



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 15th Abby A.

Staff

January 1st Elizabeth J.

January 9th Samantha G.

January 16th Tony H.

January 23rd Tawanda S.

January 23rd Beth D.

January 27th Aichata K.

January 28th Sue H.

January 29th Troy 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,

Brian Loos

Executive Director

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 a part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include are not limited to:

- Manicures (nail painting)
- Visiting with residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

Holiday Cheer

The holidays were spent gathered around family and friends. We enjoyed a delicious Thanksgiving Brunch in November, along with several festive games and crafts. We kicked off December with decking our halls and making The Oaks come to life with Christmas magic! We cherish these special memories of the year, and we are filled with excitement to see what the new year will bring!



More from Holiday Cheer



Veterans Honor Wall

If your loved one has served in the military, please bring us an 8x10 photograph of them in uniform so that we can include them on our wall of heroes. If you prefer it, we're more than happy to make a copy of the photo and return the original to you. Thank you as always for joining our family. We're honored to have the opportunity to serve you, and we're thankful for all the ways in which our veterans have served us.

Sunday Brunch

Our next Brunch will be on Sunday, January 19th from 11:00 a.m. - 1:00 p.m. in the dining room. Please RSVP at the front desk. Two complimentary guest tickets are provided. Each additional ticket is \$7 per guest.

Live a Dream

Our Live a Dream program was created to fulfill the lifelong dreams of residents in our communities throughout the Midwest. Over the years, the Trilogy Foundation has helped seniors whiz through the forest canopy on zip-lines, skyrocket into the stratosphere on hot air balloons, pilot planes, take once-in-a-lifetime trips, and reunite with family and friends they feared they may never see again. From "first times" to "one last times", the Live a Dream program has a track record of turning wishful thinking into wonderful reality. Please the Life Enrichment team to learn more!



THE OAKS AT CASCADE

A Trilogy Senior Living Community

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Grand Rapids, MI 49546
616-949-7310

theoaksatcascade.com | [t](#) [f](#)

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Stephanie Mason
Director of Food Services

Travis MacArthur
Director of Environmental Services

Sarah Baldes
Therapy Director

Jamie Austin
Community Service Representative

Stay in the Loop [t](#) [f](#)

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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| DEDICATE | HABITS | POSITIVE | TRAVEL |