



THE OAKS
AT NORTHPOINTE

A Trilogy Senior Living Community

Outlook

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

1/6	Daniel A.
1/8	Audrey R.
1/9	Phyllis B.
1/16	Nina G.
1/16	Norma P.

Staff

1/4	Deidre H.
1/11	McKayla S.
1/17	Michelle W.
1/19	Ashlyn H.
1/20	Kathryn H.
1/23	Cassandra P.
1/26	Jennifer F.
1/27	Mindy B.
1/28	Desiree T.



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 Dreams* 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,

Jacqueline Altier
Executive Director

Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or assisting on an outing. Also, the Life Enrichment Department is in need of a variety of magazine donations. Please contact Deidre or a member of our Life Enrichment team at 740-452-3000 for more information.

Holiday Dinner

We had a wonderful time at our Holiday Dinner with over 300 guests!

Pictured: Julia B. and family



Fun Events at The Oaks

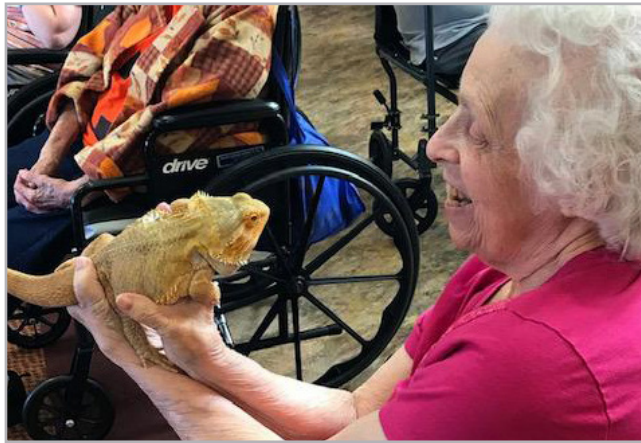
Over the past month we have been busy! Here are some pictures from a few events hosted at the Oaks at Northpointe.



Mary Poppins stopped by for a tea party



We hosted a turkey shootout



Dick McCune kept us on our toes with some magic tricks and reptiles



We honored our veterans on Veteran's Day



Crystal held a Christmas wreath making class



John Glenn's String Sounds played wonderful music for our residents



Family Night

Join us Friday, January 17th at 6pm as we host a Spirits & Trivia Night. Bring your loved ones, test your knowledge and win some pretty cool prizes.

Taste of Town

Taste of the town will be Wednesday, January 15th at noon. We will be enjoying Cracker Barrel this month.

Sunday Brunch

Sunday Brunch is Sunday, January 26th at noon. The first two guests are complementary and each additional guest is \$7.00 a person. Please R.S.V.P. to the front office with the number of guests that you will have joining you. Hope to see you there!

Did You Know...?

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

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 3:00pm on Fridays by the clock tower!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



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oaksatnorthpointe.com |

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Director of Food Services

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Shane Stotts
Director of Plant Operations

Heidi Aronhalt
Environmental Services Director

Jennifer Fisher
MDS Director

Bobi Bonar
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@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

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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL