



WELLBROOKE  
OF WABASH

*A Trilogy Senior Living Community*

News

January 2020



## 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 high-fat 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

Barbara "Joanne" M.	January 02
Ben S.	January 09
Cynthia C.	January 12
Alan T.	January 18
Virginia L.	January 26
Raymond Q.	January 29



## Executive Director Corner

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 Dream*s 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

way. Have you been meaning to get back in touch with your inner writer, but don't know where to begin? Our *Artisans* program offers opportunities for creative expression twice weekly, and is the perfect starting point for any aspiring artist. If you're wanting to stretch your actual muscles as opposed to your writing ones, our *Vitality* program meets up to three times a week, and includes wellness options such as strength training and yoga. Of course, if you're not looking to make any immediate changes, that's fine too – we like you just the way you are!

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,

*Aaron Vogel*, HFA  
Executive Director

## Volunteer News

Volunteers give the gift of time! Over 3,000 people presently serve as volunteers in Trilogy campuses. Families make great volunteers! Volunteering has many benefits, such as personal satisfaction and new, meaningful friendships. Suggested ways to volunteer include:

- Calling/ assisting with Bingo
- Reading to residents
- Leading an activity or teaching a skill such as knitting or crocheting

If you would like to volunteer, please see Kelsay Winstrom, our Life Enrichment Director.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [WellbrookeOfWabash.com](http://WellbrookeOfWabash.com).

The Gallery can be reserved for birthday parties, family get togethers, etc. when it is not reserved for activities.

Happy Hour is weekly on Fridays at 3:30 pm!

## TASTE OF TOWN

A huge thanks to Subway here in Wabash for making our Taste of the Town such a fun event for all of us! They not only brought us wonderful food but also helped us serve!





# Smile of the Month

We were so excited to unveil our Veterans Honor Wall during our Veterans Day Event. With help from Heartland Hospice, we were able to provide a beautiful ceremony for our resident veterans, veteran spouses, and those veterans who joined us from the community.





# WELLBROOKE OF WABASH

*A Trilogy Senior Living Community*

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Wabash, IN 46992

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wellbrookeofwabash.com |

*Aaron Vogel*  
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*Fawn Updike*  
Director of Health Services

*Angel White*  
Assistant Director of Health Services

*Taylor Oliver*  
Director of Social Services

*Steffany Pegg*  
Business Office Manager

*Patrick Kelly*  
Community Services Representative

*Emily Unger*  
Customer Service Specialist

*Scott Wysong*  
Director of Food Services

*Sally Winters*  
Therapy Program Director

*Patrick Flynn*  
Director of Plant Operations

*Vicci Fincher*  
Director of Environmental Services

*Kelsay Winstrom*  
Life Enrichment Director

## Stay in the Loop

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@trilogybs.com](mailto:comply@trilogybs.com)*

*Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)*

# 'Resolutions'

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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

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!



## Word Search

S	U	H	R	D	M	R	J	F	S	A	H	O	N	R	M	H	E	X
E	N	H	M	E	Z	F	P	R	B	U	W	K	H	N	T	C	H	L
N	G	W	T	D	L	Y	H	D	Y	H	N	L	G	L	N	T	H	E
I	P	J	I	I	L	T	O	W	R	O	O	V	E	E	U	Q	T	L
O	I	C	F	C	L	K	Y	Z	I	F	E	V	I	H	H	A	S	
R	I	W	O	A	Q	N	Y	T	P	H	A	R	V	I	A	V	B	G
S	S	C	E	T	E	J	I	Y	Z	R	E	R	P	Y	B	N	A	J
R	Y	H	C	E	R	B	Q	O	T	P	Z	E	N	F	I	Y	U	F
E	G	X	M	H	M	Y	M	M	X	U	E	S	N	H	T	E	O	G
H	X	Y	X	A	A	N	D	E	O	L	K	O	B	I	S	S	Q	X
L	T	P	H	V	H	L	F	V	S	A	V	L	N	Y	P	Q	F	A
H	Q	G	K	L	M	B	L	G	C	B	F	U	S	P	O	N	X	C
R	M	H	R	R	Y	G	P	E	U	M	T	T	T	N	S	V	V	H
Q	R	W	S	A	U	Q	O	I	N	R	D	I	W	R	I	L	H	I
E	M	Z	M	W	K	N	H	A	O	G	V	O	Z	Q	T	N	I	E
O	F	R	K	I	T	I	R	P	L	B	E	N	D	V	I	L	O	V
T	N	G	P	B	D	H	P	Z	T	S	H	S	P	I	V	J	E	E
S	F	D	M	Y	U	O	I	E	X	E	R	C	I	S	E	Y	I	P
U	K	N	E	W	Y	E	A	R	L	U	J	R	G	V	K	Z	I	Z

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|-----------|------------|-------------|-------------|
| ACHIEVE   | EXERCISE   | HEALTH      | RESOLUTIONS |
| AMBITION  | EXPERIENCE | NEW YEAR    | SENIORS     |
| CHALLENGE | GOALS      | OPPORTUNITY | SLEEP       |
| DEDICATE  | HABITS     | POSITIVE    | TRAVEL      |