



RIVER POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

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

January 17	Barbara S.
January 17	Sara D.
January 19	Russell M.
January 20	Robert T.
January 21	Loretta S.
January 24	Josephine M.
January 26	Patricia G.

Staff

January 01	Kimberly G.
January 04	Robin A.
January 05	Robin W.
January 05	William S.
January 06	Dorsha P.
January 07	Gayle S.
January 09	Teri E.
January 11	Courtney C.
January 11	Christina P.
January 13	Paul M.
January 17	Jada C.
January 23	Shelle J.
January 26	Kim L.



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,

Adam Strickland
Executive Director

Days to Remember

January 19 - 25
National Activity
Professionals Week

January 01
New Year's Day

January 11
Learn Your Name in
Morse Code Day

January 12 (11:00am - 1:00pm)
River Pointe's Family Brunch

January 18
Thesaurus Day

January 20
Martin Luther King Jr. Birthday

January 24 (3:00 - 5:00pm)
Campus Open House
Community Event

COMMUNITY CONNECTIONS

Residents were overjoyed to have the Good Shepherd Junior Troop visit to paint ornaments and make holiday cards. We also thank Ruth L.'s family for coming in to help residents make custom holiday cards. The Christmas spirit was radiating from the room!





More from COMMUNITY CONNECTIONS



Showing employees appreciation at our monthly ER3 employee party with food and prizes!



Everyone went away full after our Thanksgiving Dinners!



Thanksgiving Blessings

Besides the wonderful people who live at our campus, we are thankful to our family members who have entrusted us to care for their loved ones, whether for a few days, weeks, months, or years. Thank you for allowing us to become a member of your extended family!

◀ *Mary _ daughter, Linda, deciding which dessert to choose at our Thanksgiving Dinner!*



Celebrated our veterans with an appreciation certificate and a poppy handmade by our Living Arts group!



Bob looking at his photo on our newly installed Veterans Honor Wall!

Honoring Our Veterans

River Pointe is proud to have many of our residents who have served in the Armed Forces! Residents celebrated our veterans with Recognition Ceremony and each veteran received a certificate of appreciation. We thank all who have served, who currently serve, and will serve in the future!



RIVER POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Camelia Seger
Therapy Program Coordinator

Robin Arnold
Community Service Representative

Megan Kraft
Director of Dietary Services

Steve Talbert
Director of Plant Operations

Katie Houghland
Environmental Service 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*

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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