



SHELBY CROSSING

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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!

January 05	Virginia V.
January 08	Helen S.
January 09	Juanita P.
January 09	Birute B.
January 14	Joan B.
January 17	Shirley A.
January 20	Robert S.
January 24	Ann B.
January 26	Christel S.

Welcome to New Residents

A special welcome to all of our new residents. Shelby Crossing is happy to have you, and we hope you are adjusting well! If you would like to get involved, please join us in the dining room for meals and look at our Life Enrichment Calendar for all the activities offered here.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at shelbycrossinghc.com

Happy Hour is weekly at 3:00pm. We serve beer, wine, and a drink of the week, along with light snacks. Please see the activity calendar to note whether or not there will be entertainment.

Each week, we go on an off-the-bus outing on Tuesdays and a drive-around-town outing on Thursdays. Please see the activity calendar or talk to the Life Enrichment Department for more information.

We hold a weekly ice cream social from 2:00-3:00pm in TownSquare. Please see the activity calendar to note whether or not there will be entertainment.

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,

Karen Monday

Executive Director

Out and About

With the cold temperatures in high effect right now, please look to our LifeShare screens and our Outing Sign Up book for any changes in the outings. If we have to cancel an outing due to weather, we will be sure to have another fun activity planned in the campus! Here we have two outings a week. Usually one off the bus outing and one drive around. If you have any suggestions please see our Life Enrichment Department.



Special Thanks

Special thanks to everyone who helped us decorate for the Holiday Season. It's such a big task and we couldn't do it without our staff and residents!

Volunteer News

Like to play games? Go shopping? Talk to others? Have musical gifts to share? Then volunteering is right up your alley! Please speak to a member of our Life Enrichment team if you are interested! Nothing feels as good as giving back. We are always looking for more volunteers!

VETERAN SPOTLIGHT

This Veterans' Day our campus spent time remembering the men and women who have served our country. We are honored to have many veterans calling our campus home. This year Trilogy campuses throughout the Midwest unveiled our Veterans Honor Wall to show our appreciation to each and every one of them. Again, we thank our veterans for their service! We look forward to adding many more veterans to our wall so we may remember and honor them.



Sunday Brunch

Please join us on Sunday, January 19 from 11:00am to 12:00pm for our monthly Sunday Brunch. Please call ahead to make a reservation!

Happy Hour

Happy Hour is every Friday at 3:00pm in our Health Campus and Legacy Neighborhood. We serve beer, wine, a featured cocktail of the week, and appetizers made fresh by our Culinary Team. Look to the calendar for entertainment details.

Live a Dream

Here at Shelby Crossing we like to grant dream wishes to our Residents. It may be a totally new experience for them or something they used to enjoy doing but are no longer able to due to certain health restrictions. If you or another Resident you know has a dream, let us know and we will do our best to make it happen! We have had success with sporting events, concerts, hot air balloon rides, and much more. This is just one of the many things at Shelby Crossing we have to offer.



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HEALTH CAMPUS

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13794 21 Mile Rd.

Shelby Township, MI 48315

586-532-2100

shelbycrossinghc.com | [t](#) [f](#)

Karen Monday
Executive Director

Marcus Badia
Administrator in Training

Leah Klauss
Director of Health Services

Katie Chisholm
Assistant Director of Health Services

Caity Marsh
Community Service Representative

Kathryn Leonhard
Legacy Neighborhood Director

Amanda Schwark
Life Enrichment Director

Chris Solomon
Director of Plant Operations

Patrick Ridgell
Director of Environmental Services

Laicee Laforet
Director of Social Work

Coral Karpinski
Director of Food Services

Colleen Balla
Therapy Director

Kelly Mattox
Business Office Manager

Stay in the Loop [t](#) [f](#)

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'

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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