



THE WILLOWS
AT HARRODSBURG
A Trilogy Senior Living Community

Monthly

January 2022

New Year's Resolutions in 2022

Inspired by 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

Mary S.	January 02
Peggy G.	January 02
Margot P.	January 04
Byrdit H.	January 14
Anna C.	January 25

Staff

Victoria W.	January 07
Logan S.	January 12
Lexi D.	January 15
Brian S.	January 30
John P.	January 31

Smile of the Month

Our smile of the month goes to none other than Danielle Brooks! Thank you Danielle for always going above and beyond to serve residents and staff alike!



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,

Rachel Dadisman

Executive Director

COMMUNITY CONNECTIONS

Giving a big thanks to Heritage Hospice for honoring our Veterans last month with pins, hats and certificates!



Happy Hour

Thanksgiving in a glass was a big highlight of last month. This delicious treat was prepared at one of our world famous Happy Hours!



Activities Corner

This month our residents enjoyed a cooking class from our Life Enrichment team! We made spaghetti salad with fresh garden vegetables and our special sauce!



SUNDAY BRUNCH

We had so much fun at our first Sunday brunch since the pandemic! It was so wonderful having all of our family back in the building to spend time dining with their loved ones.



THE WILLOWS AT HARRODSBURG

A Trilogy Senior Living Community

**180 Lucky Man Way
Harrodsburg, KY 40330
859-734-2953
willowsatharrodsburg.com |**

*Rachel Dadisman
Executive Director*

*Kelly Workman
Director of Health Services*

*Laura Montgomery
Community Services Representative*

*Lorie Davis
Business Office Manager*

*Sherry Horn
AP/Payroll*

*Tiffany Wright
Therapy Department Director*

*Nick Perrin
Life Enrichment Director*

*Racheal Parsons
Director of Social Services*

*Brian Sims
Director of Plant Services*

*Carolyn Halcomb
Director of Environmental Services*

*Kris Fultz
Director of Food Services*

*Bailey Underwood
Customer Service Specialist*

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*

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?*

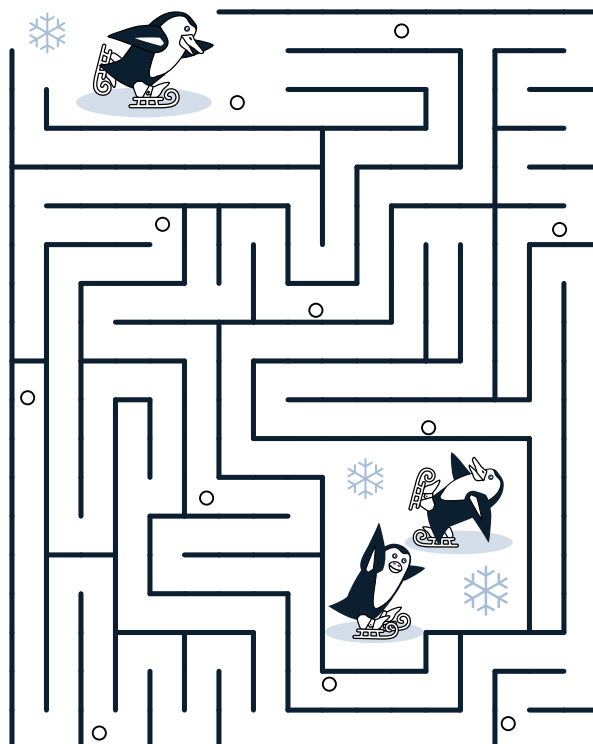
Question 4: *What was the first toy to be advertised on TV?*

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