

January 2016

### UPCOMING HOLIDAY CLOSINGS

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

●New Year's Day,  
Friday, 1/1/2016

●Martin Luther King Jr.  
Day,  
Monday, 1/18/2016

●Good Friday,  
Friday, 3/25/2016

### Top 10 Healthy New Year's Resolutions for Older Adults

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.**  
In later life, you still need healthy foods, but fewer calories. The USDA's MyPyramid for Older Adults ([mypyramid.gov](http://mypyramid.gov)), and your healthcare provider, can help you make good choices.
2. **Take a Multivitamin.**  
Check labels and choose a multivitamin that includes 100% of the "Daily Value" for most vitamins and minerals.
3. **Be active.**  
Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.
4. **See your doctor regularly.**  
You should have a complete physical at least once a year. At each visit, talk to your healthcare provider about all the medications you're taking, and whether you should keep taking them.
5. **Toast with a smaller glass.**  
Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. **Guard against falls.**  
Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.
7. **Give your brain a workout.**  
The more you use it, the better it works. Read, do crosswords, join bridge club.
8. **Quit Smoking.**  
It's never too late to quit. Reduce your chances of other diseases while you're at it.
9. **Speak up when you feel down or anxious.**  
About 1 in 5 older adults suffers from depression or anxiety. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.
10. **Get enough sleep.**  
Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.

*Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.*



#### **CASE MANAGEMENT STAFF CONTACTS :**

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**FBS Holiday Celebration 2015**



On Thursday, December 10th, we had special guests for our 2015 Holiday Celebration! Sponsored by Fort Bend Republican Women, seniors sat on Santa's lap and made their holiday wishes! Delicious food was provided by The Swinging Door restaurant. We loved the interactive musical performance by the McNeill Elementary School Choir and the Sugar Land Baptist Church Choir.



***Wishing you good times, good cheer, and a memorable new year.***



*All of us at Fort Bend Seniors want to wish you a blessed and healthy new year. We hope to see you again in 2016!*

**MEALS SERVED IN NOV**

Home Delivered: 23,213  
 Congregate: 6,500

**CLIENTS SERVED IN NOV**

Home Delivered: 876  
 Congregate: 475

**Transportation Units**

Clients: 204  
 Rides: 3,046

