



STONEGATE
HEALTH CAMPUS

A Trilogy Senior Living Community

Sentinel

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

...continued on back page

Happy Birthday!

Residents

January 07	Ruth S.- 81
January 11	Grace F.-97
January 23	Jean K.- 96
January 23	James C.-72
January 28	Paul F.-86

Welcome Residents & Family Members

The Stonegate 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 your loved ones 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 resident's lives!

Christmas 2019

We hope you had a wonderful Christmas and Holiday season! We loved decorating our trees, putting up holiday decorations, and hosting our annual Festival of Trees! We hope that your holidays were filled with family, friends, and joy! Now that the holiday season is over, we are welcoming in the new year with gratitude and excitement!



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,

Shea Baker

Executive Director





Health Campus Spotlight: KATHLEEN D.

Kathleen is a 96 year old female resident here at Stonegate. She was born August 15th in Birmingham, England! When she was 14 years old, she became a nanny during World War 2. She looked after the kids while their mothers went to work while the fathers were off fighting the war. She was a nanny for 9 years until she married her husband and moved to Michigan at the age of 23. Kathleen has 2 girls, 1 boy, a few dogs, and many cats! Cats are Kathleen's favorite animal! Her room is filled with pictures of cats! She had her first cat as a pet when she first moved to Michigan and has many, many cats ever since!



Assisted Living Spotlight: ARDEN H.

Arden is an 88 year old male resident here at Stonegate. He grew up in Ferndale but later moved to Brown City where he was a farmer. Arden also worked as a cement truck driver. He and his wife, Joyce, have 3 children, 8 grandkids, and several great-grandkids! Arden's all-time favorite dessert is peanut butter cups and his favorite hobby is working on cars! Arden has been a car enthusiast for a long time and loves talking about everything related to automobiles. He also helped build the Silver Dome and the Chrysler headquarters in Auburn Hills!

New Year's Resolution

It is that time of year again where we celebrate the New Year with new resolutions! We wish to continue to help enrich our residents' lives and provide them with the best care! Do you have a new year's resolution? Whether it be letting go of bad habits or gaining new good habits, we wish you luck and hope that you have a great 2020!

Happy Hour

Happy Hour is weekly on Fridays at 3:00pm!

Sunday Brunch

January's Brunch will take place on Sunday, January 12! Please invite family and friends to join us for some fun and fabulous food! Please make reservations. We hope to see you there!

Taste of the Town

Stonegate Health Campus looks forward to bringing in the taste and spirit of many local restaurants in Lapeer to our residents. Taste of the Town is a monthly event where the campus chooses a local restaurant and arranges for a favorite meal to be brought to the campus for the residents to enjoy. Our next Taste of the Town will be sponsored by E.G. Nick's on January 28! If you are a local restaurant owner or know of a local restaurant to suggest for Taste of Town, please let us know!



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Mistry Martin
AP/Payroll

Naomi Taylor
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Adam Ahlgren
Director of Therapy

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Guest Relations

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