



WELLBROOKE
OF CRAWFORDSVILLE

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

Ricky G.	1/5
Stella B.	1/7
Bessie S.	1/9
Chet S.	1/10
Ethel C.	1/21
Joseph S.	1/25
James B.	1/29

Sunday Brunch

Our Sunday Brunch will be January 26. PLEASE RSVP your number of guests to Cheryl at the front desk so that we can accommodate everyone. Just a friendly reminder that each resident is allotted 2 free guests to dine with them. After the 2nd guest, we do ask that each guest is charged the \$7 dining fee.

Upcoming Events

- Health Center Resident Council 1/2
- Assisted Living Resident Council 1/7
- Taste of Town “Buffalo Wild Wings” 1/8
- Calendar Planning Meeting 1/8
- Pet Therapy 1/13 AL & 1/14 HC
- Smartsburg Pickers 1/16
- Sunday Brunch 1/26
- January Birthday Bash 1/29



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,
Deana Jones
Executive Director

Volunteer News

Volunteers give the gift of time. Over 3000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- * Personal Satisfaction
- * Community involvement
- * New, meaningful friendships
- * Developing new skills
- * Utilizing your skills to teach others
- * Visiting with Residents
- * Manicures (nail painting)
- * Leading an activity or skill, such as knitting or crocheting
- * Reading to Residents
- * Helping residents get to and from activities and meals
- * Photography for special events

Suggested ways to volunteer include but are not limited to:

SPECIAL NEWS

What a special day we had honoring our Veterans for their service! After our pinning ceremony, we revealed our honor wall to thank our Veterans and their families for their service! Once again, thank you for serving our country!!!!



Message From Life Enrichment



As always we want to know how we can best serve the social, cognitive and physical needs

of your loved one. You can always call and ask for Sheila Hale in the Life Enrichment Department at (765) 362-9122. We love to hear Compliments, questions, suggestions and concerns about the program we provide. We are so blessed, and I want to thank each of you for the opportunity to care for your loved one. As always, I am here to serve. Please continue to share your comments, suggestions and concerns, to assist us in our commitment to compassionate care.

Sheila Hale,
Life Enrichment Director



Physical Activity Program

Residents are encouraged to participate in physical hobbies at our campus at least three times per week. A number of classes and clubs are available such as strength training, dancing, walking clubs, and other fun physical activities such as our Balloon Volley ball.



Did You Know...?

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

The Private Dining Room can be reserved for Birthday Parties, Private family gatherings, or parties. Please see our Guest Relations, Cheryl Portwood, to reserve and for further information.

Happy Hour is weekly on Friday's at 3:00 in the pub with Music & appetizers served!!



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wellbrookeofcrawfordsville.com



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Business Office Manager

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Community Service Representative

Matthew Roe
Director of Plant Operations

Judy Everly
Environmental Services Director

Danielle Subert
Rehabilitation Program Director

Megan Jones
Business Office Assistant

Melissa Myers
Social Services Director

Robin York
Director of Dining Services

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

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