



ST. ANDREWS

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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

January 01	Harold P.
January 04	Dorothy W.
January 07	Emmett P.
January 11	George V.

Family Night

St. Andrews celebrated Christmas with the residents and their families. The Kiwanis Club came and the Eureka band played wonderful Christmas tunes. The Elves handed out cookies and Santa and Mrs. Clause came to visit the residents. They put a smile on everyone's face! We hope you all had a Merry Christmas!

Did You Know...?

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

The Private Dining Room can be reserved for any dates. Please call to reserve a date.

Happy Hour is weekly on Fridays 3:00-4:00pm in the Assisted Living Dining Room.

The Trilogy Foundation grants Live A Dreams at no charge to the resident. If there is something the resident always wanted to do, please let us know.

Living Arts

The residents had fun making Christmas Candy Calendars to count down the days to Christmas!

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,

Joni Scudder

Executive Director



Rose Marie and Ruth working on their candy calendars.

LIVE A DREAM

Betty V. wanted to go to a casino. Life Enrichment Director Anita McQueen made plans for Betty to have a wonderful weekend with her son Irvin and his lovely wife Barb for Betty's "Live A Dream". They stayed in beautiful rooms at West Baden. There is no cost to the resident for a "Live A Dream". Betty enjoyed a massage, wonderful food, as well as a trolley ride around French Lick, Indiana. She did a little shopping and listened to beautiful harp music and Christmas music all around. Betty said, "The Christmas decorations were a beautiful sight!"



Betty and her son Irvin at West Baden.



Betty hitting the casino!



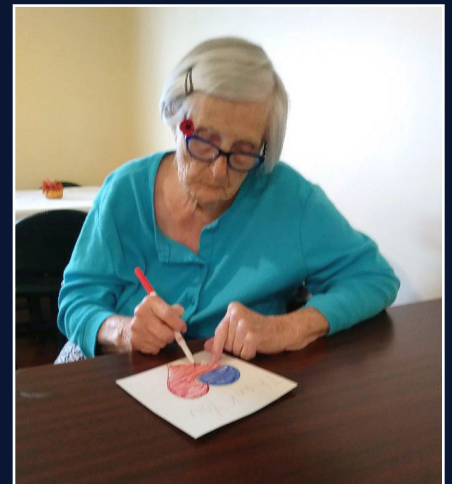
Betty makes a friend at West Baden.

Smile of the Month: Butch



Legacy Lane Spotlight

Nancy and Ruth are working on a heart craft. Katie is being her creative self and making a masterpiece of her own.



Sunday Brunch

We celebrated Veteran's Day with the residents and family members. The Color Guard attended to honor the veterans of St. Andrews. The Veterans were given a plaque with their name engraved and their photo and name plaque are displayed on the Honor Wall near the business office.

Residents Willis, Butch, Daniel, Caran, Melvin and Roland were all honored on Veteran's day for their service to the USA.

Volunteer News

Global Atlantic volunteers did a tremendous job putting up the Christmas Trees at St. Andrews and decorating our halls! Thank you ladies!



One of the many Christmas trees at St. Andrews that the Global Atlantic worked so hard on.



Volunteers from Global Atlantic





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A Trilogy Senior Living Community

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Assistant Director of Food Services

Lisa Rosfeld

Environmental Services Supervisor

Billy Meyer

Director of Plant Operations

Erin Insley

AP/Payroll, Human Resources

Jeremy Simon

Therapy Program 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