

Red Oak Residence

INDEPENDENT AND ASSISTED LIVING

February 2015

It's All Very Taxing!

It's time to state that Red Oak cannot offer tax advice. That being said, there is some important information that we would like to share.

The Health Insurance Portability and Accountability Act of 1996 (Kennedy-Kassebaum Act), states that the cost of maintenance of personal care services required by an individual who is 1) unable to perform at least two activities of daily living, or 2) who suffers from severe cognitive impairment and requires supervision to protect self and others from threats to health and safety, may be tax deductible. These services, which can include most assisted living, must be part of a plan of care prescribed by a licensed health care practitioner. Obtain a letter for your tax files from the resident physician, prescribing the medical need or care. In many situations, the costs of necessary assisted living services, plus any other un-reimbursed medical costs, that exceeds 10% of adjusted gross income, may be deductible as an itemized medical expense.

Tax laws change frequently, so always consult your tax advisor for a full understanding of how the Health Insurance Portability and Accountability Act may benefit you.

Emergency Contacts

The beginning of the year is a good time to tidy up. Each resident has a list of emergency contacts in the file of people to be notified in case of an emergency. People move, switch jobs and change phone numbers. These changes make your emergency information out-of-date and may even negatively affect your wishes or family. Please be sure to notify the front office when you change doctors or when an emergency contact changes phone numbers. By keeping us up-to-date, Red Oak can meet it's goal of providing fast, accurate information to those who need it.

Walk a Little, Enjoy the Views!

Chances are that you already know that walking is one of the best activities for you. Taking regular walks can help you lose weight, lubricate joints, strengthen muscles and relieve stress. The beautiful weather we've been having lately is a great motivator too! We live in a beautiful valley here with Mt. Si showing awesome views every day.

Another great thing about walking is that you can start right now. You don't need a gym membership or fancy equipment or specialized clothing. All you need is a pair of comfortable shoes and a plan!

Red Oak can help you with that plan. Red Oak's Step Up Program will engage you to mobilize. We offer weekly check-ins, special activities, motivations and prizes! Research shows that people tend to stick with exercise programs that they do with others. Start slow. All walking counts- even if it's just to the mailbox! Soon you'll pick up the pace and even be amazed at your accomplishment.

The 12th Man- a long and loud history of pride and tradition!

The Seahawks were founded in 1976. As the team strengthened, their loud, sold-out crowds became known as the 12th Man. Seattle's fans became known as the loudest in the NFL, so much so that the league instituted a noise rule in 1985. Despite the rule, the 12th Man continued the tradition, giving the Seahawks home field advantage to this day. The Seattle fans had such an impact on the success of the team in the 1980's that Seahawks President Mike McCormack retired the number 12 jersey on December 15, 1984 forever. In 2003, the 12th Man was honored once again, this time with a flag. The tradition of the 12th Man Flag began October 12th, 2003 when 12 original season ticket holders hoisted the flag prior to kick-off. On Sunday, November 27th 2005 in a dramatic overtime victory, the Seahawks defeated the New York Giants who were called for 11 false start penalties and 3 missed field goals, courtesy of the 12th Man's vocal support. Coach Mike Holmgren dedicated the game ball to the 12th Man the following day. The ball, now known as the 12th Man Ball resides in the Wells Fargo Club.

The Seahawks average 2.36 false starts per game when playing in Century Link Field. There's no question the 12th Man leads the way for the Seahawks. In fact, it's quite possible they wouldn't have had an undefeated home record in 2012 without their help. On December 2, 2013, at Century Link Field against the New Orleans Saints, Seahawks fans registered a decibel reading of 137.6, the second loudest recording in the world, when in the 4th quarter, Marshawn Lynch made an astonishing 67 yard touchdown run. He broke half a dozen tackles and put the Seahawks up 41-30 over the Saints. (The decibel level of an aircraft carrier flight deck is about 140!)

Kick-off for Sunday's Superbowl is at 3:30. Come on down to the dining room to join the festivities and join other 12's in making some good noise for our Seahawks!

Research Says Party!

People who have active social lives are 22% less likely to develop serious illness compared to solitary souls. Why? Spending time with friends triggers the production of oxytocin, a calming hormone that cuts stress levels, reduces blood pressure, improves immunity and stabilizes blood sugar. According to Dr. Joseph Maroon, professor of neurosurgery at the University of Pittsburgh, "All of these healthy changes work at the biochemical level to slow the aging of cells and organs."

There are multiple opportunities each day at Red Oak to follow Dr. Maroon's prescription for better health. Discuss current events, gossip over cocoa, dance, exercise, gather for a craft or check out this month's theme related activities on the calendar. Feed your curiosity by learning new things. Check out the calendar on the website, for example or find an on-line course to try. Suggestions? How about: www.redoakresidence.com www.seniorservices.org/sra

Funny!

It's easy to lift someone's spirits- just tell a joke and then let out a big laugh!

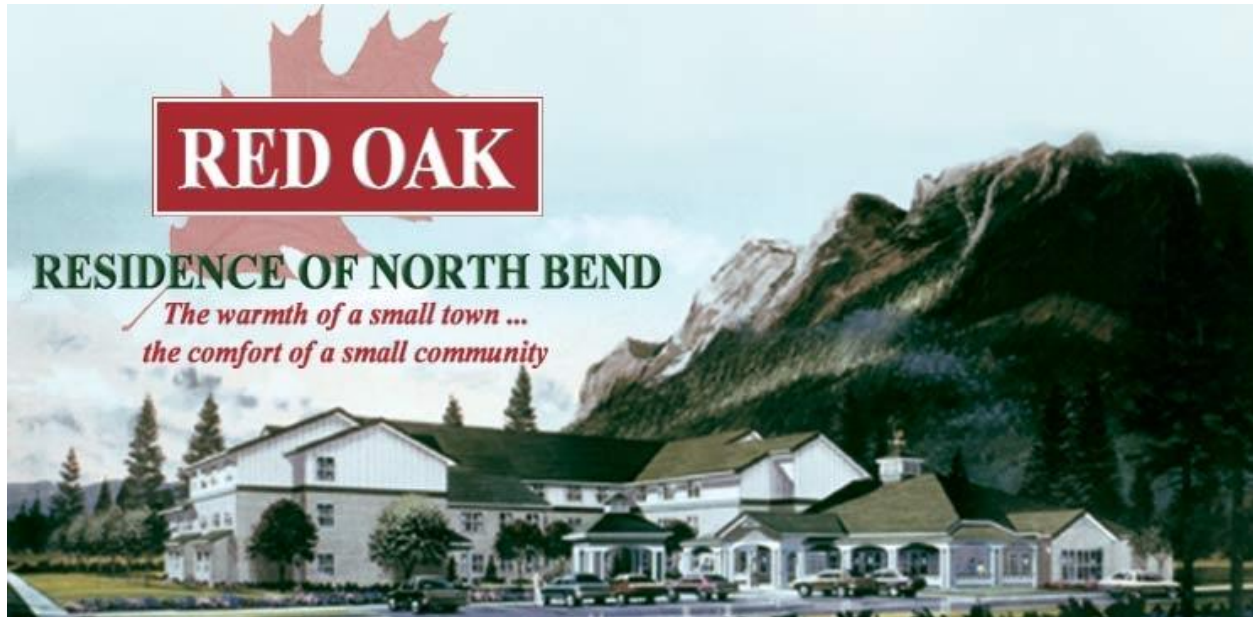
A recent study found that open mouthed vowel sounding laughs such as "hahaha" are contagious, prompting those around you to laugh heartily too! So, you now have permission to laugh at your own jokes! And no, a slight guffaw or smirk will not do! Improve your mood and

your respiratory function by enhancing that twinkle in your eye to a full belly laugh.

There are two cowboys in the kitchen. Which one is the real cowboy? The one on the range!

What do you get from a pampered cow? Spoiled milk!

Want more jokes? Find them at www.jokesclean.com or at pretty much any Red Oak social.



**650 East North Bend Way
North Bend, WA 98045
Office 425-888-7108
Fax 425-831-2344
Office Hours— 9am-5:30pm
Tuesday-Saturday**