



PARK TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

Times

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

Marie D. January 13

Louise January 13

Volunteer News

Park Terrace is always looking for volunteers! We are happy to welcome family members, friends and the community to volunteer their time and talents with our residents. Not only do our residents benefit but our volunteers find it very rewarding. Giving your time is a wonderful gift!! Please contact Life Enrichment Director Susan Crider for more details and ideas for sharing your gifts.

Sunday Brunch

We look forward to mingling with our residents and guests during our Sunday Brunch January 26 11:00am to 1:00pm. Each resident can invite up to 2 guests free of charge. Additional tickets may be purchased for \$10 dollars per person. If you anticipate bringing a large group, reservations are accepted up to 3 days in advance. Chef Paul is always serving up delicious home-cooked recipes, make sure to come hungry.

Happy Hour

Happy Hour is weekly on Fridays from 3:00pm to 4:00pm in our 1st floor cafe. Please come join us for this fantastic event. We feature live entertainment each week. We put the happy in Happy Hour!



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,

Kevin Foote

Executive Director

Legacy Lane Spotlight

We dedicated our new Veterans Honor Walls at our Veterans Day Celebration. It touched everyone's hearts to honor the bravery, service and sacrifice these special gentlemen gave to our country!!





More from Legacy Lane Spotlight

Smiles of the Month

Thank you to Penny for bringing her therapy dogs Cowboy and Phoebe. They bring so much joy to our residents. It is so wonderful to see the smiles they bring everyone!!



Live a Dream

BJ our WWII veteran was amazed watching the Honor Flight experience on our new virtual reality goggles compliments of our wonderful Live a Dream Program. He can still experience what it would be like to go to Washington DC. This technology is bringing joy to our residents!

Family Night

We are so fortunate to have such wonderful residents and families!! Our Holiday party was filled with special moments. We shared a delicious meal, Santa came to visit and singer Pat Portman entertained us with our favorite Christmas songs. It was an evening of special memories for us all!





PARK TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

9700 Stonestreet Road

Louisville, KY 40272

502-995-6600

parkterracehc.com |  

Kevin Foote

Executive Director

Crystal Combs

Director of Health Services

Jordan O'Connell

Director of Social Services

Josh Smith

Maintenance Director

Shirley Manner

Environmental Services Director

Julie McGillvary

Therapy Program Director

Allison Haley

Business Office Manager

Paul Burckle

Dietary Food Services Director

Kathy Umfleet

HR & AP

Susan Crider

Life Enrichment Director

Heather Richey

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

AMBITION

CHALLENGE

DEDICATE

EXERCISE

EXPERIENCE

GOALS

HABITS

HEALTH

NEW YEAR

OPPORTUNITY

POSITIVE

RESOLUTIONS

SENIORS

SLEEP

TRAVEL