



FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

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

Dickie C.	Jan 5
Betty M.	Jan 5
Jacob A.	Jan 13
James F.	Jan 15
Kallie O.	Jan 26
Jean D.	Jan 28
Mary M.	Jan 29

## Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunches, the second Sunday of every month. Each resident can invite up to two guests free of charge. Additional tickets may be purchased for \$10 at the business office or the day of brunch from a staff member. If you anticipate bringing a large group, reservations are accepted up to three days in advance. *Come join us for a delicious meal!*

## Live a Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through the wonderful program. Also, we are a part of the Honor Flight! If you are a Veteran and would like to take part in the Honor Flight please make us aware so we can get you signed up. Please let our Life enrichment Director know if your loved one has expressed a wish and we will do our best to make that come true!



## 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,

Sincerely,

*Matthew Jones*  
Executive Director



*Family Night Dinner!*

## Photo Highlights



## More from... Photo Highlights



*CC built a snowman!*



*Look what Sarah made in Rehab!*



*We are so proud of our Veterans Wall!*

## Taste of the Town

Taste of Town is an opportunity on the third Wednesday of each month for our residents to “Eat Out” without the hassles of leaving the building! Residents are encouraged to provide their feedback to our chef during Chefs Circle. Residents preferences will determine the restaurant we will host at our campus for the month.

## Volunteers Needed

Forest Springs strives to make all of our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We ask for just one hour per week/ per month to make a difference in their lives. Please contact: Becky Dunaway, Life Enrichment Director.

## Happy New Year!

As this New Year approaches find inspiration around you, and motivation within you, to be all that you can be.” – Kate Summers

## Smile of the Month: Shirley S.





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forestspringshc.com |  

*Matthew Jones*  
*Executive Director*

*Brandon Campbell*  
*Director of Post-Acute*

*La'Keisha James*  
*Assistant Director of Post-Acute*

*Denise Bivens*  
*Director of Assisted Living*

*Kelsey Strader*  
*Community Services Representative*

*Taelor Adams*  
*Customer Service Specialist*

*Julie Cash*  
*Business Office Manager*

*Becky Dunaway*  
*Life Enrichment Director*

*Keith Dobson*  
*Director of Plant Operations*

*Nicholas Booker*  
*Director of Food Services*

*Taylor Bruderle*  
*Director of Environmental Services*

*Taelor Adams*  
*Villa Lifestyle Director*

*Jennifer Alvarez*  
*Social Services 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](mailto:comply@trilogyhs.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

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
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T	N	G	P	B	D	H	P	Z	T	S	H	S	P	I	V	J	E	E
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U	K	N	E	W	Y	E	A	R	L	U	J	R	G	V	K	Z	I	Z

ACHIEVE  
AMBITION  
CHALLENGE  
DEDICATE

EXERCISE  
EXPERIENCE  
GOALS  
HABITS

HEALTH  
NEW YEAR  
OPPORTUNITY  
POSITIVE

RESOLUTIONS  
SENIORS  
SLEEP  
TRAVEL