

## New Year's Resolutions in 2022

Inspired by [healthinaging.org](http://healthinaging.org), these simple but effective New Years resolutions are sure to help anyone who is looking to make the most out of 2022. Here are just a few ways that you can better yourself as we begin the new year:

**Stay sharp!** – Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's getting lost in a good book, playing a board game with a loved one, or simply sharing a childhood story with a close friend, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts. Need a place to start? Talk to any member of our team about our *Artisans* program, where you'll be engaged by creating arts and crafts up to twice weekly!

**Keep Active!** – Equally as important to our mental health is our physical health. Even as we age,



keeping physically active can not only be safe and healthy, but it can help us stay happy and healthy for years to come. Talk to any member of our team about our *Vitality* program, where we provide opportunities for physical movement up to three times a week. We'll be more than happy to talk to you about your comfort level, what you can do, and how we can help you get started!

**Explore a New Passion!** – As a resident of our campus, there's never been a better time to pick up a new skill or hobby. With our *Lifelong Learning* program, we're

proud to teach courses in topics including art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health, and math. Talk to any member of our team about what interests you today!

Whether you're looking to make a change or already love the life you're living, we're here to support you every step of the way. For more information about any of these resolutions, talk to our Life Enrichment Director today. Happy New Year from our family to yours!

# Happy Birthday!

## Residents

Douglas B.	January 07
Mary Lee L.	January 09
Dorothy G.	January 12
Aline S.	January 16
Geraldine G.	January 17
William G.	January 18
Betty T.	January 21
Dian C.	January 24
Janet K.	January 31

## Staff

Ashleigh G.	January 04
Karissa L.	January 07
David M.	January 08
Lana O.	January 11
Rosa M.	January 12
Sydney M.	January 16

## Executive Director Corner

Welcome to 2022!

I hope that everyone had a wonderful holiday and New Year. Being able to celebrate the end of 2021 with so many familiar faces not only was a perfect sendoff for the year that we just had, but perfectly captured the spirit of the year that we look forward to having here in 2022.

As we continue to stay warm, I want to give a huge "thank you" to everyone who participated in our 2021 Hope for the Holidays campaign. Driven by the kindness of our friends, families, and residents, our campus was proud to make a meaningful contribution to our local charities this past holiday season. Stay

tuned for additional updates on how much of an impact we were able to make!

In the coming weeks, we'll have more to share about everything that we have planned for 2022 – from Theme Dinners, community outings, retreats, and more. And if there's anything in particular that you want to see happen at our campus, be sure to talk to our Life Enrichment Director. They'll be happy to hear from you!

Let's have a great 2022, everyone!

Yours in Service,

*Maddie Cook*  
Executive Director

## Legacy Happenings



*Our residents love helping decorate the Christmas tree on the Legacy.*



*Betty R. showing off her snowman she did in Legacy's Artisans group.*



*A favorite activity is back on the Legacy – Ping Pong!*



*Legacy sure enjoyed our 1st Brunch in a year and a half.*



# PHOTO HIGHLIGHTS



*Residents enjoy Christmas music played by the Philharmonic String Quartet.*



*Its beginning to look a lot like Christmas at West River!*



*Christmas lights light up the winter evenings!*



*Don K & Kyle R  
(Environmental Services) at the Veterans Day Program  
Thank you both for your service!*



*Rose Mary T proudly displaying her turkey she made it art class.*



*Ping Pong is back! And you can see Sharon K really enjoys it.*



*June D enjoying one of our Scenic Drives – just look at the fall colors!*



*Dottie helps with Christmas decorations!*



*Lovely Christmas Trees decorate our campus!*



*Residents enjoy live music at Happy Hour!*



*New Executive Director, Maddie, talks to families during brunch.*





WEST RIVER

HEALTH CAMPUS

*A Trilogy Senior Living Community*

714 S. Eickhoff Road

Evansville, IN 47712

812-985-9878

westriverhc.com |  

*Maddie Cook*  
Executive Director

*John Comer*  
Director of Health Services

*Brandi Farrar*  
Assistant Director of Health Services

*Alyssa Bredemeier*  
Community Service Representative

*Ali Hathaway*  
Business Office Manager

*Suzanne Jerger*  
Director of Food Services

*Sarah Nellis*  
Life Enrichment Director

*Lisa Glahn*  
Legacy Neighborhood Director

*Tony Glahn*  
Director of Plant Operations

*Whitney Jackson*  
Therapy Program Director

## Stay in the Loop

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)*

*Newsletter Production by PorterOneDesign.com*

# Monthly Trivia & Activity Corner

*All trivia answers will be printed in our upcoming month's newsletter!*

**Question 1:** What was the first year there were fireworks for the New Year's Eve celebration in New York?

**Question 2:** What is the state called when animals sleep during the winter?

**Question 3:** What was Walt Disney's middle name?

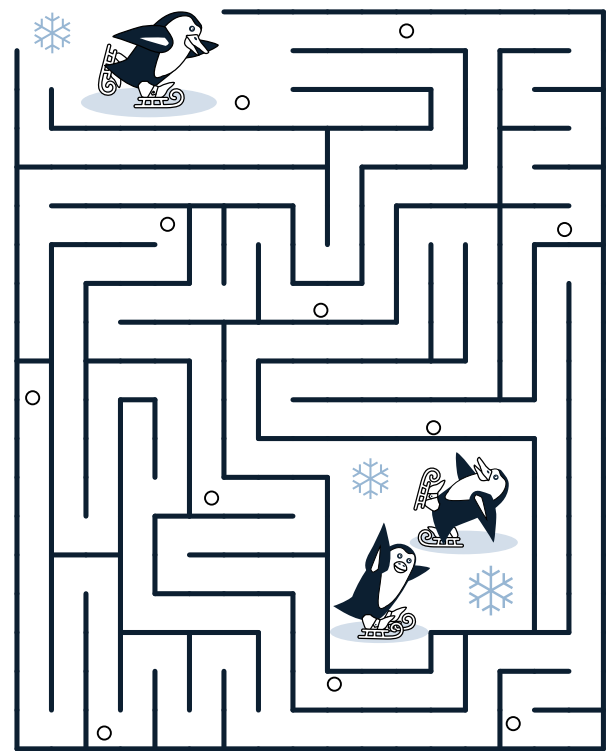
**Question 4:** What was the first toy to be advertised on TV?

**Question 5:** What is the total number of dots on a pair of dice?

*Flip the page for last month's  
trivia answers:*

Q1: Who sang "I'm Dreaming of a White  
Christmas"? Bing Crosby  
Q2: How many reindeer in total help pull  
Santa's sleigh? 9  
Q3: What country does eggnog originate  
from? Britain  
Q4: What is another name for a Christmas  
tree? Pine tree  
Q5: Over 360 million glasses of \_\_\_\_\_ are  
consumed across the world on New Year's  
Eve. Champagne

*Help the penguin join his friends for a skating party!*



## Word Search

U	L	S	M	G	I	F	L	Z	K	U	G	B	R	D	X	V	K	D
P	R	B	O	Y	J	Z	C	N	N	X	E	I	O	X	Z	W	F	I
B	K	E	V	V	C	X	B	H	P	Z	H	L	I	O	S	B	F	T
E	F	W	E	G	G	R	K	L	F	R	R	S	J	O	K	C	M	T
U	E	B	M	I	N	T	E	R	E	S	T	S	S	A	O	C	H	X
C	K	Z	E	E	Y	S	H	J	O	O	A	S	H	E	B	O	O	N
O	D	O	N	V	G	I	H	H	K	I	N	H	A	O	I	M	C	A
M	H	P	T	G	A	M	E	O	K	O	Q	D	R	P	B	P	Z	B
F	R	L	A	N	K	L	O	M	I	N	Z	B	P	I	T	U	Y	E
O	E	Y	L	O	H	S	I	T	C	F	G	I	H	C	T	T	C	C
R	A	W	E	U	S	P	U	M	A	P	Y	B	U	R	V	E	X	P
T	M	M	R	R	M	L	H	N	G	C	A	T	A	W	E	R	X	N
M	Q	F	T	C	O	S	P	E	E	G	T	S	P	T	M	A	Y	E
P	N	B	O	S	R	P	R	M	A	U	P	I	S	D	F	C	Z	O
J	T	H	E	A	T	R	E	C	J	L	D	M	V	I	F	F	M	Y
K	H	R	I	S	T	D	T	M	B	I	T	W	P	E	O	P	R	P
V	V	Z	P	S	V	X	X	A	D	Y	X	H	B	L	B	N	Z	E
Q	B	T	F	J	K	X	K	X	A	P	X	I	Y	I	P	W	V	C
G	L	W	I	T	H	O	B	B	Y	G	J	S	V	B	Y	B	W	L

ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE