



WOODED GLEN
A Trilogy Senior Living Community

Gazette

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

January 06	Ruth J.
January 07	Patty G.
January 09	Hazel R.
January 13	Virginia D.
January 15	Vicky E.
January 26	Gene J.
January 30	Earl F.

Staff

January 06	Cathy B.
January 06	Brittany G.
January 08	Misty F.
January 09	Lisa L.
January 13	Shane S.
January 15	Brandy W.
January 16	Vickie S.
January 24	Amanda H.
January 24	Sarah H.
January 24	Breanna S.
January 28	Garrett H.
January 31	Sara T.



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,

Michael Lacey
Executive Director

Save the Date

January 12 - Brunch
Location: Wooded Glen
Dining Room at 11am-1pm

January 9 - Senior
Executive Club
Location: Wooded Glen AL
Dining Room at 1:30pm

January 15
Happy 2 Year Anniversary
Wooded Glen!!!

Please RSVP if you or family/friend plan to attend any of these events.

Welcome Home!

Wooded Glen would like to welcome all of our new residents! We are honored you chose us to serve you!

THANKSGIVING FEAST

Our Wooded Glen Family and Friends enjoyed our Thanksgiving Feast!



Thanksgiving Buffet



Fruit and Dessert Selections



Daryl at the Wittenberg Football Field

Live a Dream

Wooded Glen arranged a very special evening for Daryl H through our Live A Dream program! Former Wittenberg National Champion and Hall of Honor Alumni was able to spend an evening with the Wittenberg Football team and tour all of the new athletic facilities with family and friends.



Daryl and Coach Fincham



ED Mike, Daryl's Therapy Team, Joel, Tiffany and Nicole and Life Enrichment Director, Beth spent the evening with Daryl on his Live A Dream

Volunteer News

At Wooded Glen, we are working hard to recruit and develop the best Volunteer Program in Clark County!

Some of our existing opportunities include painting nails, leading Bingo, cooking demos, music performances (individually or with a group), lifelong learning programs, etc.

If you are interested in sharing your hobbies and passions with our residents, please contact our Life Enrichment Director, Beth Stumpf.

Did You Know...?

Wooded Glen is now offering Massage Therapy to our residents every Tuesday morning! Please see Life Enrichment Director, Beth Stumpf to schedule.

That you can read the monthly newsletter and calendar on-line. Please follow the campus link, to see at a glance, what is happening at our campus. www.woodedglensl.com

The Private Dining Room can be reserved for special events. Please RSVP in advance to secure your room preference and availability. Reservations are first come, first serve.

Happy Hour is held every Friday. We welcome you to join us for some great appetizers, beverages, fun and fellowship!

The Trilogy Foundation grants "Live a Dream" experiences, to residents wishing to participate in something they have always wanted to try, or to simply relive an activity that they enjoyed in the past. See a member of our Life Enrichment team for more information.



Christmas Crafts

Christmas is in the Air at Wooded Glen! Carols, cider, crafts and trees OH MY!



Out and About

Nancy loved her giant pancake from our recent outing to Clifton Mill!



Pancakes bigger than your head at Clifton Mill!



WOODED GLEN

A Trilogy Senior Living Community

2900 N Bechtle Ave
Springfield, OH 45504
937-342-1460
woodedglensl.com |

Mike Lacey
Executive Director

Kathy Nicewaner, RN
Assistant Director of Health Services

Lindsay Clark
Customer Service Representative

Tana Conley
Business Office Manager

Beth Stumpf, CTRS
Life Enrichment Director

Nate Mason
Director of Food Services

Megan Dungan
Director of Resident Services

Shane Spriggs
Director of Plant Operations

Paula Cain
Environmental Services Director

Amanda Evans, RN
MDS Coordinator

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

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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

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| AMBITION | EXPERIENCE | NEW YEAR | SENIORS |
| CHALLENGE | GOALS | OPPORTUNITY | SLEEP |
| DEDICATE | HABITS | POSITIVE | TRAVEL |