

## 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

Karen Q.	1/03
Beverly K.	1/04
Barbara M.	1/04
Virginia H.	1/04
Max B.	1/05
Peggy W.	1/07
Betty H.	1/10
Zora B.	1/15
Josephine H.	1/21
Avonelle W.	1/21
Carl L.	1/22
Lucille P.	1/26

## Staff

Estelita V.	1/04
Brittney S.	1/12
Shari J.	1/12
Sue T.	1/16
Jessica T.	1/17
Marilyn R.	1/19

# Brunch Highlights

Brunch came back in November. We were so happy to see our families and their smiling faces back in the building. Here are some great photos from that day.



# 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,

*Maurice Woolfolk*

Executive Director

# Veteran's Day Highlights

We celebrated our Veterans this year with a program honoring their service to our country. They received a flag pin, a certificate, and homemade blanket for our newest veterans.



## Kate's Corner

Hello friends! Kate here, I wanted to wish everyone a Happy New Year! I am so looking forward to what the new year will bring all of us. After everything we have gone through together, I truly believe that we will all be heading toward an even better 2022. I am hoping we can all have some new and fun experiences together, and really make some great memories. Like Maurice said in his note, if you have any ideas or requests, come see me and let me know! These are your activities, and I am here to make them happen!

## Lifelong Learning

This month for Lifelong Learning, we will be learning some new languages! We will be going over the basics of some languages around the world. Join us to see what you know and learn something new!

## Community Connections

Wed January 26 11am-1pm

"From your toes to your nose, you must be froze!"

Enjoy our hot beverage station, outside the AL entrance for some Trilogy information and some warm drinks!

## Volunteers Needed

Homewood is still looking for dedicated volunteers to spend time with our residents. If you have a special talent or want to play some games or make a craft, we want you! Please contact the Life Enrichment Director, Kate if you are interested!



# HOMEWOOD

## HEALTH CAMPUS

*A Trilogy Senior Living Community*

2494 N. Lebanon Street

Lebanon, IN 46052

765-482-2076

homewoodhc.com |

*Maurice Woolfolk*  
Executive Director

*Minda Kelly*  
Director of Health Services

*TBD*  
Assistant Director of Health Services

*Susan McCollum*  
Customer Service Representative

*Joel Jacquette*  
Business Office Manager

*Kaitlyn Williams*  
Life Enrichment Director

*Maranda Charles*  
Human Resources

*Ashley Stingly*  
Social Service Director

*Doug McClure*  
Director of Food Services

*Uriah Cook*  
Environmental Services Director

*Mike Leak*  
Director of Plant Operations

### 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?*

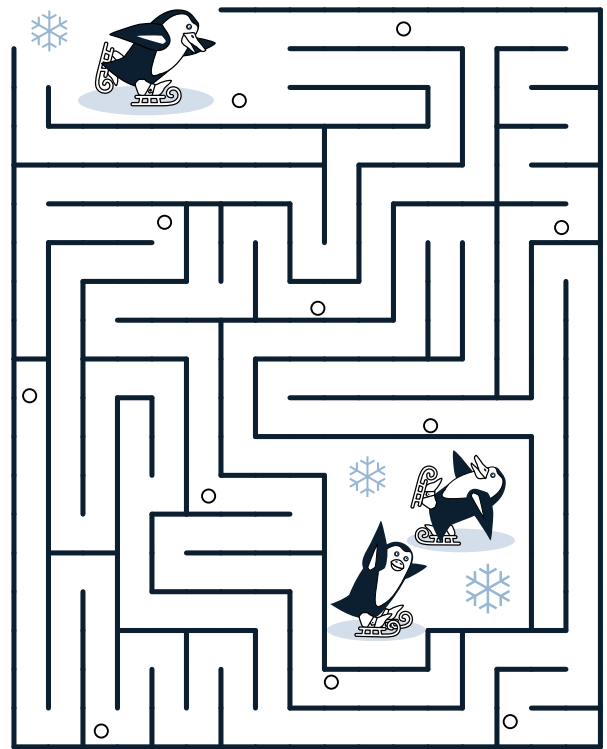
**Question 4:** *What was the first toy to be advertised on TV?*

**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