?
- Andy Warhol's 60s exhibition featured cans of which product?
- Who was the first woman to make a solo flight across the Atlantic?
- Which port lies between Puget Sound and Lake Washington?
- In which city were Rotary Clubs set up in 1905?
- Who became US Vice President when Spiro Agnew resigned?
- What claimed the life of singer Kathleen Ferrier?
- In which decade of the 20th century was Billy Crystal born?
- Which George invented the Kodak roll-film camera?
- In which decade of the 20th century was Al Pacino born?
- Which series had the characters Felix Unger and Oscar Madison?
- Who along with Philips developed the CD in the late 70s?
- San Giusto international airport is in which county?
- Where is the multinational Nestle based?
- In the Flintstones what sort of creature was the garbage disposer?
- Do You Know Where You're Going To? was the theme from which film?
- 1969 was the Chinese year of which creature?
- In the 90s how many points have been awarded for finishing second in a Grand Prix?
- Stapleton international airport is in which US state?
- Rita Coolidge sang the title song for which Bond film?
- What was Kevin Kline's first movie?
- Who had a 60s No 1 with Travelin' Man?
- Which actor had a Doberman Pinscher called Kirk?

Answers On Back

Happy Holidays

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

Gifts	Sleigh
Hanukkah	Snow star
Holiday	Toys
Holly	Tree
Kwanzaa	Worship
Lights	Wreath
Mistletoe	
Bells	
Candle	
Cards	
Carol	
Chimney	
Christmas	
Family	



Happening In December

December 6th - Pictures with Santa

- 12/01 - Lillian & Stella Gifts
- 12/09 - Dr. Koble
- 12/10 - Sandy's Creations
- 12/12 - HEDY
- 12/13 - Serendipity FB
- 12/14 - Peter Pan @ Uptown THR
- 12/16 - Dr. Salano
- 12/19 - Christmas Dinner Special Entertainment by Deane Peters
- 12/20 - Elf Dancers
- 12/23 - Mickey Massage Therapy
- 12/24 - Dine Out El Camo
- 12/27 - Christmas Movies
- 12/31 - Birthday Party & New Year's Celebration at 12 p.m.



Decorating Door Contest

December 2nd - December 23rd

Prizes for the best decorated door.

One door from each floor will be a winner!

Doors will be judged the

December 23rd!



Battle of the Bulge

Called “the greatest American battle of the war” by Winston Churchill, the Battle of the Bulge in the Ardennes region of Belgium was Adolf Hitler’s last major offensive in World War II against the Western Front. Hitler’s aim was to split the Allies in their drive toward Germany. The German troops’ failure to divide Britain, France and America with the Ardennes offensive paved the way to victory for the allies.

over 100,000 casualties. The formerly serene, wooded region of Ardennes was hacked into chaos by fighting as the Americans dug in against the German advance at St.-Vith, Elsenborn Ridge, Houffalize and, later, Bastogne, which was defended by the 101st Airborne Division.

“Did you ever see land when a tornado’s come through? Did you ever see trees and stuff, twisted and broken off? The whole friggin’ forest was like that,” said U.S. Army Charlie Sanderson in *My Father’s War: Memories from Our Honored WWII Soldiers*.

Claiming victory of the battle on January 25, 1945, the Allies headed for Berlin. The war ended less than five months later with Germany’s May 7 surrender.

In all, according to the U.S. Department of Defense, 1 million-plus Allied troops, including some 500,000 Americans, fought in the Battle of the Bulge, with approximately 19,000 soldiers killed in action, 47,500 wounded and 23,000-plus missing. About 100,000 Germans were killed, wounded or captured.

Lasting six brutal weeks, from December 16, 1944, to January 25, 1945, the assault, also called the Battle of the Ardennes, took place during frigid weather conditions, with some 30 German divisions attacking battle-fatigued American troops across 85 miles of the densely wooded Ardennes Forest.

As the Germans drove into the Ardennes, the Allied line took on the appearance of a large bulge, giving rise to the battle’s name. The battle proved to be the costliest ever fought by the U.S. Army, which suffered



“The Ardennes campaign of 1944-45 was only one in a series of difficult engagements in the battle for Europe,” wrote John S.D. Eisenhower, in his 1969 book, *The Bitter Woods*. “Nevertheless, it can be said that the Ardennes campaign epitomized them all. For it was here that American and German combat soldiers met in the decisive struggle that broke the back of the Nazi war machine.”

History.com Editors-



A Loss of Appetite in the Elderly

A loss of appetite and changes in appetite are a natural part of aging, but it's still important to make sure seniors are getting enough nutrients. Although it's normal for our appetites to change with age, several different factors can also cause a loss of appetite in the elderly:

- ◆ Lack of energy to cook
- ◆ Lack of interest in food due to changing taste buds, depression or loneliness
- ◆ Loss of appetite due to health conditions
- ◆ Medication side effects

What Should I Be Concerned About?

The aging process brings with it many perceptual, physiological and other changes that can lead to decreased appetite in the elderly, including:

- ◆ A lower metabolic rate and lessened physical activity mean seniors need fewer calories.
- ◆ Changes to the sense of smell and taste can affect the enjoyment of food.
- ◆ Dental problems or gastrointestinal changes (like lactose intolerance) that go along with age can affect the appetite.

However, if your parents or senior

loved ones are making poor food choices because of their changing tastes, or if they aren't getting enough to eat,

then that's cause for concern. Seniors must get the right nutrition for their changing dietary needs because vitamin or nutrient deficiencies can cause significant health problems.

How Can I Stimulate an Appetite in the Elderly?

If you're concerned about a lack of appetite in your elderly loved ones, there are a few practical things you can do to help them get enough nutrition:

1. Be aware of medication side effects.

If the problem is dry mouth, Schwartz says, "Chewing sugarless gum, brushing often or using an oral rinse before meals can improve taste sensation, and ultimately nutrient intake." If meat is tasting "off" — and a common complaint is that some medications make foods taste metallic — then try other sources of protein like dairy or beans. If water doesn't taste right, try adding herbs, or sliced fruits or veggies like lemon or cucumber.

2. Consider using an appetite stimulant.

Some seniors have had success with prescription appetite stimulants. First, though, consult a healthcare provider to make sure it's appropriate.



3. Encourage social meals.

For people of any age, just the prospect of eating alone can reduce appetite. For seniors, accessibility and availability of social contact can be even more of a problem. Schwartz suggests checking out the meal options at senior centers, temples or churches, and community centers, as well as meal "dates" with friends, family or caregivers. Even meal delivery services can help.

4. Increase nutrient density, not portion size.

"I ask caregivers not to increase the volume of food they serve to seniors who may have low appetites," says Schwartz. "Rather, increase the nutrient density of the foods they serve." Don't intimidate them with a huge helping, in other words — but you can often add healthy extra calories in the form of avocado, olive oil or a little peanut butter.

5. Set a regular eating schedule.

"Our bodies tend to thrive off regularity, as do our hunger and thirst signals, so when we stray from our usual patterns, so does our appetite," says Schwartz. She sug-

** Senior Living Blog - A Place for Mom*

Across

3 Present

5 Sound that has rhythm, melody, or harmony produced by voice or instrument

6 Season between autumn and spring

7 Activity of moving the body to music for enjoyment

9 Has shiny green leaves with prickly edges and berries

10 Long handled scoop for digging

12 New Year's

13 Evergreen tree with needle shaped leaves

14 Visible vapor emitted by a burning substance

16 Festival

20 Juice pressed out of apples

21 Instrument that measures time by channeling sand through a narrow opening

Down

1 Hearth

2 Without warmth

4 Tapered spike of ice

8 Hand covering

9 Jewish eight-day festival

10 Freezing rain

11 Twelfth month of the year

15 Day on which ordinary business is suspended

17 Ice crystals formed into flakes

18 African-American festival celebrating family, community, and culture

19 Process of freezing water

Q. What is a hungry snowman's favorite dinnertime treat?

A. An iceburger with extra cheese!



Answers On Back Page

Health Tips

Freshening Bad Breath

Bad breath (halitosis) often stems from bacteria feeding on food particles in the mouth. Fend off bad breath by:

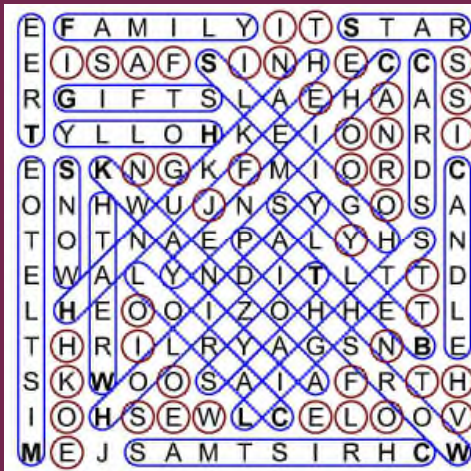
- **Brushing your teeth** - Brush at least twice a day. Consider also brushing after meals. If brushing isn't convenient, swish with water or mouthwash, or chew sugarless gum, to rid your mouth of food particles.
- **Cleaning your tongue** - Odor-causing bacteria thrive on the rough surface on the tongue, particularly at the back. Mucus from postnasal drip also can feed odor-causing bacteria. Use a toothbrush to brush your tongue, or use a tongue scraper. Gargling with mouthwash also may help.
- **Flossing daily** - This removes food particles between your teeth.



- **Drinking enough water or chewing sugarless gum** - Saliva and water wash away food particles that feed bad breath. Talk to your doctor if you have persistent dry mouth, as it can be caused by a number of medications or certain diseases.
- **Watching what you eat, drink and inhale** - Tobacco, garlic, onions, alcohol and coffee cause temporary bad breath.
- **Talking to your dentist or doctor** - Bad breath that doesn't respond to these changes may be related to a dental problem such gum disease or an abscessed tooth. Dry mouth or problems of the sinuses, throat, stomach or lungs may cause bad breath, as may a number of diseases.
- **Brushing your dentures** - Brush before soaking them at night and before putting them back in.

- Health Letter - Mayo Clinic

Answers

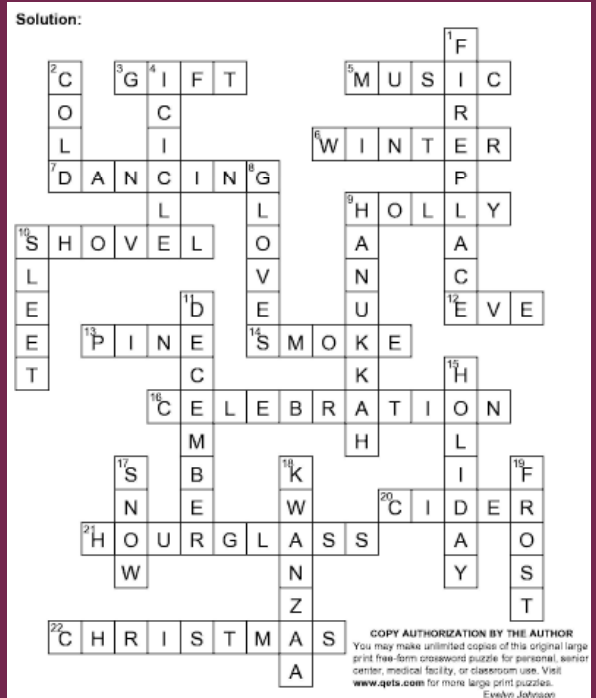


Trivia Answers:

- | | | |
|-------------------|-------------------|--------------------|
| a. Boxing | h. 1940s | r. 6 |
| b. Soup | i. Eastman | s. Colorado |
| c. Amelia Earhart | j. 1940s | t. Octopussy |
| d. Seattle | k. The Odd Couple | u. Sophie's Choice |
| e. Chicago | l. Sony | v. Ricky Nelson |
| f. Gerald Ford | m. Italy | w. William Shatner |
| g. Cancer | n. Switzerland | |
| | o. Buzzard | |
| | p. Mahogany | |
| | q. Rat | |

Riddles:

- | | | |
|--|--------------------------------------|---|
| a. D | e. Call me what I am: Call me a lot. | i. A bottle! |
| b. Candle | f. A parking garage/"lot" | j. A. Add the letter G and then presto—it's Gone! |
| c. He's washing windows inside the building. | g. The faces on Mount Rushmore | k. A. A promise |
| d. Isle (add A to make "Aisle") | h. "Short" (add + "er")! | |



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 Evelyn Johnson