



GATEWAY SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Gazette

January 2022

## 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!

## Staff

Marlene R.	1/11
Marie G.	1/19
Theresa W.	1/28

## Staff

Jasmine E.	1/16
Melissa W.	1/17
Emily C.	1/27
Susi C.	1/31
Magdaline N.	1/31

## Artisans

One of the fun things we do with not only our Legacy residents, but all our residents is Artisans. We've been working on a bunch of fun crafts such as Christmas ornaments, snow globes, and many others! Our residents and staff absolutely love it! Not only are they able to express themselves through Art, it's also a really good socialization time where we can connect with our residents, and also for them to connect with one another. Family is always welcome to join us in any activity so come join your loved ones in some fun.

## 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,

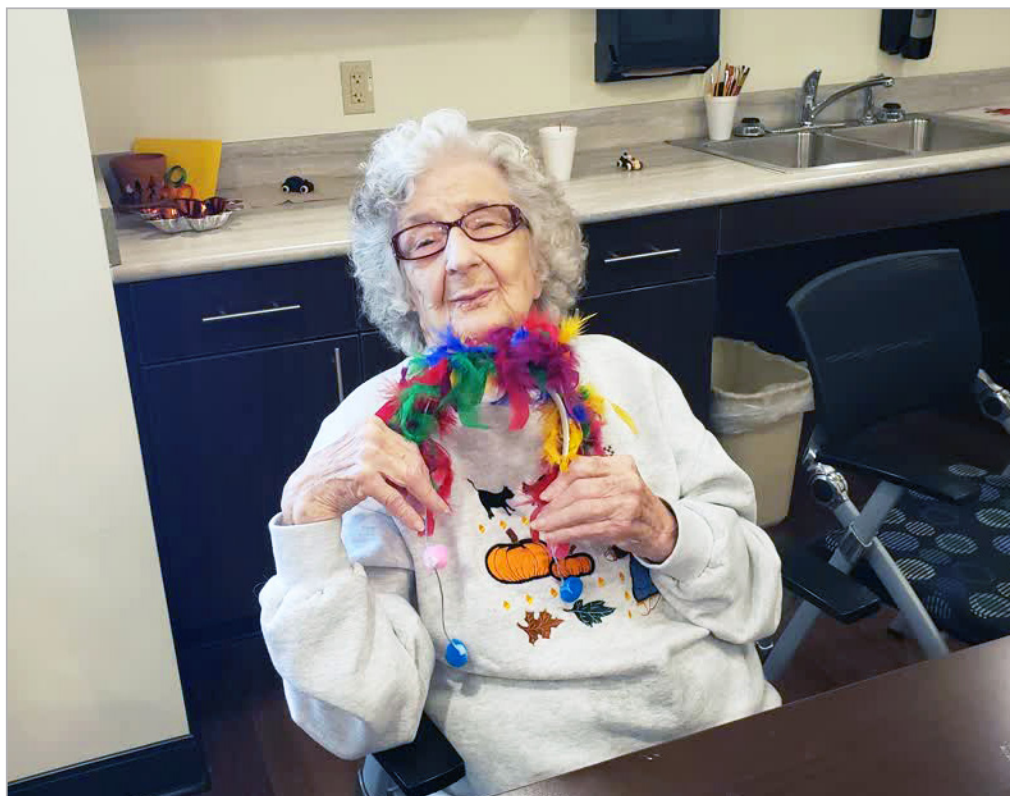
*Ross Homan*

Executive Director





## More From... Artisans



### Employee of the Month

A company is only able to be successful, if we have good employees on our side. We have a few of the best. This month I wanted to highlight an employee that I truly believe goes above and beyond! Dottie Fields is a CRCA here at Gateway Springs and her dedication and hard work does not go unnoticed. Dottie was meant to work in healthcare, and you can tell by her sincere love for our residents. Thank you Dottie for all that you do not only for the residents but for our building as a whole!

### Upcoming Events

As we all know, our residents didn't get to enjoy Thanksgiving how they traditionally would. Unfortunately circumstances has us all confined to our rooms. Now that our quarantine has been lifted (yay!) Lets kick start our Christmas season with all the love. We have open visitation, so come see us anytime. I'm excited for what this holiday season still has In store so let's make it memorable!





# GATEWAY SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

7250 Gateway Avenue

Hamilton, OH 45011

513-912-6834

gatewayspringshc.com |  

*Ross Homan*

*Executive Director*

*Anne Arnette*

*Community Services Representative*

*Cathy Newton*

*Customer Service Specialist*

*Jodi Watson*

*Business Office Manager*

*Melissa Wilson*

*Life Enrichment Director*

*Steve McCloud*

*Director of Plant Operations*

*Adam Jennings*

*Director of Food Services*

*Trish Marvin*

*Director of Environmental Services*

*Christina Williams*

*Director of Social Services*

*Linda Gentry*

*Assistant Director of Health Services*

## 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)*

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# 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?*

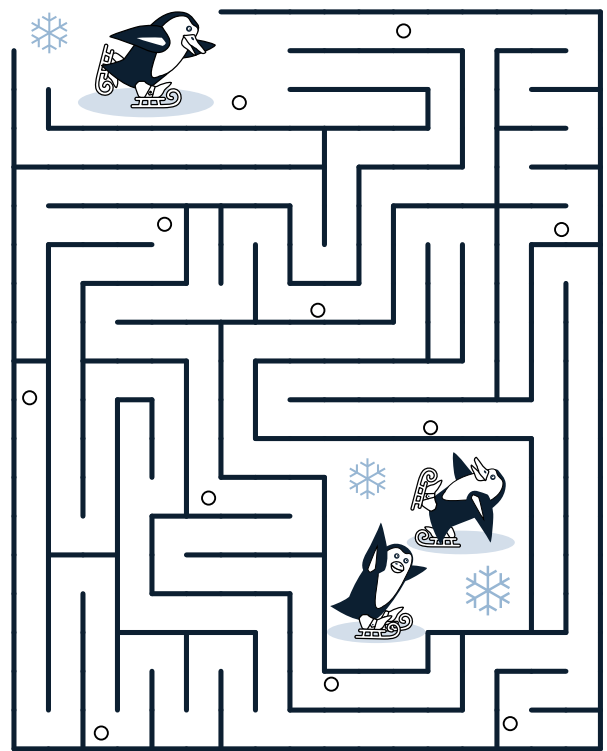
**Question 4:** *What was the first toy to be advertised on TV?*

**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 egg nog 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