



HAMPTON OAKS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

*On Campus*

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](http://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

|           |      |
|-----------|------|
| Lynne S.  | 1/04 |
| Robert L. | 1/06 |
| Dorris H. | 1/08 |
| Linda T.  | 1/08 |
| Wilma K.  | 1/19 |

## Did You Know...?

That you can read the monthly newsletter on-line.

Please follow the campus link:

[www.hamptonoakshc.com](http://www.hamptonoakshc.com)

The Private Dining Rooms can be reserved for birthday parties or family gatherings.

Happy Hour it is weekly on Fridays at 3:00pm with live entertainment.

The Trilogy Foundation grants live a dreams for our residents, see the Life Enrichment Director for more details.

## PHOTO HIGHLIGHTS

## 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.

Sincerely,

*Brandy Royalty*

RN, MSN, HFA,  
Executive Director



Patricia, Lois and Santa



Hampton Oaks





*Willie and Santa*



*Paul and Santa*



*Wilma and Frosty*



*Wilma and Santa*



*Christmas Drive with The Grinch*

# MORE PHOTO HIGHLIGHTS

## Sunday Brunch

Our next Sunday Brunch will be held January 19th from 11 am to 1 pm. Each resident can have up to 2 guests free of charge. Additional guests will be \$5.00 per person. Please see the business office if you plan on having a large group attend.

## Live a Dream

What is a Live A Dream? The mission of Live A Dream is to serve seniors to the best of our ability, to embrace their passions, and give a little piece of what they have given and continue to give. We are lucky enough to be touched by inspiration every single day through the stories and experiences this program has created.

## Taste of Town

Our Taste of Town is held on the Third Thursday of the month. Our residents decide each month what restaurant will be brought in. This program is to help give the residents that are not able to get out in the community the opportunity to still enjoy their favorite places and to try new ones as well!

## Out and About

Our residents enjoyed our Annual Christmas light drive. One of our favorite moments might have been when the Grinch jumped on and joined us for our outing!





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Scottsburg, IN 47170

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hamptonoakshc.com |

*Brandy Royalty*  
*Executive Director*

*Robin McClain*  
*Director of Health Services*

*Cheryl Dunn*  
*Customer Service Representative*

*Caroline Hahn*  
*Business Office Manager*

*Regan Stewart*  
*Life Enrichment Director*

*Chelsea Bullard*  
*Director of Social Services*

*Barbara Kermanshahi*  
*Rehab Program Director*

*Penny Koerner*  
*Director of Food Services*

*Angie Morgan*  
*Environmental Services Director*

*TBD*  
*Medical Records*

## 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'

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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