

JANUARY NEWSLETTER

ENGAGED AGING LAB

NOVELTY

If New Year's resolutions are more intimidating than inspiring, then we want to introduce you to the Danish term "hygge," pronounced "hue-ga."

Hygge is all about celebrating warmth and togetherness in the midst of winter. You can bring more hygge into your home by piling on the blankets, spending time with the people you love, drinking hot cocoa--whatever activities promote coziness for you. Staying in becomes something to be excited about!

SOCIALIZATION

If you're looking to meet new people, have you tried your local hobby shop? Specialized stores like music stores and craft stores often organize opportunities for their patrons to gather and enjoy a shared interest together. It's a great way to meet new people who will have something special in common with you.

RECENT LAB NEWS

We are very grateful to partner with the First Baptist Church Frankfort to help present monthly Healthy Aging Workshops! December's workshop was all about staying healthy through the holidays. We were joined by Franklin County Healthy Department's Solvej Guthrie who taught us how to keep our plates proportional without sacrificing festive foods. UK Extension agent Maranda Brooks (**right**) also demonstrated how to use drumming as a fun, new way to get your movement in!

CAREGIVER CORNER

Are you caring for a loved one with dementia? Are you interested in participating in research from the comfort of your own home? Please use the link to learn more about our ongoing Person-Environment Fit Research Study!

[Interest Form](#)

SLEEP

A well-rested person is much better equipped to handle all the challenges and celebrate all the joys of a new day. To help you get better rest, we've pulled some key elements from **[this Harvard article on sleep hygiene](#)** to help you create your ideal sleep routine:

1. Leave electronics in another room
2. Use soft lights to help you wind down
3. Keep it cool: 65-68° is the optimal room temp for a goodnight's sleep (with the possible added bonus of lowering your heating bill!)

NUTRITION

Try **[this recipe for ministrone soup](#)** to warm you up on these chilly days!



EXERCISE

One of the best ways to make exercise enjoyable is by pairing it with listening to music you love. Whether you're at the gym or at home, let the music take over! Forget reps, just move to the beat of the music and try to move as much as you can before the next song starts!