



STONECROFT

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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

Saundra K.	1/1
Janne S.	1/4
Kent D.	1/5
Beverly S.	1/9
Art N.	1/11
Lois F.	1/16
Patty W.	1/18
Lisa H.	1/23
Judith G.	1/24
Patty A.	1/30
Kay B.	1/30

Staff

Heather B.	1/11
Dawn C.	1/19
Shari P.	1/23
Annmarie M.	1/28
Danielle W.	1/29
Terra H.	1/30

Out and About

We are looking forward to another month of fun outings with Stonecroft! We go on outings every Tuesday and Thursday. In December, we enjoyed lunch at Cracker Barrel and Cheddars and went shopping at some of our residents' favorite stores! If you are interested in attending or volunteering on outings, please get in touch with a member of the Life Enrichment Team! We are also open to suggestions for locations to visit and of course places to eat!



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,

Nikki Gee, HFA
Executive Director

Sunday Brunch

Sunday Brunch will be on January 19, beginning at 11:00am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef-prepared brunch. Your first two brunch tickets are complementary! Please RSVP by January 13 or contact the business office with any questions.

Taste of Town

Each month, Stonecroft features a local restaurant based on resident suggestions and preferences for residents to enjoy in the facility. In December, residents enjoyed some award-winning pizza from Bloomington's local favorite, Mother Bear's Pizza! If you have any suggestions in the months to follow, please inform the Director of Food Services.



SMILE OF THE MONTH

This year, we want to start showcasing our residents' joy, positivity, and personality in our Smile of the Month segment. This month, we are profiling the spunky Barbra A. Thanks for bringing some extra sunshine to our lives, Barb!

Biggest Loser Competition

It's time for another "Biggest Loser" Competition among the Stonecroft Staff! The contest began November 18 and will continue through February 18. Several staff have admitted that the holidays brought some setbacks to their diets, but we're hoping a burst of motivation and discipline will help them to finish strong in the new year!

In Other News

We said goodbye to our longtime Assisted Living Director, Stacy R., in November and our AL residents and family members put together a going-away party for her to say "thanks and farewell!" They had a wonderful time celebrating the lasting connection they had all formed. We are excited to announce that Sheri P. has since stepped into the position of AL Director and is doing a fantastic job serving our residents!



Volunteer News

The Life Enrichment team is always looking for new ways to enhance the daily lives of our residents. We are seeking volunteers including family members, friends, and community members to share a part in bringing new and exciting experiences to residents. If you have a hobby, talent, or passion that you would like to share with Stonecroft residents for a single one hour session or on a regularly scheduled basis, please contact the Life Enrichment Director, Jennifer Rollins.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link www.stonecrofthc.com. You can also find us on Facebook and Twitter.

The Private Dining Room can be reserved for family events and private dining with friends and loved ones. It seats up to 8 people comfortably! Reservations can be made at the front desk.

Happy Hour is weekly at 3:00pm every Friday until 4:00pm at the Pub. Please join us for some Friday fun and enjoy appetizers, drinks, and music!

Families can access LifeShare from a mobile app called "LifeShare Family" on your smart phone using the community access pin. If you would like to set up a family manager account or would like more information, please see the Life Enrichment Director.



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Executive Director

Chelsie Daughtery, RN

Director of Health Services

Jennifer Pursell

Business Office Manager

April Williams

Sr. Customer Services Representative

Jennifer Rollins

Life Enrichment Director

Wayne Deckard

Director of Plant Operations

George Pavlopoulos, CFPP

Director of Dining Services

Becky Kirk

Environmental Services Director

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

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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