



THE MEADOWS
OF DELPHOS

A Trilogy Senior Living Community

Messenger

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

1/16 Thelma H.

1/19 Virgil D.

1/26 Ruth H.

Staff

1/12 Samantha H.

1/13 Diana P.

1/21 Mark S.



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,

Stephanie Schoenlein

Executive Director

Family Night

We had our Jingle and Mingle party with the residents and their families! We had a jolly good time with meeting Santa, making crafts, and watching a Christmas movie.

Sunday Brunch

Sunday brunch will be January 26th from 11am-1pm.

Did You Know...?

You can access LifeShare from your phone! Download the app and the access pin will be DelphosHC, Delphos AL, or DelphosLL

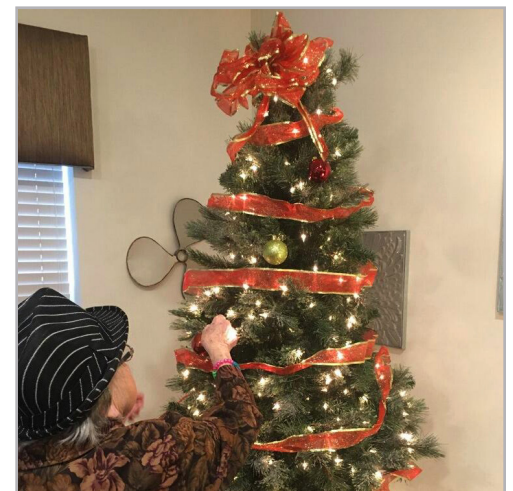
That you can read the monthly newsletter on-line. Please follow the campus link: www.meadowsofdelphos.com

Happy Hour is weekly on Fridays starting at 3pm!

Out and About

We've gone on some Holiday adventures this last month! The Life Enrichment team and residents went to see the holiday spectacular play, Christmas trees, Christmas lights, and sang some Christmas songs! We were also busy with creating holiday memories by making holiday crafts!

Pictured: Decorating Christmas Trees



More from Out and About



Christmas Painting Class



Lima Eagles Senior Dance



Luella Christmas tree



Santa at the Canal Museum



Painting Ornaments

Featured Resident

Mary K. grew up in the town of Fort Jennings with her 5 siblings. She attended Ottoville high school and then went on to become a clerk for many super markets. She was married for 32 year to her husband and had 4 girls, and 15 grandchildren. She loves to travel, play bingo, and listen to music. Her favorite thing about Christmas is being with her family and seeing her grandkids with Santa.

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits: personal satisfaction, community involvement, new meaningful friendships, and developing new skills.

Suggested ways to volunteer include but are not limited to: manicures (nail painting), calling bingo, visiting with residents, leading an activity or teaching a skill, reading to residents, helping residents get to and from activities and meals, photography for special events.



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800 Ambrose Dr.
Delphos, OH 45833

419-692-0590

meadowsofdelphos.com |  

Stephanie Schoenlein
Executive Director

Ricky Sites
Director of Health Services

Danielle Okuly
Community Service Representative

Candy Risner
Business Office Manager

Dystany Morris
Life Enrichment Director

Rachel Jones
Director of Rehab Services

Mark Steele
Director of Plant Operations

Chris Glass
Director of Food Services

Pennie Zuercher
Environmental Services Director

Casey Deter
Social Service Director

Tracy Jordon
AP Payroll

Rey Nevarez
Divisional Vice President

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