



VALLEY VIEW

HEALTH CAMPUS

A Trilogy Senior Living Community

Venue

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

Kay A.	1/4
Mary F.	1/5
Marilyn B.	1/16
Albert C.	1/20
Evanlee D.	1/28
Carroll P.	1/30

Staff

Keiara D.	1/8
Alexa H.	1/12
Jennifer R.	1/13
Alyssa M.	1/13
Jessica S.	1/16
Robin K.	1/17
Miranda S.	1/20
Tianne H.	1/22



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'll 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,

Jody Patynko, LHNA
Executive Director

Volunteer News

Serving others is our primary function. From our communities to our employees, we work hard to help others. Volunteer today to help others. Volunteer today to help someone experience a better life. Currently we are looking for volunteers to assist with bingo, rosary service, cards, crafts, lunch outings and one on one room visits. To learn more about volunteer opportunities please contact Valley View Health Campus at (419) 332-0357.

Live a Dream

The mission of Live A Dream is to serve seniors to the best of our ability, to embrace their passions, and to give back a little piece of what they have given and continue to give. To learn more about Live A Dream, making wishes come true, please contact a member of our Life Enrichment Department.

Assisted Living Christmas Decorating



Highlights from Taste of Town



Veterans Breakfast



Health Center Outings

Jan. 8 - Lunch Bunch at Bob Evans

Jan. 15 - Lunch Bunch at Peking

Jan. 22 - Lunch Bunch at Legendz

Jan. 29 - Ordering in from Lee's Chicken

Assisted Living Outings

Jan. 2 - Lunch Bunch at A's

Jan. 9 - Lunch Bunch at Golden Corral

Jan. 16 - Lunch Bunch at Pizza Hut

Jan. 23 - Lunch at Subway & Shopping

Sunday Brunch

January 5. Please make sure all reservations are turned in to the Dietary Department with your name, the number attending, and the time you wish to eat.

Taste of Town

January 25 - Breakfast, Paczki's from Ideal Bakery

Themed Dinner

February 20th - First Theme Dinner for 2020! Willy Wonka & The Chocolate Factory. More Details and pictures to come.

Did You Know...?

Did you know that you could read the monthly newsletter online? Please follow the cams link at www.valleyviewwhc.com

The Private Dining Room can be reserved for family gatherings or special meals.

Happy Hour is weekly at 2:30pm and is held in the Main Dining Room. Please join us for appetizers and weekly drink specials.



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1247 N. River Rd.

Fremont, OH 43420

419-332-0357

valleyviewhc.com | [t](#) [f](#)

Rey Nevarez

DVP-North Ohio Division

Jody Patynko

Executive Director

Courtney Lemaitre

Director of Health Services

Robin Knebr

Asst. Dir. of Health Services

Leslie Ryan

Customer Service Director

Emily Mcnett

Customer Service Specialist

Lisa Mathna

Business Office Manager

Heather McDonald

Life Enrichment Director

Amy Opre

Director of Therapy

Marsha Thompson

Director of Social Services

Jim Thrun

Director of Plant Operations

Kylie Ferguson

Director of Food Service

Janice Kadlubowski

MDS Coordinator

Stay in the Loop [t](#) [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'

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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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ACHIEVE

AMBITION

CHALLENGE

DEDICATE

EXERCISE

EXPERIENCE

GOALS

HABITS

HEALTH

NEW YEAR

OPPORTUNITY

POSITIVE

RESOLUTIONS

SENIORS

SLEEP

TRAVEL