



CREASY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

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

1/11	Gordon H.
1/17	Peggy B.
1/22	Helen L.
1/22	Margaret P.
1/23	Eleanor C.
1/23	Gladys H.
1/26	Harry M.
1/31	Theresa M.

Staff

1/1	Amanda S.
1/1	Alisha M.
1/3	Dee S.
1/4	Sheyanne W.
1/7	Lora T.
1/11	Kerry S.
1/11	Joan B.
1/12	Debra S.
1/16	Summer D.
1/18	Elizabeth D.
1/19	Stacy S.
1/19	Hunter F.
1/20	Beth G.



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,

Justin Rife

Executive Director

Volunteers

Volunteers give the gift of time. Over 3,000 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

Suggested ways to volunteer include but are not limited to

- Manicures (nail painting)
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

Special Events

- 1/8 St. Mary Cathedral Tour
- 1/15 Lunch at Culvers
- 1/22 Lunch at Applebees
- 1/29 Walmart

- Friday drives:
Legacy at 10:30 AM
1/3, 1/17, 1/31
Main building at 1:30 PM
1/3 1/10, 1/17. 1/24, 1/31

Photo Highlights



Barb decorating the Christmas Tree



Margaret and Lonnie enjoying theme dinner



Music Therapy with our favorite Mea!



Our group at the Myers Dinner Theater



Mary's sister came all the way from Fort Wayne



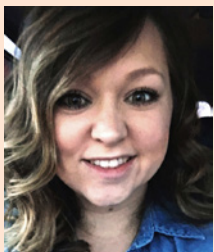
Veterans Day Program



Kids from the Mom_s group making Christmas Trees



Ralph and Lenora at the Myers Dinner Theater



A Note from Linsey

Happy New Year! I hope everyone had a wonderful Christmas with their families and brought in

the new year on a good note. How exciting is it that we get another year to make lots of memories and possibly some new friends. We would love to grow our volunteer base in 2020. If you have a servant's heart and would be interested in giving some of your time we would absolutely love to have you join our family. This year we want to make our activity department a "10". We cannot do this without the help of all of you. Please share your ideas with us in our monthly

inspired living committee and/or resident council. Let us know how we can meet your needs. Also, if you have any ideas for new outings we are always looking for a new adventure to take. Thank you all for a great 2019 and here's to an amazing 2020!

As always, I am here to serve you. Please continue to share your comments, suggestions and concerns, to assist us in our commitment to compassionate care.

Compassionately committed since 2012

Linsey Condo,
Life Enrichment Director

Live A Dream

We pride ourselves in ensuring we put full effort in helping our residents live out their dreams. If you have a dream (big or small), maybe something you've already done but dream to do again, please see me, Linsey Condo, Life Enrichment Director. Let me help you make that dream come true!

Living Arts

Art Walk will be on January 22nd at 6:30 PM in the Town Square.

Family Night

1/22- Art Walk. Come check out all of our paintings, crafts, and quilting we have done throughout the year!

Sunday Brunch

January 12th. Please RSVP by January 7th. The first two guests are free, after that they are \$10 a ticket. Call the campus at 765-447-6600 and make your reservations.

Themed Dinner

February 20th- Willy Wonka

Taste of Town

1/29

Mass

Mass is always the second and the fourth Friday of the month.

- 1/10

- 1/24



CREASY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

1750 S. Creasy Lane

Lafayette, IN 47905

765-447-6600

creasyspringshc.com |

Justin Rife
Executive Director

Summer Day
Director of Health Services

Angela Poole
Business Office Manager

Linsey Condo
Life Enrichment Director

Gregory Peterson
Director of Plant Operations

Tammy Taylor-Walden
Director of Therapy

Jodi Hollingsworth
Director of Food Services

Beth George
Social Service Director

Amy Barnett
Environmental Services Director

Nancy Crowder
MDS Coordinator

Debbie Sanders
Legacy Neighborhood Manager

Kathy Hyman
Villa Lifestyle 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

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 |