



the
WATCH
coalition

Happy New Year!

WELCOME TO 2026!

WE'RE EXCITED FOR A NEW YEAR
AND HOPE YOU'LL HELP US KICK IT
OFF AT OUR JANUARY LUNCH &
MINGLE.

IF YOU HAVEN'T RSVP'D YET,
THERE'S STILL TIME! THE DEADLINE
TO REGISTER IS JANUARY 12TH.

WE CAN'T WAIT TO SEE YOU THERE!

[RSVP HERE!](#)

JANUARY 1, 2026
ISSUE 28

THIS ISSUE:

- JANUARY
COALITON MEETING
- DATES & MEETING
LINK
- SAVE THE DATE &
PROJECTS
- HEALTHY TIPS FOR
THE NEW YEAR
- JANUARY FUN!
- CONTACT
INFORMATION



REMINDER

JANUARY 21ST

**WATCH COALITION MEETING-
IN PERSON ONLY**

FEBRUARY 18TH

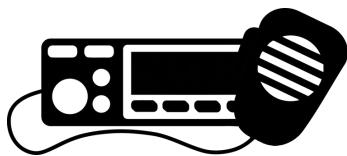
WATCH COALITION MEETING

MARCH 2ND

**MRSE EXERCISE - MORE INFO
TO COME**

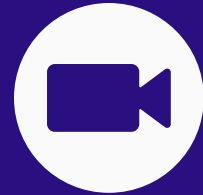
MARCH 18TH

WATCH COALITION MEETING



**IF YOU ARE INTERESTED IN BECOMING
APART OF OUR COMMUNICATIONS
COMMITTEE, PLEASE LET CHRIS WINSHEL
KNOW AT CHRISTOPHER.WINSHEL@WTH.ORG**

*Mark
YOUR
Calendar*



**COALITION
MEETING LINK**

**WHILE WE WOULD LOVE TO
SEE YOU ALL IN PERSON
(804 N. PARKWAY,
JACKSON), WE UNDERSTAND
NOT EVERYONE CAN MAKE IT
TO THE COALITION
MEETINGS. BELOW IS THE
ZOOM LINK TO USE WHEN
LOGGING IN TO THE
MEETING.**

**MEETING ID: 822 4137 2230
PASSCODE: 612238**



MARCH 2, 2026!

MRSE EXERCISE

MORE INFORMATION TO COME!



DO YOU HAVE IDEAS OR PROJECTS IN
MIND FOR THE YEAR AHEAD?

WE'D LOVE TO HEAR WHAT YOU'RE WORKING ON!
ALL PROJECTS SHOULD BE SHAREABLE AND
BENEFICIAL TO COALITION MEMBERS.



Give your brain a workout. The more you use your brain, the better it will work. Read and do crossword puzzles.



Be active!
Physical activity can be safe and healthy for older adults, even if you have a chronic condition. Try tai chi, water aerobics, walking and stretching.

6 HEALTHY NEW YEAR'S RESOLUTIONS FOR OLDER ADULTS



Consider taking a multivitamin. Consult your healthcare provider for the benefits.



Eat at least 5 servings of fruits and vegetables daily.



Schedule an annual Medicare wellness visit with your healthcare provider to discuss health screenings and any important changes in your health. Staying up-to-date on your screenings such as vision and hearing could reduce the chance of a fall.



Get at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up at night.

January

Healthy Resolutions

for a Happy New Year

Be Grateful

Being thankful for even the little things lifts our spirits and helps maintain emotional health.

Practice Random Kindness

As often as possible, do something nice for someone else. While the recipient will appreciate the kindness, the ultimate joy lies with the giver.

Always Eat Breakfast

Breakfast helps kick start our metabolism for the day, and we also get "fuel" to power our bodies for the day ahead.

Dig Deeper

Digging into an interesting topic can help keep the synapses of your brain active and healthy.

Play Games

Boost your brain two ways: with social interaction and fun and by working through game strategies. It's literally a "win-win"—even if you don't actually win.

Get Puzzled

Doing crossword puzzles, sudoku or putting together an actual puzzle helps stimulate the mind and challenge our critical thinking processes to stay sharp!

De-Stress

Taking a few minutes every day to de-stress—in whatever way is best for you—can alleviate a number of harmful chemicals that are caused by stress.

Reduce Sugar Intake

Instead of reaching for a soda or candy, opt for a healthier alternative like a flavored water or fruit snack.

Get Moving

While at least 30 minutes of exercise three or more times a week is best, even adding a few extra steps here and there throughout the day is beneficial.

Eat Your Veggies

Eating fruits and vegetables provides nutrients our bodies can use to help heal itself, provides a natural energy boost and keeps the digestive system functioning properly.



January

JANUARY IS NAMED AFTER JANUS, THE ROMAN GOD OF DOORS AND GATES.

THE FIRST NEW YEAR'S EVE BALL DROP TOOK PLACE IN 1907 IN TIMES SQUARE.

IN ANCIENT ROME, JANUARY WAS THE 11TH MONTH UNTIL 153 BC!

THE FLOWER OF JANUARY IS THE CARNATION, SYMBOLIZING LOVE AND ADMIRATION.

JANUARY'S BIRTHSTONE, THE GARNET, IS SAID TO BRING PEACE AND PROSPERITY.

JANUARY IS THE COLDEST MONTH IN THE NORTHERN HEMISPHERE.

THE FIRST SUPER BOWL WAS PLAYED ON JANUARY 15, 1967.

RIDDLE OF THE MONTH

A WOMAN SHOOTS HER HUSBAND. THEN, SHE HOLDS HIM UNDERWATER FOR OVER 5 MINUTES. FINALLY, SHE HANGS HIM. BUT 5 MINUTES LATER, THEY BOTH GO OUT TOGETHER AND ENJOY A WONDERFUL DINNER TOGETHER. HOW CAN THIS BE?

Contact Us

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LYN TISDALE, TREASURER

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