



WATERFORD PLACE

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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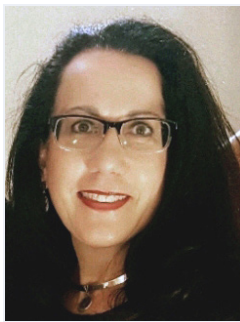
# Happy Birthday!

## Residents

January 12	Marlene F.
January 16	Carolyn M.
January 26	Carmela D.
January 30	Ray A.
January 31	Donna L.
January 31	Mary W.

## Staff

January 01	Alicia N.
January 04	BJ B.
January 04	Sara K.
January 07	Lexi B.
January 11	Angela R.
January 11	Nellie S.
January 12	Adam P.
January 13	Corenna R.
January 20	Angie S.
January 22	Kallie R.
January 26	Angie B.
January 30	Doris L.



## 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.

Sincerely,

*Carol Ward*

Executive Director

## Did You Know...?

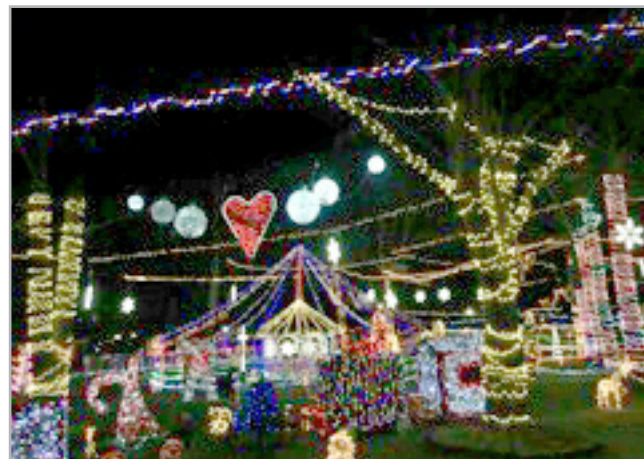
That you can read the monthly newsletter on-line. Please follow the campus link [waterfordplacehc.com](http://waterfordplacehc.com)

The Private Dining Room can be reserved for family gatherings, private dinners, birthday parties etc. Please contact the Life Enrichment team to reserve today!

Happy Hour is every Friday at 3pm, please join us for some live entertainment, drinks, and appetizers!

## HOLIDAY HIGHLIGHTS

We had a wonderful time celebrating the holidays with our residents. Lots of memorable moments were had while traveling the community looking at Christmas lights, making ornaments and sweet holiday treats. Looking forward to making more memories in the New Year!





# MORE HOLIDAY HIGHLIGHTS



## Legacy Spotlight

Welcome January!

A new year means new adventures and more memorable moments with our BFFS. Our staff at the Legacy is dedicated to providing compassionate, person centered care. What better way to do that than knowing our BFF's life story. Life stories can provide important details that will aid caregivers in providing the best care. It allows us to celebrate successes and give comfort in times of need. No one can cheer you up on a down day better than your BFF! Please stop by my office and pick up a life story to complete for your loved.

I hope all of you had a Happy New Year! I look forward to learning everyone's life stories!

Warmest Regards, Amanda

## Volunteer News

Volunteers give the gift of time. Over 3,500 people currently serve as volunteers throughout Trilogy. Volunteering is a great way to build new, meaningful friendships and share your passions with others. Our Life Enrichment team is welcoming volunteers to assist with:

- Sharing a hobby with residents
- Leading an activity or teaching skill you're passionate about (such as crocheting)
- Reading to residents
- Photography for special events
- Transportation
- Visiting with residents
- and more!

If you are interested in volunteering please reach out to the Life Enrichment department!

## Sunday Brunch

Join us January 19th from 11:00am-1:00pm for Sunday Brunch. Please call 765-236-1239 to RSVP by Monday, January 13th.



# WATERFORD PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Kokomo, IN 46901

765-236-1239

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

*Carol Ward*

*Executive Director*

*Rachel Bishir*

*Administrator*

*Angie Sommer*

*Director of Nursing*

*Rita Rasmouni*

*Assistant Director of Nursing*

*Jessica Wiles*

*Customer Service Representative*

*Linda Kendall*

*Business Office Manager*

*Heather Moore*

*Life Enrichment Director*

*Andrew Clark*

*Director of Plant Operations*

*Michelle Taylor*

*Director of Dining Services*

*Chris Myers*

*Director of Environmental Services*

*Amanda Harp*

*Legacy Neighborhood Director*

*Carly Haines*

*Director of Social Services*

## 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by 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

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ACHIEVE  
AMBITION  
CHALLENGE  
DEDICATE

EXERCISE  
EXPERIENCE  
GOALS  
HABITS

HEALTH  
NEW YEAR  
OPPORTUNITY  
POSITIVE

RESOLUTIONS  
SENIORS  
SLEEP  
TRAVEL