



## 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!

Jan. 1st	Sally R.
Jan. 5th	Mary Ann A.
Jan. 15th	Susan F.
Jan. 18th	Thelma L.
Jan. 22nd	Rose C.
Jan. 31st	Jean B.

## Westlake Fitness

Join us in Town Square at 9:30am on Wednesdays and Thursdays for Chair Yoga and Chair Zumba! Classes are led by certified instructors, this is a fun and exciting way to add some movement into your day! We hope to see you there!

## Out and About

We take the residents on outings each week. Assisted Living and Health Campus typically go out on Tuesdays and Thursdays. Legacy goes out on Friday's. It would be helpful to leave money for your loved one in an account at the business office to use for outings. Many of them are free, but sometimes we go shopping or to the museum. Also, we are always looking for volunteers to help us on these outings, so if you are interested or available please let a Life Enrichment team member know.

## Happy Hour

Happy Hour is every Friday at 3pm in Town Square! Come on down and enjoy some entertainment, appetizers, and drinks! We hope to see you there!

## 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* 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,

*Brent Hayes*

Executive Director

## Friendly Visits

Westlake has had some friendly visits from Whitelake Middle School and Lakewood Elementary Girl Scouts. Check out some of our pictures, we had a great time!





## More from Friendly Visits



## Sunday Brunch

This month's brunch will take place on Sunday, January 19th from 11-1pm. Each resident will receive two meal vouchers free of cost, and each additional guest will need to purchase a meal ticket for \$7.00 each. We look forward to you joining us!

## Penny Auction

Join us in Town Square on January 16th for a Penny Auction hosted by Custom Home Health at 2pm! This will be a fun event where residents can win some really great items! So everyone bring your pennies and come have a great time!

## Legacy Corner







WESTLAKE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Director of Dining Services

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Director of Environmental Services

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Therapy Director

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Director of Social Services

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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](mailto:comply@trilogyhs.com)*

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# '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
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ACHIEVE  
AMBITION  
CHALLENGE  
DEDICATE

EXERCISE  
EXPERIENCE  
GOALS  
HABITS

HEALTH  
NEW YEAR  
OPPORTUNITY  
POSITIVE

RESOLUTIONS  
SENIORS  
SLEEP  
TRAVEL