



THE SPRINGS
OF RICHMOND

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!

Staff

Roszanne R.	January 04
Joy J.	January 05
Dallas S.	January 13
Cooper W.	January 20
Kateland	January 28

The Luck of Jan.

Lucky Color: Gray and Blue

Lucky Day: Saturday

Lucky Number: 1 and 8

Lucky Letter: A and Z

Lucky Plant: Ivy

Tree of the Month: Apple Tree

Flower: Carnation

Birthstone: Garnet

Smiles of the Month

Lucille P. and Artie B. Enjoying the great laughs they shared while making sweet Turkeys.



Executive Director Corner

Happy January, and welcome to a new decade!

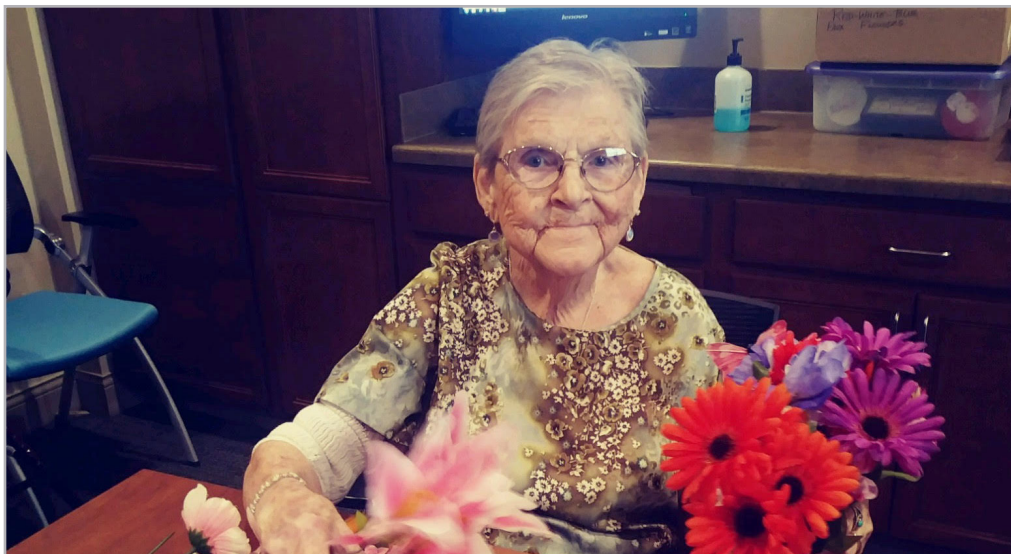
I'm excited to be kicking off 2020 with warm memories of holiday celebrations shared with you, and I hope that you're starting to get excited about all that this year will have in store. With everything that we have planned over the course of the coming weeks and months, from Theme Dinners to community 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 to the start of yet another new year. We couldn't be more excited about getting to spend this next year of our lives with you, and we hope that you feel the same way.

Yours in Service,

Keshia Attwood, HFA, MBA
Executive Director





Artisans

Our Artisans at work on Christmas trees made from thread spools. We have a very creative group here.

Sunday Brunch

Come in and enjoy our Sunday Brunch January 12, 2020

11:00am to 1:00pm. Residents are welcome to invite as many guests as they wish! Each resident will receive 2 free meal tickets for Sunday Brunch. Any guests after 2, may purchase a meal ticket for \$7.00 each. Meal tickers may be purchased in the Business Office Monday thru Friday 8:00am- 5:00pm.

Guest Please RSVP by Sunday, January 05, 2020 at 3:00pm

FEATURED RESIDENT: ARTIE B.



Artie was born in Tennessee and later moved to Milton, Indiana where she graduated high school. While in high school she met her future husband. At school, she said he watched her on the sidelines while he was playing softball. Arties husband, Allen, later told her she had the best looking legs of all the girls. Together they raised one daughter named Linda and now have three grandchildren and six great grandchildren. Artie's most

favorite moment in life was getting the Post Master job in Milton, Indiana, being the only person to pass the Civil Service test in the room. Artie was employed there for forty years. With her job at the post office she had the opportunity to travel to Puerto Rico, Las Vegas and several other places to attend postal conventions. Crocheting and embroidering are a few of the hobbies she enjoyed throughout her life. She made clothes for her daughter when her daughter was a child. Artie enjoys the quiet and peaceful atmosphere at The Springs. She said everyone is very friendly, and the Nursing and Life Enrichment staff is excellent.

Did You Know...?

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

The Private Dining Room can be reserved just call The Springs.

Happy Hour is weekly every Friday from 3:00 to 4:00pm in the Pub! One of our most attended activities and events in the campus; we would like to see everyone show up for this good time! Live entertainment will have your feet stomping, hands clapping and your head bopping! Enjoy snacks at the Pub and a glass of wine if that is your flavor! Hope to see you there!



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Director of Food Services

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Director of Environmental Services

Melissa Bryant
MDS Coordinator

Angie Salles
AP/Payroll

Tabatha Woolwine
Director of Socail Services

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*

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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