



## 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

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## Out and About

Residents enjoy getting the chance to visit local businesses and other organizations throughout the month during our outings.

## Live a Dream

Do you have a dream that you've always wished for? We would love to make that dream come true for you through our program called Live a Dream. Live a Dream makes it possible for residents to fulfill a dream they have always wished for. Please talk to the Life Enrichment Director to make that dream come true!

## Taste of Town

Taste of town is a signature event that takes place by introducing our residents to local or well known eateries in the area. This month residents will be experiencing the taste and atmosphere of eating at a new restaurant in Cloverdale, called Penguin Point.

## Sunday Brunch

Every month we look forward to seeing families come together over a brunch here at Mill Pond. Our residents and staff always enjoy this time together. Please join us, January 12th from 11:00 to 1:00 pm. We hope to see you there!



## 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,

*Rachel Frye*

Executive Director





## Volunteer News

If you or someone you know is looking for fun, meaningful volunteer experiences, please consider volunteering here at Mill Pond. If you would like more information on volunteer opportunities, please see the Life Enrichment Director.

*Pictured: Volunteers are welcome to help with group games, like balloon volleyball.*



## LIVING ARTS

Our residents enjoy time together, making art and expressing themselves during our Artisans group.

*Pictured left: Doris S. making a Christmas tree.*

*Pictured right: Buttering the homemade biscuits during our cooking club.*

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link <https://www.trilogyhs.com/senior-living/in/greencastle/mill-pond/lifestyle>. You can also find us on Facebook and Twitter.

The Private Dining Room can be reserved for family meals, gatherings, and visiting with loved ones.

Happy Hour is weekly from 3:00- 4:00 pm. This includes drinks and appetizers to celebrate the end of another great week.





# MILL POND HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Life Enrichment Director

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Director of Plant Services

*Darnel Tanner*  
Director of Food Services

*Kandra Roberts*  
Environmental Services Director

*Loren Ashcraft*  
Therapy Program Director

*Amy Arthur*  
Legacy Lane Coordinator

## 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](mailto: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