



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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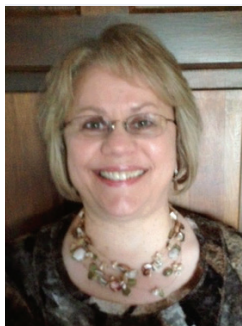
Happy Birthday!

Residents

01/01	Norma T.
01/07	Bob R.
01/11	Marilyn R.
11/16	June M.
11/20	Liz P.
01/22	Elaine J.
01/27	Betty M.

Staff

01/02	Karen P.
01/04	Jessi W.
01/05	Michelle C.
01/09	Bonnie S.
01/11	Alyssa B.
01/13	Leah D.
01/14	John A.
01/14	Kailynn B.
01/15	Sara H.
01/19	Becky B.
01/25	Aileen P.
01/27	Megan L.
01/27	Rebecca L.
01/29	Jayden M.



Executive Director Corner

Happy New Year! Wow... time has truly flown

by this year! At the end of December, we completed our annual Hope for the Holidays fundraiser supporting St. James Lutheran Food Pantry. We also supported Salvation Army with our Angel Tree donations. Thank you to each of you who participated in our fundraising events and helped us reach our goal. Without your support our success would not

be possible! It has truly been a pleasure serving each of you in 2019. We count that a privilege and thank you for entrusting us with the care of your loved ones! We are excited about the opportunities and adventures that 2020 has in store as we make more memories that can be cherished for years to come.

Wishing each of you a safe, healthy and happy January!

Gail Baldwin

Executive Director

Photo Highlights



Trip to Galema's Greenhouse



Thank you ornaments for Veterans

Special Outings

- 01/08 Scenic Drive
- 01/13 IHOP
- 01/20 Menards
- 01/22 Scenic Drive

Upcoming Special Events

- 02/16 Family Event: Holding Hands Forever
- 02/20 Theme Dinner: Willy Wonka and The Chocolate Factory

More... Photo Highlights



Our annual bowling and pizza outing!



Veteran's Day



A Note from Erin



Welcome 2020!
With the new year comes new and even more exciting activities! We have a lot of great activities

that are staying the same for the 2020 year, but here are some exciting changes that you will see starting January first!

Bingo - Mondays, Wednesdays and Thursdays at 2:30pm

Happy Hour - Fridays at 3:00pm

Artful Connections - First Saturday of the month at 9:00am, Every other month

Bible Study with Jeff and Cathy - Tuesdays at 10:30am

Men's Group - 1st and 3rd Fridays at 10:30am

Knitting Club - 2nd and 4th Fridays at 10:30am

Art Class - Fridays at 1:30pm

JAM Session - Tuesdays at 3:00pm

Please check out the activities calendars for updated activities and Life Share for any changes to the calendar.

I hope everyone has a blessed year!

Erin Hoon,

Life Enrichment Director



CUMBERLAND POINTE

HEALTH CAMPUS

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West Lafayette, IN 47906

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Meghan Stillabower
Director of Social Services

Sean Booher
Director of Plant Operations

Megan Hall
Director of Food Services

Karen Poe
Environmental Services Supervisor

Sara Hardesty
Assisted Living 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*

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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

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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL