



THE VILLAGES
AT OAK RIDGE

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

Judy B. January 03

Auggie C. January 26

Legacy Lane Spotlight

Jim helped us bring in the Christmas cheer! He danced to Christmas music all month long to help us get in the Christmas Spirit!



Jim dancing

Did You Know...?

That you can access the monthly newsletter and calendar at www.villagesatoakridge.com

Happy Hour is weekly from 3:00-4:00pm in the Health Center activity room. Family and friends welcome!



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,

Tonia Davis, HFA
Executive Director

VETERAN'S SPOTLIGHT

We are so very grateful for our Veterans and their service. We are thankful that we've had the opportunity to spend a day celebrating them here recently! We honor our Veterans every day, though, and have a brand new Veteran's Wall on Health Center, Assisted Living, and Legacy! Come on in and check it out!



Zane C., Jim P., Howard A., and Larry M on Veteran's Day



Chris F. and Katie decorating tree



Finished Peppermint Tree



Emma H. decorating tree



Margaret L. decorating tree



Margaret J. decorating tree



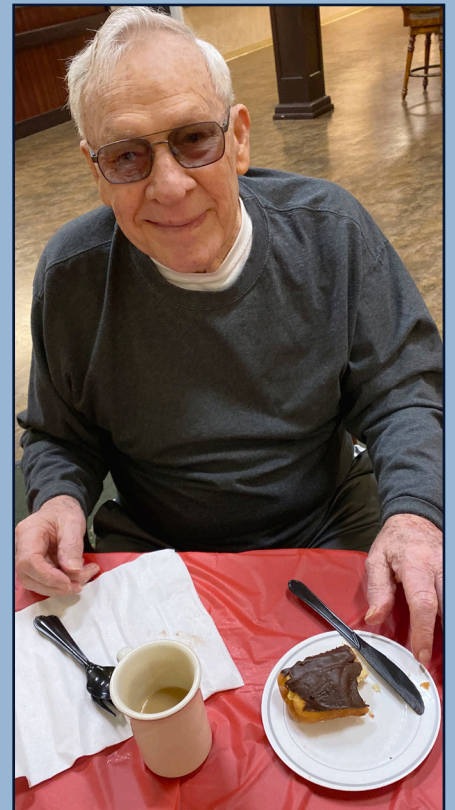
Lynn F. decorating tree

Christmas Spotlight

We have been so very busy this Holiday Season! We decorated 9 Christmas trees in total and had an absolute blast doing it! We hope all of our families and friends had a very Merry Christmas and we are wishing everyone the Happiest New Year! Here's to 2020!

Taste of Town

Last month for Taste of Town, we ordered Bakery House! They sent us SO many kinds of assorted donuts- they were DELICIOUS! We also had special Christmas coffee- peppermint and gingerbread flavored. We look forward to getting the Bakery House each Christmas season- It's tradition!



Floyd K. enjoying coffee and a donut



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*Terri Rainey
Business Office Manager*

*Natalie Walker
Life Enrichment Director*

*Michael Cullivan
Director of Plant Operations*

*Don Schaeffer
Director of Food Services*

*Tracy Bennington
Director of Environmental Services*

*Destiny Hernandez
Director of Assisted Living*

*Diana Turpin, LSW
Social Services Director*

*Kris Morrison
Legacy Lane Director*

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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

S	U	H	R	D	M	R	J	F	S	A	H	O	N	R	M	H	E	X
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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL