



SIERRA POINTE *Living*

January, 2011

How to Stick to Your New Year's Resolutions

By an eHow Contributor

New Year's resolutions can be both troublesome and rewarding. Many people make them, but few make a real commitment to them. Before you put the champagne on ice, spend some time pondering exactly what you hope to achieve in the year ahead and how you plan to do it.

Be very specific about your resolution. Don't say: "I want to lose weight." Do say: "I want to lose 5 pounds a month so that I look hot in my new swimsuit on the fourth of July." Make realistic, measurable goals and write them down. Limit the number of resolutions you make. It's better to do one thing well than several things poorly (or not at all). Post your list in a visible place to serve as a reminder and encouragement to yourself. It will also allow other people to see your resolutions and provide support. If you want to keep your resolutions private, record them in a journal.

Enlist the support of your friends and family. If you're lucky, they'll have similar goals and you can work on your resolutions together. Encourage people to be helpful and supportive. Take action immediately. Make important appointments

with a doctor, dietitian or counselor. Sign up for a gym membership or buy any equipment you need.

Practice new behaviors that encourage success. If you want to stop smoking, don't hang out in smoke-filled bars or casinos. If you want to lose weight, don't bring desserts, junk food, candy or ice cream into the house. Limit your exposure to people who are likely to encourage resolution-breaking. There's a reason parolees aren't allowed to hang out with known criminals—they're a bad influence. Surround yourself with good ones.

Set incremental goals and reward yourself for partial successes. If you're working on saving more of your income, for example, reward yourself with a small splurge at each significant step. Each time you squirrel away another \$1,000, take yourself to a favorite restaurant or get a massage.

Substitute a good habit for the bad one you want to break. If your goal is to eat less junk food, find a healthy food you love. If you want to spend more time with your family, establish a special time during the week when everyone is together.

source: www.ehow.com/how_135341_stick-new-years.html

POINTE *Of* VIEW



"I was among the first residents to move to Sierra Pointe in May of 2000 and I have always

felt comfortable, safe and secure here. It's also important to me that my children feel good about my living here. The staff is always helpful and considerate under any circumstance. This lifestyle has undoubtedly contributed to my happiness!"

~ *Catherine Gagliano*
10 year resident.



Sierra Pointe

Scottsdale's Finest Luxury
Rental Retirement Community

Independent Living

Seven floorplans starting at
\$2,925/month

Assisted Living

Three floorplans starting at
\$3,790/month

CHEF'S Corner

JESSE SARRES



Harvest Grain & Nut Pancakes

Presented is a great hearty recipe for breakfast. Feel free to substitute your favorite nuts in place of the almonds or walnuts.

INGREDIENTS

- 3/4 cup whole wheat flour
- 2 tsp baking soda
- 1 tsp baking powder
- 3/4 tsp salt
- 1 1/2 cups buttermilk
- 1/4 cup vegetable oil
- 1 egg
- 1/4 cup sugar
- 3 Tbsp finely chopped blanched almonds
- 3 Tbsp chopped walnuts

DIRECTIONS

Lightly oil a skillet or griddle, and preheat it to medium heat.

1. Grind the oats in a blender or food processor until fine, like flour.

2. Combine dry ingredients in a medium bowl.

3. In another bowl combine wet ingredients with an electric mixer until smooth.

4. Combine dry ingredients with wet ingredients, add nuts and mix well with mixer.

5. Ladle 1/3 cup of the batter onto the hot skillet and cook the pancakes for 2 to 4 minutes per side or until brown.

Yield 4-8

Should My Parents Move?

If 5 or more of the following statements are true, then it might be time for your parents to move.

- My parents don't ask for help when needed.
- My parents don't travel because they are worried about their home.
- The neighborhood has changed and my parents no longer feel safe.
- My parents fall frequently.
- My parents don't leave the house and complain about it often.
- My parents give money to people they don't know.
- The house is falling apart and my parents don't notice.
- My Mom is extremely thin and frail.
- Daily showers have turned into weekly or monthly showers.
- My parents don't remember to take their medications.
- Mom gets lost going out on errands or returning home.
- Mom is not dressing like she used to. She's wearing mismatched clothes and shoes.
- Mom and Dad can't hear the phone ringing.
- Taking care of Mom and Dad has become overwhelming.

If some of these warning signs are present don't panic. Instead, sit down with your loved one and share your concerns. Develop a plan before it becomes an emergency. Adult children see their mom or dad living alone or losing touch with their peers, so try to present options to loved ones in a positive way so as not to bring pressure.

Seasonal Stay or "Test Drive", Winter Visitors are flocking in!

It's not too late. For as little as \$125/night plus tax you or a loved one can enjoy all the luxury our residents experience everyday. Whether you choose a 1 or 2 bedroom fully furnished apartment you'll receive: gourmet meals, weekly housekeeping, access to exercise facilities, heated swimming pool & Jacuzzi, 20-seat movie theater, library, "chauffeured" transportation and an abundance of social activities! *Requires 60-day minimum lease.*

ACTIVITY HIGHLIGHTS

January 2011

You are cordially invited to join us for any or all of the listed events. Availability on a first-come, first-served basis. For more information or reservations, please call 480-767-9800, ext. 105.

Sunday, January 9th

4:00 p.m.

Pianist Anna Chepikova

Monday, January 24th

3:00 p.m.

Dr. Sheldon Martin

Scottsdale Healthcare

Discusses shoulders, elbows and knees.

For a complete list of January activities go to www.sierrapointe.com and click on "upcoming events".

Sunday, January 23rd

3:00 p.m. on the Sierra Pointe patio

James Reid-Juggler

Amazing juggling act - it's Free!

Monday, January 31st

Bus departs from Sierra Pointe at 11:00 a.m. returning 3:00 p.m.

A Day at the Races.

Turf Paradise Senior Day lunch and racing.

Deadline Monday, January 24th. Cost \$20.00.

Transportation included.

Celebrating the Holidays at Sierra Pointe



Dorothy Biaett and Nat Herring celebrating our holiday activities.



Birthday wishes for Marilyn Bernard from some of the staff.



Swan ice sculpture at Sunday brunch!



A Happy Hanukkah was had by all!



Sierra Pointe's main lobby Christmas tree.



Sierra Pointe

Scottsdale's Finest Luxury
Rental Retirement Community

14500 N. Frank Lloyd Wright Blvd.
Scottsdale, AZ 85260

PRSRT STD
US POSTAGE
PAID
PHOENIX AZ
PERMIT NO.5514



(Loop 101 to Raintree, one mile
east to Frank Lloyd Wright)



14500 N Frank Lloyd Wright Blvd.
480-767-9800

Managed by Sierra Pointe Management, LLC



James Reid-Juggler

Sunday, Jan 23rd at 3:00 p.m.

Join us on the Sierra Pointe Dining Room Patio!



James Reid presents superb comedy juggling entertainment. James has more than twenty-five years of experience amazing audiences across the country. You will be delighted by James' many talents. "His shows are incredible!"