



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

Rogene F.	Jan. 08
Betty M.	Jan. 09
Rosalie N.	Jan. 13
Robert R.	Jan. 20
Doug L.	Jan. 29

Staff

Becky C.	Jan. 11
Sharlynn R.	Jan. 12
Michael R.	Jan. 16
Amanda F.	Jan. 21
Morgan P.	Jan. 26
Bree S.	Jan. 29

Taste of Town

Each month CCHC selects a restaurant or caterer to bring a special treat to the residents. This month's Taste of the Town will be First Wok. Residents will be served this special meal during lunch on Friday, January 03.

Sunday Brunch

Please join us Sunday, January 12 from 11:00am-1:00pm for a buffet. All family members and friends are invited to attend every second Sunday of the month! Each resident is allowed two complimentary guests; additional guests will be charged \$7. Our reservation policy for brunch is that any resident or family member can call to reserve a room or table for their group. We ask that a time of 11am-12pm or 12pm-1pm by chosen for reservations. Please call the campus one week prior to make reservations.



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 Dreams 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,
Nikki Griffith
Executive Director

Christmas at the Campus

We had a great turnout this year for our Annual Christmas at the Campus! Our residents, families, and community members enjoyed seeing some of the same vendors as years past, but also all of the new vendors we received this year. Many of our residents were able to get a jump start on their Christmas list for their families and friends! Thank you to everyone who made this event a great success!



Town Square had a lot of activity!



More and more vendors.

More from...Christmas at the Campus



Gail A. shopping for some christmas gifts.



Lots of shoppers looking around at all the goodies.



Shila K. and Harold C. making a pretty ornament!

LEGACY LANE SPOTLIGHT

Last month, our residents had a great time making Christmas ornaments with thier BFF, Shila! Shila was a student intern with us from Indiana State University. She enjoyed her time with our Legacy residents so much that she developed her final project for them. Together they made antique-like ornaments for their resident tree. The tree turned out beautiful and received many compliments during the Christmas season.



What a beautiful tree decorated by all of our friends!



Connie W. made a purple glittery ornament!



Bob D. and Shila K. having fun while making some more ornaments!



COBBLESTONE CROSSINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

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Jessica Bailey
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Jennifer Roberts
Customer Service Representative

Erin Campbell
Business Office Manager

Bree Sparks
Life Enrichment Director

Kim Palmer
Director of Resident Services

Brad Elder
Director of Plant Operations

Terrie Pine
Director of Dining Services

Jamie Couthen
Environmental Services Director

Addison Pearson
Therapy Program Director

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@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
E	N	H	M	E	Z	F	P	R	B	U	W	K	H	N	T	C	H	L
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ACHIEVE	EXERCISE	HEALTH	RESOLUTIONS
AMBITION	EXPERIENCE	NEW YEAR	SENIORS
CHALLENGE	GOALS	OPPORTUNITY	SLEEP
DEDICATE	HABITS	POSITIVE	TRAVEL