



THE SPRINGS  
OF LIMA

*A Trilogy Senior Living Community*

# News

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

Harriett L. (HC)	01/17
Larry B. (HC)	01/19
Wanda K. (HC)	01/25
Gary M. (LL)	01/26
Kenny S. (AL)	01/27

## Staff

Katherine H.	01/02
Sarah A.	01/04
Pam B.	01/08
Rhokia K.	01/10
Lisa D.	01/28
Kathleen W.	01/29

## Sunday Brunch

Sunday Brunch is the second Sunday of each month from 11:00am-12:30pm. The resident and two guests are free. Additional tickets can be purchased at Guest Relations for \$7.00 each. Please RSVP 419-221-6051. December Sunday Brunch is January 12, 2020.

## Did You Know...?

You can keep up to date with the happenings at The Springs by connections with us on Facebook and through Twitter.

That your family member can sign up for The Lima Public Library and have books delivered to the facility every month? Contact Leslie Jenkins, LED for details.

That Happy Hour is every Friday night at 3:00 - 4:00pm in the Assisted Living Activity Center. Hot appetizers are served and family members are welcome to join us!



## 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,  
*Jessica Trinko*  
Executive Director

## Music to My Ears

Typically our entertainers are singers or a band but recently we had the opportunity to watch Julie Geesy perform The Hula and teach us about Hawaii and meaning of the dance moves involved in the Hula. Residents enjoyed the music as well as getting to see some of the Life Enrichment staff take a stab at learning the Hula. It was snowing outside, but it was all Sunshine and Hawaiian skies.

Connie and Julie ►





# More from Music to My Ears



*Doug and Julie*



*June and Julie*



*Kathy and Julie*



*Jewell and a bunny*



*John and a dog*



*Meg and a dog*

## Volunteers News

Most of our volunteers are humans but lately we have had a lot of 4 legged volunteers. The residents love our furry visitors and can't get enough of petting them and learning all about them. I enjoy the smiles and enthusiasm involved in our Pet Visit program but I also enjoy seeing how the visits calm people and make such a wonderful impact on the well-being of our residents.

## LIVING ARTS: YMCA AFTERSCHOOL PROGRAM

The residents enjoyed having the teens from the YMCA afterschool program drop by in the afternoon to do crafts with them. They brought supplies for a variety of crafts and the residents could choose which crafts they wanted to do and the students would teach and craft with them. We look forward to having them back again.







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Executive Director

*Jennifer Holmes*  
Director of Health Services

*Mary Kales*  
Assistant Director of Health Services

*Caylee Rickert*  
Customer Service Representative

*Alexis Rayl*  
Customer Service Specialist

*Brandi Wireman*  
Business Office Manager

*Leslie Jenkins*  
Life Enrichment Director

*Ellen Diemer*  
Director of Social Services

*Bill Erickson*  
Director of Plant Operations

*Justin Daley*  
Director of Food Services

*Terri Williamson*  
Environmental Services Supervisor

*Julia Desenberg*  
MDS Coordinator

*Michaela Fitzgerald-Ryan*  
Medical Records & Scheduling

## 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
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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