

New Year's Resolutions for Seniors

New Year's resolutions can be a big undertaking - especially considering how big we often dream. Whether we want to travel the world, learn a new language, or break an old habit, ambitious resolutions can sometimes be difficult to achieve. Rather than trying to make change happen all at once, we encourage you to take each day one step at a time, and make small, deliberate changes wherever you feel they are needed. Provided by HealthinAging.org, here are just a few of the best recommended Healthy New Year's Resolutions for seniors.

Practice healthy eating habits.

Variety is the spice of life – especially when it comes to food. In later life, fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats become especially important, as calorie intake typically needs to be lessened. Collard greens, oranges, carrots and cantaloupes are a great source of nutrition, and chicken and turkey are excellent substitutes for highfat meats. Last but not least, don't forget about the value of calcium and Vitamin D! Yogurt, cheese, and low-fat milks will help you keep your bones strong, your body able, and your confidence in tip-top shape.

Get enough sleep. You might think that you don't need 7-8 hours anymore, but believe it or not, you do! A healthy sleeping pattern is vital for anyone looking to make a positive change – especially seniors. Try to avoid taking naps so that you get plenty of rest come nighttime.

Exercise your brain. An active mind is a healthy mind, so look for any and all opportunities to increase your cognitive reserve! This can take many forms, and is oftentimes achievable through your simple, day-to-day interactions with others. Reminisce with a friend about when

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Happy Birthday!

Residents

1/01	Ray Q.
1/03	Judy A.
1/03	Carol A.
1/07	Rita L.
1/08	Dorothy H.
1/09	Mary Laverne B.
1/10	Deleores Mc.
1/14	George S.
1/15	Thomas B.
1/17	James Mc.
1/21	Barbara K.
1/24	Dorothy S.
1/26	Mildred L.
1/29	Barbara K.
1/30	Bonnie B.

December Servant Leader

Michelle Zielinski, CRCA, has been employed at Blair Ridge Health Campus for over 8 years! Michelle is the proud mother of Zachary (29) and Tiffany (26) and one grandson, Trae (and a granddaughter due in April). Michelle enjoys time with her family and often reminds her coworkers "Go big or go home"!

Live a Dream

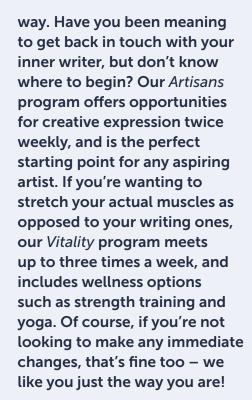
Eileen wanted to have a 90th birthday celebration and meal with her family! They enjoyed a delicious Thanksgiving style meal prepared by Chef Mary Ann! She enjoyed having all of her family in one location.



Happy January, and welcome to a new decade! I'm excited

to be kicking off 2020 with warm memories of holiday celebrations shared with you, and I hope that you're starting to get excited about all that this year will have in store. With everything that we have planned over the course of the coming weeks and months, from Theme Dinners to community outings, to *Live a Dreams and Lifelong Learning* courses, it's safe to say that The Roaring Twenties are back and better than ever.

Around this time of the year, you probably hear people talking about their New Year's resolutions – and more often than not, how difficult it can be to follow through with them. Rest assured, if you have a goal that you want to achieve, a special passion that you want to pursue, or a resolution that needs tending to, we're here to support you every step of the



Executive Director Corner

From everyone on our campus team, we sincerely thank you for joining us for the start of yet another new year. We couldn't be more excited about getting to spend this next chapter of our lives with you, and we hope that you feel the same way.

Yours in Service,

Mike Wray, RN **Executive Director**









WHAT'S BEEN HAPPENING

Residents complete these beautiful fall art pieces! We also celebrated out Veterans with a breakfast!





Out and About

Please remember that with these cold temperatures still upon us, outings may be cancelled or postponed. Also, we must have three residents attend to go on our outings.

Did You Know...?

That you can read the monthly newsletter on-line? Please follow the campus link: www.blairridge.com.

The Private Dining Room and basement can be reserved for parties, meetings and get togethers. Contact Life Enrichment to reserve a room.

Happy Hour is held every Friday at 3:00pm.

Sunday Brunch is on the second Sunday of the month. Please be sure to RSVP by the first Tuesday of the month.





HEALTH CAMPUS A Trilogy Senior Living Community

> 269 Meadowview Drive, Peru, Indiana 765-472-8049 blairridge.com | ♥ f

> > Mike Wray Executive Director

Jen Astrup Director of Health Services Mary Gross Customer Service Representative

Becca Iliff Business Office Manager

Erin Murphy Life Enrichment Director

Jeremy Fisher Director of Plant Operations

Mary Ann Estes Director of Food Services

Nancy James Environmental Services Director

> Angela Diehl Therapy Program Director

Corinne Roland Social Service Director

Stay in the Loop 🛩 f

Keep up with latest campus news and happenings by following us on your favorite social networks!

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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'Resolutions'

you met your spouse, or challenge a staff member to a quick game of cards. Talk to a loved one about their favorite book, then ask them to bring it by so that you can read it for yourself. The possibilities are limitless, which makes this a great and flexible! - goal to work towards.

Speak up when you feel down or anxious. Nobody should have to face their problems alone, and nobody should feel alone in their experiences. Studies have shown that as many as 1 in 5 seniors exhibit signs of depression or anxiety; including feelings of sadness, irritability, guilt, and remorse. If you or someone you know is displaying signs of anxiety or depression, encourage them to open up to family, friends, or a

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member of our team. It can make all the difference.

Dedicate your time towards tackling smaller goals like these, and you will be well on your way towards achieving some of your larger goals for 2020! Of course, if you need help getting started on your New Year's resolution, we will be more than happy to help you. Contact a member of our team today to get started on your goals for this year!



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