



THE GLEN

A Trilogy Senior Living Community

Gazette

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

January 01	Dottie R.
January 04	Dorothy O.
January 19	Diana S.
January 25	Marvin C.
January 29	James B.

Staff

January 01	Kim W.
January 02	Jessica N.
January 04	Tammy M.
January 06	Nikki D.
January 09	Sam A.
January 12	Carla Y.
January 17	Victoria B.
January 23	Tanesha H.
January 28	Santana D.
January 28	Brooke M.
January 30	Jessica T.
January 31	Jalían T.

Volunteer News

Do you have a hobby or activity that you enjoy, that you would like to share with our residents?

We are currently looking to grow our volunteer program in activities, such as bingo, painting nails, lifelong learning, art/craft projects, gardening, pet visits, outings, in-room visits etc. Please contact a member of the Life Enrichment team if you or someone you know would like to give the gift of 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 Dream* 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.

Sincerely,

Valerie Wallen

Executive Director

Living Arts

This past month was filled with a ton of arts and crafts for the holiday season! Our residents were hard at work creating masterpieces to give as a gift to family and friends.



THANKSGIVING DINNER RECAP

Our family Thanksgiving here at The Glen was a hit! We are very grateful for our residents and families. It was a night we will not forget!



Live a Dream

This year for Veteran's Day, we wanted to show our appreciation for our residents who served in the military. To do this, we mounted the Veteran's Honor Wall. This wall will stay up indefinitely and will have pictures and names of the Veteran's at The Glen. Again, we cannot thank you all enough for your service!



Sunday Brunch

Please join us for our next Sunday Brunch on January 19, from 11:30-1:30pm. Please RSVP with number attending. The first two guest are complimentary; any addition will be \$10 person. See the business office or admissions team for reservations and tickets.

Did You Know...?

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

The Private Dining Room can be reserved for private parties, family dinners, birthday dinners and any other special event. Please contact the Life Enrichment Director, Mary for reservations.

Happy Hour is held weekly on Friday at 3:30pm.

The Trilogy Foundation grants Live a Dreams to residents wishing to experience something they have always wanted to do, or relive an experience they have enjoyed in the past. For more information please contact the Life Enrichment Director, Mary.



Legacy Lane Spotlight

The holiday season has been filled with joy and fun here at Legacy Lane! We have been making memories through

a variety of different activities. We have made fun holiday crafts, baked yummy sweets, played exciting games, and even drove through the Lights at Coney Island!



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Life Enrichment Director

Carla Young
Director of Resident Services

William Russell
Director of Plant Operations

Adam Jennings
Director of Dining Services

Krista Harmon
MDS Coordinator

Christie Jennings
Therapy Program Director

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*

'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