



THE VILLAGES
AT HISTORIC SILVERCREST
A Trilogy Senior Living Community

Herald

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

1/1	Norma B.
1/6	Mildred G.
1/16	Carmen F.

Taste of Town

Every month, residents enjoy local fare that we bring in house. We spice things up by decorating in the style of the restaurant and cuisine. In December, we enjoyed Arni's pizza!

Customer Service Moment

We have wonderful employees that go above and beyond everyday for our residents. If you know of someone on our staff that has done so for your loved one, please share your story with us. We love to spotlight our employees that spread the love!

Sunday Brunch

We host brunch on the first Sunday of each month. From waffles and omelets to fried chicken and mashed potatoes, there's something for everyone! Please make reservations for 11:00 am or 12:30 pm at the front desk by the Wednesday before brunch.



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,

Carla Sieckert

Executive Director

Smile of the Month

Vera puts the final touches on the Christmas tree in our bistro



OUT AND ABOUT



Joan and Mildred at Charlestown Pizza just before taking in the Christmas light display



One of our newest residents, Betty, poses with her portrait hanging at Charlestown Pizza (owned by her grandson) on one of our outings

Family Night

Thanksgiving Family Night is one of our favorite events of the year. Thanks to the residents, families, and staff that made this event so special!



Mary and her family



Ramona and her son, David



Norma and her grandson



Billie and Bennye on the balcony of their room at West Baden

Live a Dream

Billie “lived her dream” of staying the night at West Baden Resort, where she worked as a marketing rep in her 20s! It was an unforgettable experience for Billie and her niece, Bennye. Thank you, West Baden Resort and Live A Dream!

Volunteer News

Thank you to Hosparus, IUS, and Spalding University for the treats, carols, crafts, and good will that you’ve brought to our residents!



IUS carolers serenading Shirley

Artisans



Mary and Morty with their fabulous Christmas wreath



Sid assembling his model train in our front lobby, a Silvercrest Christmas tradition! Thank you, Sid!



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Villa Lifestyle Director

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Dining Services Director

Therese Casper
Social Services Director

Megan Riedling
Therapy Program Director

Jenny Brown
Customer Service Specialist

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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