

Close Second in Gingerbread Contest



We were happy with a "close second" place finish in this year's Gingerbread House Contest. Everyone enjoyed the annual holiday event!

BELVEDERE COMMONS

of SENECA

THE CHOICE FOR SENIOR LIVING

515 Benton Street
Seneca, SC 29672

BELVEDERE Happenings



Belvedere Celebrates Texas with Hoe Down!

It's a big state with big ideas and a bigger heart! Join in the fun this month as we celebrate Texas! Among the exciting "Lone Star state" adventures is a lunchtime visit to the **Walhalla Steak House** on Friday, **January 26th**, where you can enjoy your choice of delicious steaks and much more.

Our big **Hoe Down** will take place on Wednesday, **the 31st**, beginning at 12:30 p.m. The Chuckwagon will be serving up some of the finest vittles this side of the Mississippi. Come join the fun and stay for a special Western movie at 7:00 p.m.

Happy New Year

There's no "after the holiday letdown" here at Belvedere Commons. We're just at the start of another great year of activities, events and outings. We'll begin with our **Big Bingo Competition** on Wednesday, **January 3rd**, at 3:00 p.m.

In search of something to do? You can play **Bingo** twice weekly on Mondays and Wednesdays or try **Family Feud** on Fridays. Want to experience the joy our **Cooking Group**? Stop by on Wednesday afternoons. And don't miss the wonderful **Happy Hour** gatherings every Friday afternoon at 3:00.

Looking for spiritual renewal in the new year? We have **Sunday Morning Church** at 9:30 a.m. and **Crossgate Church** at 4:15 p.m. each week right here in the building. You can also participate in **Catholic Mass** on Wednesday, **the 17th**.

We have trips to **Walmart** each Wednesday along with some great Friday lunch outings. This month, work up an appetite and come along to the **Esso Club** on **the 12th** and the **Walhalla Steakhouse** on **the 26th**.

We'll honor the memory of **Dr. Martin Luther King, Jr.**, with a special showing of the movie, **Selma**, on Monday, **the 15th**.

The **Blue Belle** ladies invite you to their monthly **tea** on Monday, **the 29th**. Make a resolution to join this wonderfully active group.

We Were All Dressed Up for the Holidays



JANUARY 2018

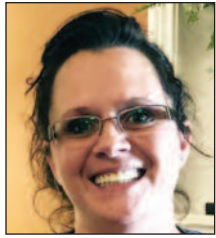
BELVEDERE COMMONS

of SENECA

THE CHOICE FOR SENIOR LIVING

515 Benton Street
(Off Keowee School Road)
Seneca, SC 29672
864.888.4114





Employee of the Month

Leigh Ann Galloway

Med Tech

Congratulations on being recognized for a job well-done!

Volunteer Resolution?

If your New Year's resolution was to be more active in your community, there are many volunteer opportunities available at Belvedere Commons. Whatever your talents, we have a place for you to serve seniors. Contact Donnie Clark at (864) 888-4114.

Wellness Corner

Healthy Eating for Healthy Weight in the New Year

Many seniors will make new year's resolutions as they begin 2018. For some, this will include a promise to themselves to eat better. A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Eat Healthfully and Enjoy It!

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you can't have, try refocusing on all the new foods you can eat:

Fresh fruits—don't think just apples or bananas. All fresh fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure to choose canned varieties of fruit packed in water or in their own juice.

Fresh vegetables—try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried, such as rosemary. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish—just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

Calcium-rich foods—you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

A new twist on an old favorite—if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories—you might be surprised to find you have a new favorite dish!

Do I have to give up my favorite comfort food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balance them out with healthier foods and more physical activity.

Some general tips for comfort foods:

- Consume them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher calorie food is a chocolate bar, have a smaller size or only half a bar. Be careful! This technique works well for some people, but others may find it is too tempting to have their favorite food available, even in smaller amounts.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare it differently. For example, if your macaroni and cheese recipe uses whole milk, butter and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. Look for more ideas on how to cut back on calories in magazines or on the internet.

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

Being consistently healthy in your eating choices is the key. Making the same healthy eating choices over time can lead to better eating habits. By thinking more positively and focusing on what you can have, you'll help yourself establish healthy eating habits.

Source: Centers for Disease Control and Prevention.



From the Executive Director Happy New Year

Happy New Year everyone! As I reflect upon the year that has been and the new year that is upon us, my heart is truly blessed. Belvedere has made a profound, positive impact upon my journey. It is amazing that going to work can bring so much joy. Very simply, thanks to all of you!

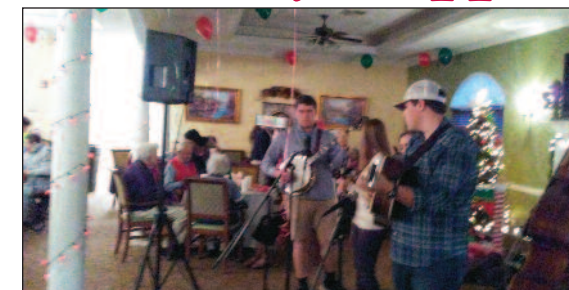
Wow, I will never forget our Christmas gatherings. We had a wonderful Leadership Team meal together where we enjoyed our families dining together. Sandy and I will remember fondly our night out with the Villa residents, and we all will never forget the Residents and Families Party that we celebrated on the 15th. The food, the games and the entertainment brought to each of us the spirit of Christmas. For me, this not only impacted the holiday season but carries me into the new year with a sense of anticipation and hope for a special year.

Every year brings its own joys and obstacles. The beauty of Belvedere and the team we celebrate is that whatever we face, we will face together and with optimism. I fully believe that 2018 will see us at 100% growth across our campus. We will continue to celebrate a "superstar staff," and we will never be complacent or satisfied with accomplishments. We will strive to make every day better than the day before.

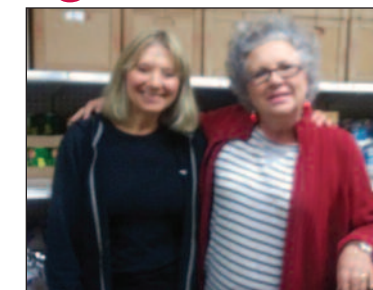
My prayer for each of you is that the new year will bring you that same hope and optimism. I hope your hearts are filled with dreams and possibilities. Make your resolutions daily victories. Have big goals, but win each day. Overcome every obstacle, and don't let the negativity of others hinder your victories. May 2018 be your best ever. Again, Happy New Year!

—Tony Medlin, Executive Director

Holiday Happenings!



The Left Lane Bluegrass group entertained!



Thanks to all who donated to support the "We Care" Food Bank.



January Birthdays

RESIDENTS

Pam Spearman.....4th
Angel Nimmons.....10th

STAFF

Sandra Smith.....12th
Carolyn Cochran21st
Richard Robe.....25th
Kristy Harwell28th

WE HOPE YOU ENJOY A GREAT BIRTHDAY CELEBRATION!



Holiday gatherings are always so sweet!

BELVEDERE COMMONS

of SENECA

THE CHOICE FOR SENIOR LIVING

515 Benton Street
Seneca, SC 29672

For Leasing Information Please Call

864.888.4114

MANAGEMENT TEAM

Tony MedlinExecutive Director
Suzanne Lucas, RNWellness Director
Donnie Clark.....Life Enrichment Director
Debbie Duncan ... Marketing & Sales Director
Nickol BlackBusiness Office Manager
Lisa Rankin.....Food Service Director
Vern CannonMaintenance Director