



ORCHARD GROVE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Outlook

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

January 07	David G.
January 07	Patricia S.
January 08	Gladys M.
January 11	Mary Ann R.
January 12	Jack R.
January 13	Mary K.
January 15	Janet O.
January 17	Norma W.

## Welcome Residents & Family Members

The Orchard Grove Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving you or your loved one in their daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our residents' lives.



## 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,  
*Nirmal K. Kesavan*  
Executive Director

## Sunday Brunch

Our Sunday brunch, offered one Sunday a month, is a favorite with families and residents alike. This lovely brunch is prepared by members of our dining services team and features a wide selection of items, including some of our residents' favorite items. Join us on Sunday, January 19, 2020 for this scrumptious event! Please call ahead to make your reservations!

## Men's Club Thanksgiving Luncheon

Our Men's Club enjoyed a Thanksgiving feast with all the trimmings! They were served a tasty turkey dinner with all the traditional sides and ended with a great slice of pumpkin pie! Our men enjoyed the feast and spending some quality time together getting to know each other!







## More from Men's Club Thanksgiving Luncheon



## Did You Know...?

Our Private Dining Rooms can be reserved for those special family events! Reserve one today for a birthday celebration, a holiday gathering or just to spend a special meal with your loved ones!

\*Ask one of our friendly staff for more information.

## Family Night

This quarterly event allows families to visit and get to know our residents and staff in a fun and relaxed setting. Family nights feature a variety of activities, entertainment and refreshments for families and residents to enjoy. Please join us for a fun-filled night! Our next Family Night will be Tuesday, March 17, 2020 from 6:30pm-8:00pm. We will be celebrating St. Patrick's Day with many fun activities, which will include a craft, snacks and much more! Watch for more information or ask a Life Enrichment team member for more information.

## Live a Dream

Our Live a Dream program demonstrates our commitment to exceeding the expectations of our residents and their families. All of our staff is empowered to identify and grant the wishes of our residents on a regular basis. We've had residents soar through the clouds in planes and hot air balloons, zip line through the forest, renew their wedding vows, and take special trips to visit family and friends. These dreams and many more are all possible at Trilogy! Let us know if you know of a dream for one of our great residents!

## VETERANS DAY CELEBRATION



This year on Veterans Day our campus spent time remembering the men and women who have served our country. We are honored to have many veterans calling our campus home. This year Trilogy campuses throughout the Midwest unveiled our Veterans Honor Wall to show our appreciation to each and every one of them. Again, we thank our veterans for their service!



## Taste of Town

The staff at Orchard Grove Health Campus is looking forward to bringing in the taste and spirits of many local dining venues in the Romeo area to our residents. Taste of the Town is a monthly event where the campus and residents chose a local restaurant and staff will arrange for a favorite meal and to be brought to the campus for the residents to enjoy. If you are a local restaurant or know of a local restaurant owner, please reach out to our director of dining services.

## Volunteer News

Orchard Grove Health Campus is looking for new volunteers! We would love to have you come and spend quality time with our residents. We have many programs that volunteers can help with and these include Bingo, Cooking, Happy Hour, Campus Choir, Men's Club, Tea Time, Ice Cream Social, Table Games and Crafts. We also have many residents that would enjoy a special visit with a new friend. Please come and join us as a volunteer! Also, if you see a volunteer on campus, please thank them for all they do! Contact Life Enrichment Department on the many ways you can become a volunteer.



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Assistant Director of Health Services

*Dawn Kujawa*  
Life Enrichment Director

*Caity Marsh*  
Community Service Representative

*Kevin Knecht*  
Director of Plant Operations

*Lauren Hopaluk*  
Director of Social Work

*Domonick McGee*  
Director of Food Service

*Steve Smith*  
Legacy Neighborhood Director

*Michelle Lamar*  
Director of Environmental Services

*Lisa Castile*  
Director of Therapy

*Lisa Carrow*  
Business Office Manager

## 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

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