



STONEBRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# On Campus

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

Mary Sue C.	December 07
Patty F.	December 08
Marjorie B.	December 11
Annabel F.	December 19
Jeona A.	December 20
Robert S.	December 22

## Sunday Brunch

This month's Sunday Brunch will be held on Sunday, January 12 from 11:00am until 1:00pm. In continuing our effort to better serve our residents and families, please RSVP by Thursday, January 09 to assure seating. Each resident will have 2 complimentary guest meals. Each meal after will be \$7.00. If you have any questions, please contact the campus. We look forward to seeing everyone!

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at [Stonebridgehs.com](http://Stonebridgehs.com)

The Private Dining Room can be reserved for Resident birthdays or special occasions?

Happy Hour is weekly on Fridays from 3:00-4:00pm



## 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,  
*Sara Kelley*  
Executive Director

## TASTE OF TOWN

Taste of Town is a monthly event at StoneBridge! The first Tuesday of every month, we have food brought in from some of the resident's favorite restaurants around Bedford and Bloomington. This is just one way of keeping our residents connected to their community.



*These beautiful ladies love Arby's!*



*Kenny N. and Don C. are enjoying Arby's with Betty S., CRCA*





*David L., a resident volunteer, provides Bible Study every Wednesday at 11:00*



*Tri Kappa Associates volunteer every year by decorating all of our 12 beautiful trees!*

## Volunteer News

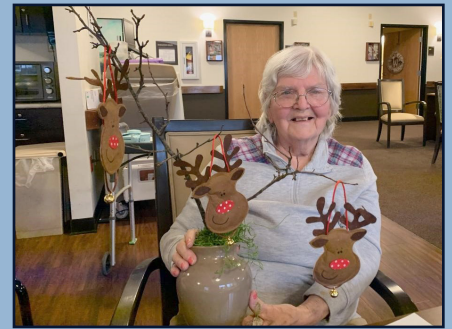
Volunteering with seniors can be an extremely rewarding experience. Not only do you get to help the elderly but, through volunteering for senior citizens, you often end up developing close relationships with the individuals you spend time with - and learn a lot from their unique life experiences and views! Do you have a special talent or hobby that you would like to share? Maybe you like to sing or play music? Maybe you just like visiting with others? The possibilities are endless. Please contact our Live Enrichment Department if you are interested in volunteering at our campus.



*Tri Kappa Associates - Bedford Chapter*

## Living Arts

The elderly reap great benefits from engaging in different art forms. Taking part in artistic activities are not only great for our residents well-being, it's a lot of fun too!



*Edy F. helped make some adorable reindeer ornaments in art class.*

## LIVE A DREAM

Please help us discover what dreams your loved one has. What is something special that your loved one would love to do again, has always wanted to do, or thought it would be impossible to do? Your Life Enrichment Department is only a phone call away and they are waiting to make dreams come true. Some dreams that have been granted range from skydiving to getting together for a family reunion.

Patty F. wanted to go eat at her favorite restaurant, Longhorn with her sister and daughter. We were so happy to provide the opportunity for Patty to enjoy an afternoon full of good food, and a great time with her family!



*Patty F. enjoying a delicious steak at Longhorn*



*Patty F. with her daughter and sister at Longhorn*

## Employee of the Month

Congratulations to our Employee of the Month, Misty Staley. Misty is an amazing employee, team member and person. She has been a member of the StoneBridge family for over 13 years. Her compassion and commitment to the StoneBridge family is above and beyond. Misty is a shining example of what it means to be a servant leader. We are blessed to have Misty as a part of our StoneBridge family.





# STONEBRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

3100 Shawnee Drive South

Bedford, IN 47421

812-278-8195

stonebridgehs.com |  

*Sara Kelley*

*Executive Director*

*Katie Kleber*

*Director of Health Services*

*Sonya Miller*

*Assistant Director of Health Services*

*Tammy Bailly*

*Community Service Representative*

*Laurie Neel*

*Director of Life Enrichment*

*Amy Stewart*

*Director of Assisted Living*

*Sasha Probasco*

*Legacy Lane Coordinator*

*Cindy Carver, LPN*

*Director of Resident Services*

*Amanda Happel*

*Director of Dietary Services*

*Tessa Hayes*

*Therapy Program Director*

*Donna Burgess*

*Environmental Services Supervisor*

## 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'

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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
E	N	H	M	E	Z	F	P	R	B	U	W	K	H	N	T	C	H	L
N	G	W	T	D	L	Y	H	D	Y	H	N	L	G	L	N	T	H	E
I	P	J	I	I	L	T	O	W	R	O	O	V	E	E	U	Q	T	L
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R	I	W	O	A	Q	N	Y	T	P	H	A	R	V	I	A	V	B	G
S	S	C	E	T	E	J	I	Y	Z	R	E	R	P	Y	B	N	A	J
R	Y	H	C	E	R	B	Q	O	T	P	Z	E	N	F	I	Y	U	F
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ACHIEVE  
AMBITION  
CHALLENGE  
DEDICATE

EXERCISE  
EXPERIENCE  
GOALS  
HABITS

HEALTH  
NEW YEAR  
OPPORTUNITY  
POSITIVE

RESOLUTIONS  
SENIORS  
SLEEP  
TRAVEL