



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

...continued on back page

Happy Birthday!

Residents

01/01	Luke S.
01/04	Jane P.
01/11	Barbara St.
01/19	Barbara Sh.
01/30	Latisha D.

Save The Dates!

Happy Hour Entertainment

01/03	3:00	w/ Gil
01/10	3:00	w/ Charis
01/17	3:00	w/ Kenny
01/24	3:00	w/ Daryl

Sunday Brunch

This month's Sunday Brunch will be held on Sunday, January 08 from 11:00am until 1:00pm. We look forward to seeing everyone!

Did You Know...?

We are very excited to announce a new program called Silver Strings Dulcimers for our residents! Residents will get hands on lesson with learning how to play the Dulcimer. Stay tuned!

That you could read the monthly newsletter on-line? Please follow the campus link:

www.stmaryhc.com

The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.



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,

Makenzie Miles

Executive Director

PHOTO HIGHLIGHTS





Donna's Insights

Hello all,
Happy New Year!
I hope that you
found yourself

surrounded by those you love over the holiday season. I would like to thank everyone who donated their time, talent or treasure over the past months. Even if you just stopped by our campus to participate in an activity or visited with a loved one, your presence made a difference and brightened someone's day.

The New Year is a great time to recommit to healthy habits and challenge ourselves to set the bar even higher. In the spirit, I would

MORE PHOTO HIGHLIGHTS



Activity Highlights

01/01	2:30	VCC Singers - Chris
01/03	3:00	Happy Hour w/ Gil
01/04	2:00	Bingo
01/04	3:15	Donna Dollar Buck Store
01/05	2:30	Worship Services w/ Pastor Paul
01/05	3:15	Scenic Drive
01/06	1:30	Silver Strings Dulcimers
01/06	2:30	Bingo
01/08	3:30	LaLa Pottery w/ Angela
01/10	10:00	Mass
01/10	3:00	Happy Hour w/ Charis
01/12	11-1	Sunday Brunch
01/12	2:20	Worship Services
01/14	12:00	Men's Lunch
01/15	2:30	Monthly Birthday Party w/ Kent
01/16	2:30	Winter Travels
01/17	10:30	Shirley at Piano
01/17	3:00	Happy Hour w/ Kenny
01/19	2:30	Sunday Worship Services w/ Pastor Sue
01/24	3:00	Happy Hour w/ Daryle
01/26	2:30	Sunday Worship Services w/ Pastor Darlene
01/28	12:00	Red Hat Society Luncheon
01/31	3:00	Happy Hour w/ Surprise Guest

Stay in the Loop on Facebook and Twitter!

Please "like" our Trilogy Health Services Facebook page and follow us on Twitter@TrilogyLiving to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter! 🐦 f

like to take a moment to recommit to you, our family members, residents, and friends, on behalf of the Life Enrichment team at St. Mary. In 2020 we remain committed to exceeding your expectations. We promise that we will keep searching for new ways to enrich the lives of those we serve, and make a positive impact in the community we call home. We are excited for everything in 2020 has in store, and cannot wait to make twelve more months of memories we can cherish for years to come.

Yours in Service,

Donna



ST. MARY

A Trilogy Senior Living Community

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Director of Health Services

Brittany Harbolt
Director of Food Services

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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