



THE OAKS  
AT NORTHPOINTE WOODS

*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](http://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!

Dutch N.	1/1
Grace M.	1/20
Vera B.	1/22
Mary L.	1/22

We will celebrate our January birthdays on *January 8 at 3:00pm* in the 200 hall activity area. Thank you to Kindred Home Health for donating the cake each month.

## Sunday Brunch

Our Sunday brunch will be January 5th from 11-1, please RSVP as soon as possible so we can have enough seating and prepare enough food. Brunch is free for the first 2 guests and each additional guest is only \$10. Please pay at time of reservation.

## Volunteer News

We are currently looking for volunteers to assist with Bingo, manicures and helping at special events. Please contact Kristen if interested.

## Out and About

We go on our wheelchair friendly bus 2-3 times a week. Our seats are limited, so please sign up ASAP. Money is required for most outings. If you would like your loved one to attend outings, please speak with a Life Enrichment Associate. Consider opening up a trust account in the business office for easy access to funds.

## 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,

*Juanita Ford*  
Executive Director

## Health Center Entertainment

01/3 at 3:30pm Bob Deyoung  
01/6 at 3:00pm Janice Marsh  
01/7 at 10:00am Jerry Ball  
01/10 at 3:30pm Paul Freeburn  
01/14 at 1:30pm Martin Zyla  
01/15 at 10:30am Tyler Garth  
01/17 at 3:30pm Paul Freeburn  
01/20 at 3:00pm Janice Marsh  
01/24 at 3:30pm B & F Union  
01/31 at 3:30pm Paul Freeburn

## Legacy Entertainment

01/3 at 2:30pm Bob Deyoung  
01/7 at 11:00am Jerry Ball  
01/10 at 2:30pm Paul Freeburn  
01/13 at 3:00pm Janice Marsh  
01/17 at 2:30pm Paul Freeburn  
01/21 at 11:00am Jerry Ball  
01/24 at 2:30pm Doug Smith  
01/27 at 3:00pm Janice Marsh  
01/31 at 2:30pm Paul Freeburn



# Photo Highlights



## THEMED DINNER

Our next theme week will be February 16-21. We will enjoy a week-long celebration leading up to the theme dinner on February 20th at the evening meal.

## TASTE OF TOWN

We had a great meal from The Lucky Rooster in November. Our next Taste of the Town will be from Scheuler's on January 29th at the lunch meal.

## Live a Dream

Would you like to help make a dream come true for your loved one? We can help. Please give suggestions to the Life Enrichment department today.

## Family Night

Our family night entertainment on Dec. 12th was wonderful. Thank you to all who attended.

We plan to have another family night on January 23. Please look for signs at the campus for details.

## Did You Know...?

We work closely with several hospice agencies to give the best possible care for your loved one. Please see Jenessa or Annette for more details.

You can view the newsletter and calendar on our website: [www.theoakshc.com](http://www.theoakshc.com)

You can also use our Lifeshare program to connect with loved ones and follow the activity schedule and dining menu. Please visit [www.lifesharetech.com](http://www.lifesharetech.com) for more details.

Find us on Twitter:  
[@oaks\\_npwoods](https://twitter.com/oaks_npwoods)

And on FaceBook: The Oaks at NorthPointe Woods

The Private Dining Room can be reserved for special occasions, please see the front desk for availability.

Happy Hour is weekly at 3:30pm in the Health Campus and 2:30 pm in Legacy. Note that these are at different times than usual. We will continue to keep these times throughout 2020.



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*Juanita Ford*  
Executive Director

*Kim Montgomery*  
Director of Health Services

*Sharita Wade*  
Senior Customer Service Specialist

*Jamie Pancost*  
Customer Service Representative

*Kristen Maly, CTRS*  
Life Enrichment Director

*Jason Crim*  
Director of Food Services

*Jenessa Miller*  
Social Services Director

*Danielle Blowers*  
Human Resources/Payroll

*Jym Garman*  
Legacy Neighborhood Director

### 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@trilogyhs.com](mailto: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
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
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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
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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