



HEARTHSTONE

HEALTH CAMPUS

A Trilogy Senior Living Community

Herald

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

1/01	Velma A.
1/03	Frank C.
1/04	Dee M.
1/07	Dennis K.
1/10	Ellis B.
1/11	Thomas S.
1/12	Joan F.
1/22	Lourice D.
1/26	Melvin B.
1/28:	Charlotte H.

Staff

1/02	Alicia G.
1/08	Kiara M.
1/11	Sam J.
1/15	B S.
1/15	Megan F.
1/19	Kayla H.
1/19	Mckenzie S.
1/21	Nancy D.
1/22	Tonya R.
1/29	Rebecca M.
1/29	Bekha C.
1/31	Jana C.



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,
Zachary Wilson, HFA
Executive Director

Volunteer News

Give the gift of time and have fun! Volunteering as little as two hours per week can help reduce depression, lessen chronic pain, and give your brain a boost. Volunteer opportunities include community outings, Sunday Brunch, Life-long learning, one-to-one visits, Bingo, or sharing a talent or hobby. Please see the Life Enrichment Team or call 812.333.7622.

Live a Dream

Did you know Hearthstone has a Live A Dream program? Imagine doing the one thing you have always wanted to do, and through a partnership with the Trilogy Foundation, dreams can be a reality. Please see a member of the Life Enrichment team member for more information.

Smile of the Month: Helen

Helen T. cheering on the Colts!



Legacy Lane Spotlight

Cooking is a vital aspect of the daily routine of our Legacy residents! Each day our residents participate in our Creative Cooking programming. From bread, sweets, to savory soups and dips, our residents are always cooking up a delicious treat! Here are some pictures of our BFFs creating a delicious chili to enter in a chili cookoff!



Gathering Around the Hearthstone

January 9th Senior Executive Club: SEC meets at 1:30 in the AL Dining Room. SEC provides the opportunity to meet new people, enjoy wonderful food, participate in new activities, and have a group of friends to discuss topics of interest.

January 12th Brunch- Join us for Sunday Brunch starting at 11:00am for a chef-prepared buffet. Loved ones are invited and encouraged to attend.

January 14th Legacy Family Forum

January 30th Taste of Town: Cracker Barrel

January 30th Souper Bowl: Join us in Town Square from 6-7:30pm to enjoy homemade soup and football inspired games! Soup donations are welcome



Holiday Celebrations

The staff and residents here at Hearthstone want to take the time to thank everyone who attended our holiday programming this season! From all the family volunteers, church groups, and carolers who took the time to brighten our holiday, we thank you! Here are some photos from our annual Tree Lighting event. This year our residents enjoyed a lovely holiday dinner, tree lighting, and live holiday entertainment!





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Life Enrichment Director

Cameron Mizell
Director of Food Services

Bailey Anderson
Legacy Neighborhood Director

Tara Bowlen
Social Service Director

Mary Ann Wininger
Therapy Program Director

Greg Anderson
Environmental Services 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