



THE LEGACY  
AT ENGLISH STATION  
*A Trilogy Senior Living Community*

# News

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!

Tina T.

Marty C.

Sam R.

## Volunteer News

The Legacy at English Station welcomes our newest volunteers. Joel, Jacob, Nate, Zoe and Skylar each give the gift of time weekly to build relationships with our residents. These teenagers truly have servant hearts and we look forward to seeing their smiles each visit! If you are interested in volunteering to lead a program, read a story, or share a cup of coffee with our residents, please let us know.

## Family Night

As the New Year begins and the holiday season comes to an end, The Legacy at English Station will continue to focus on the importance of family and best friends in our community. We enjoyed many family celebrations in December providing opportunities for residents to relax, enjoy live music, taste delicious food, and stay connected to their loved ones.

## Happy Hour

Our happy hour takes place each Friday at noon on Fountaine Park! Join us for drinks, snacks, games and friendship.

## 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.

Yours in Service,

*Tori Harper*

Executive Director

## Bowling Highlights



*Betty showed us how to bowl...*



*Hooray, Betty! We all cheered for her strike.*



# PHOTO HIGHLIGHTS



*Barbara T. and her family shared food and laughter.*



*Carole and Bill enjoyed a family dinner.*



*Charlie enjoyed celebrating with his family.*



*Clarence perfected his cooking skills while in the military.*



*Dana's family brings joy to our celebrations at The Legacy at English Station.*

## ***Live a Dream***

The Legacy at English Station dreams big! We celebrated our first Live a Dream with a tethered hot air balloon ride for our residents and team members. Our residents were overcome with joy as they woke up to see a colorful hot air balloon waiting outside our community. It was a special day for everyone and we are looking forward to living the dreams with all of our best friends. This month we used the virtual reality headset to ride rollercoasters and to take airplane rides over tropical islands!



# THE LEGACY AT ENGLISH STATION

*A Trilogy Senior Living Community*

13700 English Villa Drive

Louisville, KY 40245

502-254-2361

legacyatenglishstation.com |  

*Victoria Harper*  
*Executive Director*

*Nikki Foree*  
*Director of Health Services*

*Amy Vanover*  
*Community Relations Director*

*Lauren Storm*  
*Business Office Manager*

*Natalie Casto*  
*Life Enrichment Director*

*Allen Schroeder*  
*Director of Plant Operations*

*Jonathan Ross*  
*Director of Food Services*

## 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@trilogybs.com](mailto:comply@trilogybs.com)*

*Newsletter Production by PorterOneDesign.com*

# 'Resolutions'

*...continued from cover*

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

ACHIEVE  
AMBITION  
CHALLENGE  
DEDICATE

EXERCISE  
EXPERIENCE  
GOALS  
HABITS

HEALTH  
NEW YEAR  
OPPORTUNITY  
POSITIVE

RESOLUTIONS  
SENIORS  
SLEEP  
TRAVEL