



SPRINGVIEW
MANOR

A Trilogy Senior Living Community

Messenger

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

Gloria W.	1/01
Catherine H.	1/27
Johnny D.	1/29

Staff

Precious S.	1/04
Jordan S.	1/10
Joe K.	1/28

Chili Cook-Off

We will have our 2020 Chili Cook-Off January 15 at 11:30am at the Bradfield Center.

Taste of Town

Taste of Town will be on January 16 at lunchtime.

Sunday Brunch

The next Sunday Brunch will be January 19. Please RSVP. Each resident gets 2 free tickets. Additional tickets are \$10.00. See a team leader to purchase tickets.

Family Night

We will be hosting a Monte Carlo Family Night at 6:00pm on January 30. We will have food, drinks, and casino games. We hope to see you there. RSVP by Friday, January 24th.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link under "Lifestyle".



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,
Shanna M. Barns, LNHA
Executive Director

Christmas Decorating

The residents enjoyed decorating all of the trees and the facility. It was fun to hear all of their stories about decorating their homes with their family members. Everyone made suggestions on where they would like the decorations placed. They were all happy and proud of their home when we were all done.



More from Christmas Decorating



Smile of the Month

We hosted a tailgate party during the rival Ohio State vs. Michigan game. We made hotdogs on the roller, chips and cookies. The activity room was full of cheers, even some for Michigan. It was an exciting game but, Ohio State took over and won. It was fun to see residents teasing each other about the team colors they were wearing.

OUT AND ABOUT

Even though we were experiencing winter weather, nothing stopped us from getting out and about around Lima. The residents were thrilled to go see the Al Best Band at The Eagles during their latest Senior Citizen Dance. It was Christmas Themed and the dance floor was packed! It was wonderful to see all of the people dancing and enjoying the band.

The Residents were proud to attend the 2019 Christmas Tree Festival at The Allen County Museum and view The Springview Manor Tree. The tree was decorated as The Grinch. They all voted for their tree in hopes of being the big winners. Other fan favorites during the visit were The Candy Tree, and The Santa Tree because of all of their colors. Everyone also enjoyed the old vehicles, seeing all of the Christmas decorations, and listening to the kids choir. They were discussing options for next years' tree already on the way home.





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Director of Food Services

Joyce Hauenstein
Director of Environmental Services

Heather Ellerbrock
MDS Coordinator

Jayna Fry
Director of Social Services

Heather Potts
Rehabilitation Director

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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

S	U	H	R	D	M	R	J	F	S	A	H	O	N	R	M	H	E	X
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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL