



WOODBIDGE

HEALTH CAMPUS

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

Robert S.	January 10
Anna L.	January 14
Jean M.	January 16
Beverly S.	January 22
Margaret P.	January 25
Ruth S.	January 26
Jodie W.	January 28
Helen P.	January 31

Staff

Sarah P.	January 02
Carla W.	January 03
Vanessa E.	January 10
Jaclyn A.	January 14
Kathleen E.	January 16
Sasha N.	January 16
Cynthia D.	January 24

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 will 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,

Tammy Shirels
Executive Director

Volunteer News

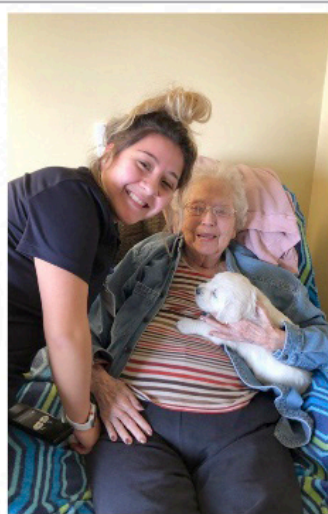
We love our volunteers! We are always looking for ways to enrich the lives of our residents. If you would like to become a volunteer, please visit our Life Enrichment team to discuss the possibilities. Also, when you see our volunteers please thank them for spending their time helping to enrich the lives of our residents.

Photo Highlights

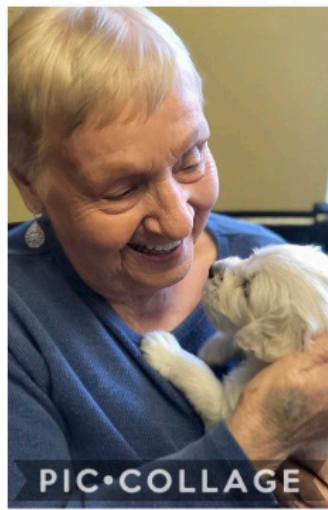


Warren enjoyed talking with boys from the Logansport High School Basketball team.

More Photo Highlights



Margaret enjoyed getting her nails painted by Volunteer Finley



Margaret getting her nails beautified by a volunteer.

The residents and staff here at Woodbridge were so excited to see Therapy Dog Anna Belles Puppies.



These ladies are enjoying playing cards on a cold day in November



Mary E and Chole H enjoyed a game of Yahtzee with the Volunteers from Logansport High School

Sunday Brunch

Please join us for Sunday Brunch on Sunday January 12th at 11:30. Each resident may enjoy 2 complimentary guests. Any additional guests may purchase a meal for an additional \$7.00. Reservations are required. Please stop by or call to reserve your spot today!

Did You Know...?

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

The Private Dining Room can be reserved by calling Allison in Customer Service Specialist.

Happy Hour is weekly at 3:00p.m. on Friday.



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Logansport, IN 46947

574-753-3223

woodbridgehc.com | [Twitter](#) [Facebook](#)

Tammy Shirels
Executive Director

Carrie Reiff
Director of Health Services

Tracy Howdesbell
Assistant Director of Health Services

Jill McMinn
Life Enrichment Director

Jodi Shively
Director of Social Services

Holly Leffert
Therapy Club Director

Brandy Rodabaugh
Community Service Representative

Mike Huffer
Director of Dining Services

Jason Iliff
Director of Plant Services

Donna Foster
Director of Environmental Services

Cindy Clark
Business Office Manager

Holly Leffert
Therapy Club Director

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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*

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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
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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL