



THE MEADOWS
OF LEIPSIC

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

1/15	Julie W.
1/22	Dorothy S.
1/22	Norma D.
1/23	Mary K.
1/24	Karis S.
1/28	Laura W.
1/28	Sandra L.

Staff

1/5	Gary B.
1/20	Rita K.
1/26	Clarissa P.
1/26	Colleen R.
1/27	Deb B.

Senior Exec. Club

Senior Executive Club will be held on Tuesday, January 21, 2020. We will be meeting in the Lilac House. The Guest Speaker, Bingo and appetizers will start at 12:30pm with the lunch meal being served at 1:00pm. Hope to see you there!

Taste of Town

Taste of the Town will be held on Friday, January 31, 2020. If you have any suggestions, please contact, Director of Dining Food Services.

Themed Dinner

Our next theme dinner will be held on Thursday, February 20, 2020. It will be Willy Wonka and the Chocolate Factory.



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 Keaton
Executive Director

NATIVITY SCENE

The First Christian Church of Leipsic hosted their annual nativity scene at The Meadows of Leipsic. It was a blessing to start off the Christmas holiday. Thank you for all the time put in to make this happen for the enjoyment of the community, residents and families.





Living Arts

We stayed inside and painted a snowy winter scene with Awakening Minds. Awakening Minds come on a monthly basis. Hope to see you next month!

Leipsic vs. Patrick Henry

We had a facility-divided during the Divisional 7 Regional Finals between Leipsic & Patrick Henry.



Sunday Brunch

Sunday, January 19, 2020 from 11:30am-1:00pm. RSVP's are very much appreciated due to the number of people who attend this event. RSVP's are very much appreciated to the number of people that attend this event. Just a reminder: Each resident can have up to 2 guests at no additional cost. Each additional guest will be charged \$10 for the meal. Thank you. Hope to see you there!

Special Visitors

We really enjoyed the visit from our friends from St. Mary's Catholic Kindergarten class. We enjoyed their books that they brought with them to share with us.



VOLUNTEER NEWS

We would like to thank, Tamara Kagy, for giving us the pleasure of showing her talent to us. Her knowledge of music theory of the flutist amazed us. During Happy Hour, we did get the opportunity of hearing her play with Miriam.



Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link: meadowsofleipsic.com

Happy Hour is weekly at 3:00pm in the Main Dining Room unless noted otherwise on the calendars. Please join us for games, good food and laughter.

The Trilogy Foundation Grants Live a Dream wishes for residents that have a desire to experience something big or small that they have always wanted to try or do again. Please contact Lisa Stateler, Life Enrichment Director, at 419-943-2103 for more information.



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Leipsic, OH 45856

419-943-2103

meadowsofleipsic.com |

Stephanie Keaton
Executive Director

Colleen Rader
Director of Health Services

Lisa Stateler
Life Enrichment Director

Tony Krogman
Director of Plant Operations

Sandy Moyer
Environmental Services

TBD
Food Service Director

Courtney Huber
Social Services

Derrick Pease
Therapy 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@trilogybs.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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| CHALLENGE | GOALS | OPPORTUNITY | SLEEP |
| DEDICATE | HABITS | POSITIVE | TRAVEL |