



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

...continued on back page

Happy Birthday!

Residents

Ed H.	1/31
Dorothy B.	1/20
Hattie K.	1/26

Staff

Donna G.	1/07
Eveline K.	1/11
Mary S.	1/11
Nikki M.	1/13
Kerri E.	1/14
Mattlyn K.	1/24

Welcome to Covered Bridge!

Residents

Carl Z.	Carol E.
Patricia H.	Richard S.
Larry E.	Carolyn D.
Irvin R.	William B.
Patricia S.	Craig F.
Evelyn B.	

Staff

Tracy H.	Jessica S.
----------	------------



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,
Angela Short
Executive Director

Sunday Brunch

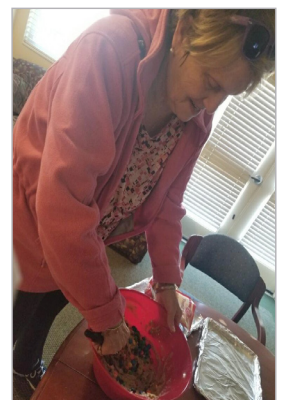
Our January Brunch will be January 19th. Please RSVP by Thursday January 16th.

Did You Know...?

That you can read the monthly newsletter AND our monthly calendar of activities on-line. Please follow the campus link: www.coveredbridgehc.com

Legacy Lane Spotlight

Our ladies in Legacy love making cookies!



Thanksgiving Shanagins

This Thanksgiving we had some fun. Watching the Macy's Parade, Playing Thanksgiving Jingo, Taking silly pictures, and much more.



Veteran's Day

This year we created a Veteran's Wall to celebrate each of our long term veterans. We had a little social and introduced our veterans. We then took them to the hallway and sat them in a chair and unveiled their wall. The gentlemen were touched. Some shed tears, some told stories, but all truly appreciated it.



Live a Dream

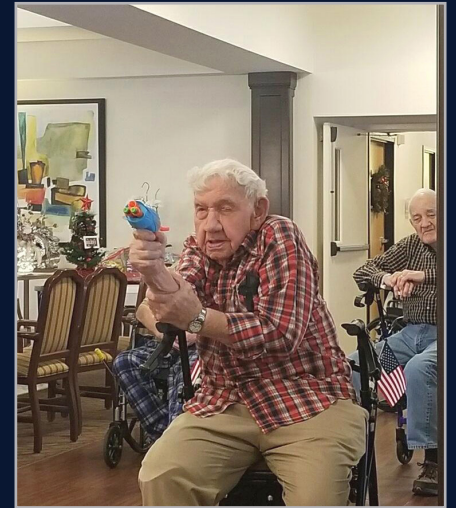
A resident's wishes and lifelong dreams are as unique as they are. Living out those dreams keeps us young and full of life. That is why we try to grant the wishes and dreams of our residents every chance we get. In addition, because of the generous support of our campus team members and through partnerships with local businesses and the Trilogy Foundation, our campus is a place where dreams come true. Do you know of a wish that we can grant for a resident? Please see a member of the Life Enrichment team for details!

Follow Us

Please follow us on Social Media to see all of the amazing things we are doing here at the campus!!! Follow us on Twitter @CoveredBridgeHC and on Facebook! Here you can see our up and coming event and daily activities of our residents and much more!!

Happy Hour

Happy Hour is every Friday from 3-4pm. You are welcome to come join your loved one for food, music, games, and more!





COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

1675 W. Tipton Street

Seymour, IN 47274

812-523-6405

coveredbridgehc.com |

Angie Short
Executive Director

Alexa Ulrey, RB, BC/BSN
Director of Health Services

Missy Robinson
Assistant Director of Health Services

Marsha Rieckers
Community Service Representative

Mike Craig
Business Office Manager

TBD
Life Enrichment Director

Erika Muhlbach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Christy Murphy
Legacy Lane 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@trilogyhs.com

Newsletter Production by PorterOneDesign.com

'Resolutions'

...continued from cover

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
N	G	W	T	D	L	Y	H	D	Y	H	N	L	G	L	N	T	H	E
I	P	J	I	I	L	T	O	W	R	O	O	V	E	E	U	Q	T	L
O	I	C	F	C	L	K	Y	Z	I	F	E	V	I	H	H	H	A	S
R	I	W	O	A	Q	N	Y	T	P	H	A	R	V	I	A	V	B	G
S	S	C	E	T	E	J	I	Y	Z	R	E	R	P	Y	B	N	A	J
R	Y	H	C	E	R	B	Q	O	T	P	Z	E	N	F	I	Y	U	F
E	G	X	M	H	M	Y	M	M	X	U	E	S	N	H	T	E	O	G
H	X	Y	X	A	A	N	D	E	O	L	K	O	B	I	S	S	Q	X
L	T	P	H	V	H	L	F	V	S	A	V	L	N	Y	P	Q	F	A
H	Q	G	K	L	M	B	L	G	C	B	F	U	S	P	O	N	X	C
R	M	H	R	R	Y	G	P	E	U	M	T	T	T	N	S	V	V	H
Q	R	W	S	A	U	Q	O	I	N	R	D	I	W	R	I	L	H	I
E	M	Z	M	W	K	N	H	A	O	G	V	O	Z	Q	T	N	I	E
O	F	R	K	I	T	I	R	P	L	B	E	N	D	V	I	L	O	V
T	N	G	P	B	D	H	P	Z	T	S	H	S	P	I	V	J	E	E
S	F	D	M	Y	U	O	I	E	X	E	R	C	I	S	E	Y	I	P
U	K	N	E	W	Y	E	A	R	L	U	J	R	G	V	K	Z	I	Z

- | | | | |
|-----------|------------|-------------|-------------|
| ACHIEVE | EXERCISE | HEALTH | RESOLUTIONS |
| AMBITION | EXPERIENCE | NEW YEAR | SENIORS |
| CHALLENGE | GOALS | OPPORTUNITY | SLEEP |
| DEDICATE | HABITS | POSITIVE | TRAVEL |