Top 10 New Year Resolutions

1. Spend more time with family and friends
2. Exercise and get fit
3. Lose Weight
4. Quit Smoking
5. Enjoy Life more
6. Quit Drinking
7. Get out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

Anita Perkins                                      Jan.1
Evelyn Bussell                                      Jan.3
Chris Page                                          Jan.5
Louise Wells                                        Jan.6
Geneane McGuire                                    Jan.6
Addie Miller                                       Jan.11
Carolyn Owen                                       Jan.13
Leta Pierce                                        Jan.17
Quinton McPherson                                  Jan.17

Don’t forget to check out our new Facebook page and our updated Highland Ridge website.

We would like to welcome Elaine McGuire, Mary Nunn and Hayden Saltsman to Highland Ridge
Resident Spotlight

Our spotlight is on Lisa Riley. She was born in Oregon and lived in California. Her father worked on the pipeline and they traveled with his job. Her parents were Lee and Launa Smith. They moved back to Adair County and she graduated High School at Adair County and from Western with a B.A. in nursing. She married Steve Riley in 1984 and moved to Glasgow. They have 2 boys and a daughter-in-law. They are expecting their first grandson in March. They have Maggie their furry pet. Lisa attends church at Hillview Heights. She loves the people here at Highland Ridge. You can learn so much from the residents and they bring a lot of laughter and fun to everyone.

Our spotlight is on Tom Cole. His parents were Willie D. and Myrtie Francis Cole. He had 2 brothers and 2 sisters. He graduated from Gradyville High School and served in the Navy for 2 years. He married Ann Clark and they had 2 girls and 2 boys, several grandchildren and great grandchildren. He worked in the Automotive Parts business and traveled all over the United States. He also traveled to South Africa. He attended the Methodist Church. His hobbies were golf and traveling. He likes it at Highland Ridge and says the food is great.
Nancy Brown, Ernie and Maylah Ramey passing out stockings filled with goodies to residents

Making Christmas ornaments with Glenda, Pat, and Patti
If I Had My Life To Live Over

Interviews with the elderly and the terminally ill do not report that people have regret for the things they have done but rather people talk about the things they regret not having done.

I'd dare to make more mistakes next time.
I'd relax. I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more chances.
I would take more trips.
I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles but I'd have fewer imaginary ones. You see, I'm one of those people who live sensibly and sanely hour after hour, day after day. Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments. One after another, instead of living so many years ahead of each day.
I've been one of those people who never go anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.
If I had it to do again, I would travel lighter next time.
If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.

Nadine Stair (age 85)
Christmas Party at Highland Ridge

Spirit of Commonwealth Singers

Lisa Riley passing out gifts to the residents

Employees and The McPherson’s Family at the Christmas Party
Chronic obstructive pulmonary disease (COPD) is a life-threatening lung disease that interferes with normal breathing – it is more than a “smoker’s cough”.

WHO estimates that there are 64 million(*) people living with COPD in the world. The exact number is unknown but a study published in 2015 suggests the figure is much higher: the number of COPD cases increased to 384 million in 2010, with a global prevalence of 11.7% (8.4%–15.0%).

In the WHO European Region, this same study estimates that 66 million people live with COPD.

More than 3 million people died of COPD in 2005, which is equal to 5% of all deaths globally that year.

Almost 90% of COPD deaths occur in low- and middle-income countries.

The number of deaths from COPD has increased more than 60% over the last 20 years. **COPD is the only major cause of death whose incidence is on the increase and is expected to be the third leading cause of death worldwide by 2030 (exceeded only by heart diseases and stroke).**

The primary cause of COPD is tobacco smoke (through tobacco use or second-hand smoke).

In Europe 4-10% of adults have COPD.

The total COPD related expenses for outpatient care (= not in hospital) in the EU is approximately € 4,7 billion per year.

Inpatient care (=in hospital) generates costs of €2,9 billion followed by expenses in pharmaceutical of 2,7 billion per year.

The disease now affects men and women almost equally, due in part to increased tobacco use among women in high-income countries.

Total deaths from COPD are projected to increase by more than 30% in the next 10 years without interventions to cut risks, particularly exposure to tobacco smoke.

COPD is the 5th biggest killer worldwide. Every hour COPD is estimated to kill over 250 people worldwide.
Dougie our Elf on the Shelf has arrived. He is named after our very own Doug McPherson.

Dirty Santa
Volunteers

Highland Elementary passed out Christmas cards and sang Christmas songs. There was around 85 students and we enjoyed having them and hope they will come back.

Gethsemane Education Institute
We love Volunteers

Temple Hill Beta Club singing and passing out gifts to residents

Boo and his Santa Clause suite

Name that tune with Laura

A big thanks to Eli and Leah for the great music
Volunteers at Highland Ridge

Glasgow High School Choir

Chamber of Commerce Leaders of the Future

Visits from Saydie and Hannah

Highland receiving award

Christmas with Dennis Devore and Santa Clause
Volunteers

Passing out gifts from Highland Elementary JR. Beta Club

Singing and passing out cards

Karaoke at Highland Ridge

Thanks Hollis and Marian Meredith for the entertainment
Singers from the Avenue Church

Passing out ornaments

Thanks for the beautiful ornaments
Jose, Conny, and Dulce Sanchez

Mary Mother of Jesus Monologue
Spelling Bee

Volunteers

Glasgow Musicale

Nancy Brown Reads Bible

Singers
So these two roaches, Tom and Oscar, are hanging out next to a dumpster enjoying a snack. “Hey Tom” said Oscar to his friend, “You know that restaurant down the block? I went there yesterday to pick up some scraps, and I couldn’t believe how clean it was, I could practically see my reflection through the shiny waxed floor.” “Oscar” hollered Tom spitting the food out of his mouth, “please not while I am eating!!”

Q. What did the lawyer name his daughter? A. Sue.
Q. What time is it when ten elephants are chasing you? A. Ten after one!

Knock, Knock  Who is there? Broken pencil Broken pencil who? Ah never mind. it’s a pointless joke.

Two snowmen are standing next to each other in a yard. One says to the other, “Funny, I smell carrots

Q. What goes up but never goes down? A. Your age.

Q. What’s bigger than you, but doesn’t weigh anything? A. Your shadow.
To: Family and Friends of Highland Ridge

Please join us for our 4th of July celebration!

When: Tuesday, July 4th from 5:00pm to 9:00pm

Where: Highland Ridge Assisted Living
180 Scottie Drive, Glasgow, Ky.

Come & enjoy Barbeque, music, cornhole and games for the kids and lots of fun and fellowship

Live Music Jenny Lu and Chad Duo

Fireworks show will begin at dusk.

Please RSVP with number attending to Lisa Riley at 270-659-2548
Volunteers