



National Church Residences

QUINBY PARK APARTMENTS

Resident Newsletter

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Jan/Feb/Mar 2016

Crafting Creates Brain Benefits

Whether you're stitching, purling, painting, gluing or carving, crafting not only keeps your hands busy, but science shows it can keep your brain nimble, too. Researchers say activities such as sewing, knitting, scrapbooking and woodworking can protect the brain from age-related damage and decrease the risk of mild cognitive impairment. While crafts may appear to simply provide hobbyists with a creative outlet and enjoyment, scientists assert that crafting is unique in that it can exercise many areas of the brain, including memory, attention span, visual-spatial processing, and problem-solving.

Ongoing Gratitude

January is National Thank You Month, an observance worth celebrating all year. Try expressing genuine gratitude to someone every day. Those two little words pack a lot of power.

The First No. 1 Hit

On Jan. 4, 1936, Billboard magazine published the first music chart, called the Hit Parade. The No. 1 song was "Stop, Look and Listen" by jazz violinist Joe Venuti. Today, there are more than 550 Billboard music charts.

Snack on Pistachios

Eating two ounces of pistachios every day could reduce the risk of lung cancer, say researchers at the University of Texas MD Anderson Cancer Center. The green nuts are rich in gamma-tocopherol, a cancer-fighting antioxidant.



5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for "door."
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.

Comment, Concern or Compliment?

Go to NationalChurchResidences.org and click on "Contact Us." In the drop-down box, choose "Compliments and Concerns." All submissions are confidential and go directly to our headquarters in Ohio.

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'Wheel of Fortune' Fun Facts

The popular TV game show "Wheel of Fortune" debuted on Jan. 6, 1975. Take a spin through the show's history and enjoy these trivia tidbits:

- The original hosts were Chuck Woolery and Susan Stafford. In the early '80s, Pat Sajak and Vanna White took over hosting duties and have been synonymous with the show ever since.
- White has worn more than 6,000 glamorous gowns on the show, but never the same one twice. She doesn't get to keep the dresses.
- The one-of-a-kind wheel weighs 2,400 pounds and contains more than 200 computerized lights that can produce about 2 million different colors.
- There are 24 prize envelopes on the Bonus Wheel.
- Through the years, the prize wedges on the wheel that award money for correctly guessed consonants have risen in value. However, vowels still only cost \$250.
- The most a contestant has ever won on "Wheel of Fortune" was \$1,026,080 (a combined total of cash and prizes).
- The original show only had six puzzle categories. Today there are more than 40.



Flower-Covered Floats

What do flowers, floats and the first day of the year have in common? The three come together annually at the Tournament of Roses, the legendary parade in Pasadena, Calif., that has become a New Year's Day tradition.

Members of Pasadena's Valley Hunt Club organized the first event in 1890 to promote the city and mild California winter

weather to their friends and former neighbors back East and in the Midwest. Entrants in the first parade rode in carriages decorated with hundreds of blooms. Over the years, the event grew in size and popularity.

Today, carriages have given way to motorized, mechanized floats, but every inch of them is required to be decorated with only natural materials; flowers, bark, seeds and leaves can be used. An estimated 18 million flowers alone decorate all the parade's floats.

Each year's parade features about 40 floats, equestrian entries and marching bands.

Your Guide To Movie Awards Season

After months of movie talk, the film awards season reaches its peak in January and February, when many major ceremonies take place. Get your ballots ready with this guide to the glitz and glamour:

Golden Globe Awards. With separate drama and comedy/musical categories as well as awards for achievements in TV, the Golden Globes allow for more nominees, creating a fun, party-like atmosphere of who's who in Hollywood. Members of the Hollywood Foreign Press Association vote for the winners.

Screen Actors Guild Awards. More than 100,000 performers

make up the Screen Actors Guild, the actors' union. The SAG Awards have only been around since 1995, but they are considered by many industry experts to be the best predictor of winners on Oscar night.

Academy Awards. The granddaddy of all film awards, the ceremony for the Academy Awards, or Oscars, is viewed by millions around the world every year. For those in the movie industry, including actors, directors, writers and producers, earning an Oscar is a crowning career achievement. The winners are decided by the Academy of Motion Picture Arts and Sciences, of which there are about 5,700 members.

Celebrating Martin Luther King Jr.

Each January, Americans honor the life and legacy of civil rights leader Martin Luther King Jr., who was born Jan. 15, 1929.

A Baptist minister with degrees in sociology and theology, King and his family were living in Montgomery, Ala., in the 1950s as the civil rights movement was gaining momentum. Following the 1955 arrest of Rosa Parks for refusing to give up her bus seat to a white man, King was chosen by fellow activists to be their spokesman and lead the Montgomery bus boycott.

Inspired by Mohandas Gandhi's method of nonviolent resistance, King co-founded the Southern Christian Leadership Conference in 1957. King traveled the world to give lectures and meet with leaders and activists, spreading the SCLC's mission of achieving full equality for African-Americans through peaceful protests.

In 1963, King helped organize the March on Washington for Jobs and Freedom, a rally attended by more than 200,000 people. It was at this event that King gave his famous "I Have a Dream" speech on the steps of the Lincoln Memorial. Many credit this key moment in civil rights history with influencing the passage of the Civil Rights Act of 1964.



Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Wit & Wisdom

"With the new day comes new strength and new thoughts."
—Eleanor Roosevelt

"Every great advance in science has issued from a new audacity of imagination."
—John Dewey

"True happiness comes from the joy of deeds well done, the zest of creating things new."
—Antoine de Saint-Exupery

"The sun is new each day."
—Heraclitus

"Every now and then a man's mind is stretched by a new idea or sensation, and never shrinks back to its former dimensions."
—Oliver Wendell Holmes Sr.

"If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success."
—John D. Rockefeller

"Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country."
—Anais Nin

"We keep moving forward, opening up new doors and doing new things, because we're curious, and curiosity keeps leading us down new paths."
—Walt Disney

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13		
14					15				16					
17					18				19					
20				21	22				23					
			24					25	26					
27	28	29						30			31	32	33	
34					35						36			
37					38	39					40			
41					42						43			
44					45				46	47				
				48					49					
50	51	52						53				54	55	56
57						58	59			60	61			
62						63				64				
65						66				67				

ACROSS

- Water vapor
- Round: abbr.
- Fraud
- Stadium
- Skating rink
- Yarn
- Stolen
- Punctuation mark
- 23rd letters, flipped
- "Phooey!"
- Ready for battle
- Confused jumble
- Beget
- Toward the land
- Play people
- Auxiliary verb
- Fish-eating mammal
- Fine netting
- Again, in music
- Generosity
- Stop
- Iniquities
- Nautical term
- Actress Susan
- Lean
- Tends the lawn
- Paving substances
- Not bananas
- Saharan transport
- Marriage symbol
- Item for sitters only
- Left high and dry

- Unrestrained
 - Folksinger Seeger
 - Knotty swelling
 - Rub out
 - Bench piece
 - Parts of psyches
 - Less risky
- ## DOWN
- Quench
 - Parking lot-to-airport terminal transport
 - Noises heard when a wimp sees a mouse
 - One: Scot.
 - Way
 - Expenses
 - Burl __
 - Crash into
 - 151
 - Shopper's destination
 - Unruffled
 - African flower
 - On the __; healing
 - Transported
 - Exploit
 - Shape
 - Preservatives
 - Small land surrounded by the ocean
 - Questioned
 - English Channel feeder
 - Conveniently located
 - Like little Shirley Temple

- White poplar
- Stair piece
- Mountain roads
- Coin toss call
- Announce the arrival of
- Word with for or which
- Man's nickname
- Sickly looking
- Formations that are sometimes acute
- Religious principle
- Take __; show partiality
- Bonnets
- Fourth person
- __ Hari
- Make over
- Be idle
- South African fox
- Noble
- .36524 + .63476
- Holiday party offering
- __ pro nobis; pray for us



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