



OWEN VALLEY

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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

| | |
|-------------|------------|
| Eva H. | January 08 |
| Freda L. | January 10 |
| Cynthia R. | January 15 |
| Donna W. | January 22 |
| Joan C. | January 22 |
| Victoria C. | January 28 |

Staff

| | |
|------------|------------|
| Cathy H. | January 07 |
| Lori S. | January 09 |
| Trentin K. | January 15 |
| Rebecca P. | January 19 |
| Llowe C. | January 19 |
| Iris H. | January 22 |
| Lindsey G. | January 24 |
| Shannon C. | January 27 |
| Hope M. | January 27 |
| Sally B. | January 30 |



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,

Perry Daugherty

Executive Director

Sunday Brunch

Happy New Year!!!! Please come join us on Sunday, January 12, 2020 from 11:00am-1:00pm for a great meal and lots of memories with Sunday Brunch!! We have a wide arrange of homemade menu items to choose from, including special homemade desserts!! Enjoy lots of goodies and great conversation. See you there!

Taste of Town

Teeny Tiny Hamburgers with a pickle, they are so good and yummy. Our residents have chosen White Castle to start this 2020 year off. How we enjoy the taste brought from Bloomington.

VOLUNTEER NEWS

A great way to start off the year 2020! Is to volunteer your great talents at OVHC. Come on in and check out these great opportunities. We will take music talent, magic show, dance, and anything you would like to bring into our campus. For more information contact Christy Mangin, LED or any employee at #OVHC. 812-829-2331.

Out and About

Christmas light drives have been on our agenda for out and about, but it is a New Year. Welcome to 2020 where the sky's the limit for our outings. Shall we go to the zoo, a museum, Indy 500 track, hot air balloon rides and maybe a horseback ride? Don't forget when the weather is nice we LOVE fishing!

LEGACY LANE SPOTLIGHT

Our BFFs are excited to bring in the Christmas Season! BFFs helped to decorate and enjoyed a fun Christmas dance party. Our new Legacy Lane Coordinator is Brandon Jensen and he is willing to go over and beyond for you and your loved one. Come on in and meet him or give him a call at 812-829-2331.



Living Arts

Welcome New Year! What shall we create in this fabulous New Year? Shall it be a painting or a craft? Maybe a new year's resolution, or just enjoy some fresh snow (ICECREAM). Our residents are starting the New Year off with a bang! Come on in and join us!

Smile of the Month

Our residents had a great time in Brown county, we checked out the candy shop, ate pizza, and enjoyed some good ol' fashion fellowship. We had a volunteer name Billie Jo, Thank You so much for accompanying us on our adventure. Not to mention the beautiful scenery in Brown County. Check out these pictures!



Did You Know...?

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

Follow us on Twitter @OwenValleyHC

The Conference Room can be reserved for gatherings of family and friends, birthday parties, or any occasion. Please feel free to RSVP with any one from Owen Valley Health Campus.

Happy Hour is every Friday at 3:15pm we will be serving beer or a mixed drink of the month. Everyone is welcome to come and fellowship with their loved ones. Don't forget to laugh and smile, it is the best medicine.

The Trilogy Foundation grants wonderful things from employee tuition to Live a Dream for our residents. If you know of anything a resident would like to do for a Live a Dream, please let any staff member know. Thank you!



OWEN VALLEY

HEALTH CAMPUS

A Trilogy Senior Living Community

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Spencer, IN 47460

812-829-2331

owenvalleyhc.com |

Perry Daugherty
Executive Director

Kim Shay
Director of Health Services

Christy Mangin
Life Enrichment Director

Ben Wingard
Therapy Program Director

Julie Hearsh
Business Office Manager

Liz Gibbs
Director of Dining Services

Gina Truesdel
Customer Service Representative

Brandon Jensen
Legacy Lane Coordinator

Ann Watkin
Director of Social Services

Daniel Browning
Director of Plant Operations

Heather McDaniel
Director of Environmental Services

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'

...continued from cover

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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| AMBITION | EXPERIENCE | NEW YEAR | SENIORS |
| CHALLENGE | GOALS | OPPORTUNITY | SLEEP |
| DEDICATE | HABITS | POSITIVE | TRAVEL |