

Alliance

Handshake

January 2016

Our first newsletter of the new year and always a time to thank you for trusting us with your care. We look forward to another year of our relationship with you.

What are your New Year's resolutions for 2016...stop smoking, go on a diet, spend less, save more, cut down on alcohol? It's that time again – the fresh start of a new year and as the cliché goes, a new you. During the first few weeks of January our resolutions start out strong – gyms are packed and refrigerators are stocked with fresh produce and healthy food.

Are you setting your expectations too high or making your goals too big? In this edition of our newsletter we will talk about some simple resolutions that may have the biggest impact on your life.

We are always looking for ways to improve our services so be sure to let us know how we can better meet your

healthcare needs. Our business is built upon many years of listening to you our valued clients. We know you have a choice of who you select to provide your care. We value your trust in Alliance!

-William Van Ry, Owner & CEO

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It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game

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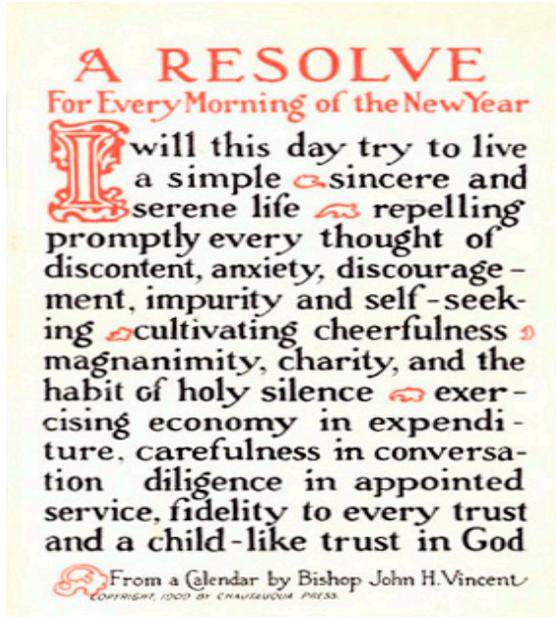
Last issues word: **INFIDELS**

ides	idle	infield	inside
isle	nisei	felid	fend
field	fiend	file	find
fine	finis	fled	flied
flies	deli	diel	dine
elfin	lend	lenis	lens
lied	lief	lien	life
line	self	send	side
sidle	slid	sine	sled
sild	slide	snide	

The average is 24 words. Did you meet or beat this average?

Can you find 38 words within this issue's word **WAYPOINT**?

Early 20th-century New Year's resolution postcards



According to Wikipedia, a New Year's resolution is "a tradition in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people".

The following are examples of some ancient New Year's resolutions:

- Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay debts.
- The Romans began each year by making promises to the god Janus, for whom the month of January is named.
- In the medieval era, knights took the "peacock vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry.

MOST POPULAR 2016 RESOLUTIONS MADE BY 45% OF AMERICANS

To "enjoy life to the fullest" might be a

hard to measure over a year, but a recent survey found this to be the most popular goal among Americans for 2016. Living a healthier lifestyle, losing weight, and spending more time with family and friends were other top answers. Saving more, spending less, and paying down debt were the 5th and 6th most popular. The top goal of people surveyed in Missouri – enjoy life to the fullest, and for those living in Kansas – live a healthier lifestyle.

SIMPLE RESOLUTIONS THAT CAN HAVE A DRAMATIC EFFECT ON YOUR HEALTH & HAPPINESS

I will smile more.



It is a well-known fact that the simple act of smiling can make you happier and healthier, even if

your smile is a forced one. Smiling is contagious – so practice smiling in 2016!

vague New Year's resolution that is a bit
I will create special times with those closest to me.



- If you've started to feel that your life doesn't have the traditions and special moments

that you remember having as a child, it's up to you to start working them in. Some happy moments happen spontaneously, while others require a bit of planning.

I will get more organized.

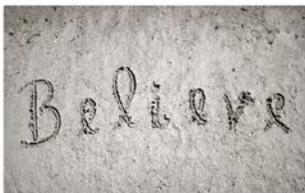
While easier said than done, the mental clarity that comes with a more organized work or home space is priceless!



I will stop getting so mad so easily. If you've got a short fuse you're not helping anyone, especially yourself. This can lead to high blood pressure, undue stress, and fewer friends. Find out what's at the root of your rage and do your best to work it out.



I will start believing in myself.



It can be hard sometimes to play the highlights of your life, when all you can remember is the

your belt and you can start rekindling the faith in yourself that you once had.



I will get a pet. Even though they can be a lot of work, having a dog, cat, or other pet in

the home has been proven to lower blood pressure, and keep you happier more of the time.

I will start a hobby.

You don't even have to know exactly which hobby you want to start, just start something. If



you find out that you don't really like it, you can always switch. If you find that you do like it you can go as far with it as you want to go.



I will go for a daily walk.

This can have positive effects on many aspects of your

life, and aside from the fresh air and health benefits you might find that it's therapeutic in itself, and can serve as a sort of mobile meditation. You don't even have to walk briskly, or along the same route every day

I will eat healthy. It seems like each

year we learn more about just how bad fast food is for the body. If you have resolved to lose



weight or even to get a "six pack", you'll definitely want to drop the fat food habit cold turkey. It can be hard because all of the fat, sugars, and chemical additives make it nearly addictive.

times you screwed things up. Start with smaller goals and put a few wins under

I will schedule personal time.

There is a growing body of evidence suggesting that the most productive people are not actually the busiest but rather those who prioritize their free time – for personal passions, for family, and for activities.

I will stop texting while driving.



This is one of the most dangerous things to emerge in modern civilization. There is NO excuse for

being in a moving vehicle with your eyes facing downward. Treat your vehicle like the potentially lethal weapon it is!

I will get more sleep. Sleep is one of

the most important things you can do for your well-being. Many of us stay up into the wee hours, and wake up before we're fully rested. Try getting to bed early and waking up early.



You will notice that you feel better right away.



I will reconnect with an old friend. It is easier today than ever to find old friends and

strike up new conversations with them. We often drift away from friends. It only takes one to rekindle a friendship and it's good for your health.

I will START! Even if your resolution is to stop doing something, start stopping today. There's no time like the present, because it is always right now.

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