

# Seniors Industry News

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### Welcome to The Senior Industry News "Together We Make A Difference"

#### This year make a resolution you can stick to.

New Year's Day is about making a fresh start. Instead of resolving to give up something, how about making a commitment this year to "Get More" out of life? Try starting small and pick a resolution or two that really matters to you and that you will actually enjoy sticking to.



The following resolution ideas are not only good for you, but also for the environment and the people around you. Of course you may have your own ideas. We offer these only as a starting point. Above all this year, make a pledge to get more of what matters in life!

**More Memorable Traditions.** Make a box into a time capsule and decorate it with pictures of your hopes and dreams for the years to come. In the time capsule, each person in your family or circle of friends can deposit a journal of New Year's Resolutions and goals they want to accomplish in the next year and reflect on accomplishments for last year.

**More Time.** Slow down to pause and take a moment each day to yourself. Designate one or two nights a week where you turn off the television and make a meal and eat dinner with family or friends.

**More Money.** Recover from holiday spending by making a plan to stay out of debt and stick with it all year long.

Make a plan to increase your savings by setting up a direct deposit from your paycheck to your savings account. You'll quickly adjust to the smaller pay, and your savings will grow year after year.

**More Fun.** Get to know your neighbors by organizing a community potluck dinner traveling from house to house.

**More Adventure.** Let your kids take one weekend a month to try new things or expose them to something they have never tried before. For example, if your teenage son has been begging to go play paint ball, try it together.

**More Good Deeds.** Rack up your good karma points by doing a good deed for someone else (i.e., pay for someone's toll behind you, shovel your neighbors' walkway, or help them with their yard work). You can also volunteer at a homeless shelter or a retirement home throughout the year, when those places need the most help -- not just during the holidays.

**More Nature.** Instead of resolving to go to the gym three times a week, pick one day to go dancing, hiking, skiing, bike riding, or just resolve to spend more time outside.

**More Creative.** Pick something you have never done before and make sure this is the year you do it. For example, try taking Japanese cooking or white water kayaking lessons. Take all of those holiday catalogs and make paper mache bowls as an art project for you and your kids.

**More Fit.** Start your new diet by eating more organic and fair trade foods. Instead of punishing yourself with small portions and restrictions, try focusing on improving the quality of the foods you eat.

**More Organized.** Clean out your closet and organize a clothes swap with friends or donate them to good will.

As final words of encouragement to resolution makers: "Take credit for success when you achieve a resolution, but it is a mistake to blame yourself if you fail. Instead, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed. You do get to try again and can make behavior changes throughout the year, not only at New

Year's."

Happy New Year!



**Find Cheaper Gas Prices Near You!** Click the picture above to find the cheapest gas prices nearest to you.

## Job Openings



**Amedisys Home Health** is growing by leaps and bounds: Recruiting for Psych RN for Eastern Hamilton County , Clermont County , Registered Nurses for Western and Eastern Hamilton County . Physical Therapist- East Side, Occupational Therapist. Competitive pay & benefits [www.amedisys.com](http://www.amedisys.com) Marcia 877-815-4612

### **CNA 3rd SHIFT FT/PT/PRN**

Loveland Health Care Center is currently looking for caring, dedicated Certified Nursing Assistants to become part of our team. We offer great pay, excellent benefits and a generous time off bank. If you are interested, please stop in, call, or send a resume to: Loveland Health Care Center 501 N. Second St Loveland, OH 45140 Phone: 513-605-6019 Fax: 513-683-1936

### **Career Financial Advisor**

Looking for individuals that want to make a career change to become a financial advisor or make a company change. Becoming a Waddell & Reed financial advisor brings an opportunity to pursue and achieve your goals in a way that other companies simply can't match. Ultimately, it is the path, not just the destination that makes all the difference. Waddell & Reed offers you a path with direction. Call Ron Buckley at 513-

985- 9430, ext 112.

[See more up to date job openings here!](#)

Submit Your Job Openings Here

## Industry Announcements



**Wesley Community Services** in June 2006, collaborating with Iams Corporation, started its "Pet Portions" program to provide free dog and cat food to Meals-On-Wheels clients. In many cases, a pet is a senior's only companion. Wesley Community Services found about one in every six of its Meals-On-Wheels clients has a pet. For information, call (513) 661-2777 or go to [www.wesleycs.org](http://www.wesleycs.org).

### **NuevoWealth, LLC**

Here is information that every senior citizen should know about. If you have a life insurance policy that is not needed or too expensive, don't let it lapse! You can sell it in the secondary market for cash above and beyond the cash value. Call Mark or Jenny at (513) 771-2632 at NuevoWealth, LLC for more details or visit our website at [www.nuevowealth.biz](http://www.nuevowealth.biz).

**HealthSouth Northern Kentucky Rehabilitation Hospital** is pioneering the use of a dynamic splint called the Saeboflex for persons with residual weakness in the hand and arm post stroke. For information or a no cost screening call Julie Young, RN, Director of Marketing at (859) 344-4225.

**Lynn Rohr** has just completed her Cliff Jumping certification. The Cliff Jumping Program is a six month course in intentional risk, conscious choice and principles of energy management. A course in actively trusting yourself- coming to the edge of what you know and learning to jump. An inner technology to activate your desire and purpose, to risk for what serves you, and to experience a model for leadership that allows you to contribute naturally, in dynamic balance. Results occur in all areas of life! For more information, please call Lynn Rohr at 513-675-5190.

[Tell us all about your new faces, new ideas, and changes to your business here!](#)

## Events Calendar



### **Health Care Friends Next Meeting:**

Tuesday, January 8, 2008- 8:30 a.m. Hyde Park Health Center,  
4001 Rosslyn Drive, Cincinnati, Ohio 45208

### **Northern Kentucky Rehabilitation Hospital**

PRESENTS "BEHAVIORAL MANAGEMENT OF PAIN"

Presenter: Dr. Joan Simpson Clinical Psychologist with  
Neuroscience & Behavioral Associates Date: Thursday, January  
10, 2008 Time: 12:00-1:00pm Location: HEALTHSOUTH

Rehabilitation Hospital Conference Room To RSVP Call 859-344-4225 1 Hour Nursing  
CEU Available Class 2 Continued Competency Cert Available for therapy

### **Forum on Aging**

Save the Dates!! 22nd Annual Forum on Aging Tuesday & Wednesday, March 4 & 5,  
2008 Sharonville Convention Center Featuring Two Nationally Recognized Speakers  
Karen Good-Taylor's goal as an author, speaker, and songwriter is to make a  
difference in the world as the Song Guru - - a woman of wisdom and compassion who  
uses the power of music to open hearts and minds. She reminds us that we are all  
together in this strange and wondrous journey of life.

Dr. Mike Thomson, a therapist, educator, and author, will deliver an upbeat view of  
life's problems and provide us with skills that are designed to help us save our sanity.  
He will provide a practical talk that will be fun, wild, and crazy.

Registration Fees

1 Day \$75.00

2 Days \$100.00

Total of 10 CEU's for 2 days

For more information call: 513-345-3367

### **The Drake Foundation presents Bob and Lee Woodruff**

April 1, 2008

In January 2006, anchor/reporter Bob Woodruff was wounded in a war zone where he  
sustained a traumatic brain injury from a roadside bomb in Iraq. Bob and his wife Lee  
chronicled their journey to recovery in the best selling memoir In an Instant: A Family's  
Journey of Love and Healing. Join us for a one day symposium including: A town hall  
luncheon at the national Underground Railroad Freedom Center featuring Lee  
Woodruff. A VIP book signing event at the Millennium Hotel An evening address at the  
Millennium Hotel featuring Bob Woodruff For more information or to register on line,  
visit [www. DrakeCenter.com/Woodruff](http://www.DrakeCenter.com/Woodruff) or call The Drake Foundation at 513-418-5970.  
All event proceeds will be dedicated to the treatment, research and programming of  
Traumatic Brain Injury.

### **"COCO THE COLOSSAL COLON**

" IS COMING TO THE TRIHEALTH PAVILION MARCH 13 -16 2008 Please join us at  
this exciting event to help educate the community on preventing colorectal cancer. We  
would also like to invite you or someone you know who has or had colorectal cancer to  
attend our complimentary "Celebration of Life" Survivor Luncheon. WE NEED  
SPONSORS AND VOLUNTEERS! YOU CAN HELP SAVE LIVES! For more  
information contact Donna Pike at Vantage Oncology (513)-254- 9625

## Sunrise of Hamilton

Thursday, January 10th at 6:30 pm is our first Family Support Group open to the public, Information and Support provided to families and caregivers of seniors with Alzheimer's, dementia, or in need of long term care. RSVP: Michele Hiestand -513-893

**See Updated Events ...**

### Fun Stuff!



Eat or be eaten! This is a fun game that will test your hand eye coordination! What is the old saying a bad day of fishing is always better than a good day at work. Well I hope you enjoy this one.

We hope you have enjoyed this issue of the Senior Industry News. If you have any announcements, postings or events, please email them to Kathy Myers, Associate Publisher no later than the 13th of each month. Thank you!!



**Kathy Myers**

## Seniors Guide

email: [kmyers3030@yahoo.com](mailto:kmyers3030@yahoo.com)

phone: (513) 617-3682

web: <http://www.seniorguideonline.com>