

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.	1/06
Edward K.	1/07
Oscar R.	1/20
Betty M.	1/31
Michael A.	1/31

Staff

Dorian H.	1/07
Debra H.	1/20
Alicia L.	1/28
Tanesha J.	1/28

Live A Dream

Our Live a Dream program was created to fulfill the lifelong dreams of residents in our communities throughout the Midwest. Over the years, the Trilogy Foundation has helped seniors' whiz through the forest canopy on zip-lines, skyrocket into the stratosphere on hot air balloons, pilot planes, take once-in-a-lifetime trips, and reunite with family and friends they feared they may never see again. The Live a Dream program has a track record of turning wishful thinking into wonderful reality. Please reach out to our Life Enrichment team to nominate a resident for the chance to live out their dream!



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,

Tim Reardon

Executive Director

Resident Spotlight: Stella K.

Our resident spotlight this month is Stella Kerwin. Stella attends many of the groups offered at our building. She enjoys eating with her friends at lunch and dinner. Stella loves to listen to music during happy hour and go shopping with her friends.



HOLIDAY SEASON!

We were so grateful to be TOGETHER again this holiday season! A big thank you to everyone who helped make the season so much brighter!



Happy Hour

Please join us for Happy Hour every Friday from 3:00pm-4:00pm. Plan to have some delicious food and beverages but even better company!



Volunteer News

Do you love music? Painting? Literature? Building things? Consider sharing your passion with our residents! Whether it's for an hour, once a month, weekly, or more, your time would be so valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments and orchestration, instructing art lessons, leading religious inspirational groups, and more. We love volunteers! We welcome individuals to gain experience while engaging with our residents. In the past we have enjoyed learning from our volunteers and enjoying the love and talent that they offer and we welcome your talents as well! Contact our Life Enrichment Director, Sarah, and she will help find you a meaningful volunteer role.



NOVI LAKES

HEALTH CAMPUS

A Trilogy Senior Living Community

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novilakeshc.com |

Tim Reardon
Executive Director

Mary Smith
Director of Health Services

Keri Pranga
Assistant Director of Health Services

Catina Garrison
Assisted Living Director

Michelle Hoffman
Social Work Director

Alissa Burnett
Customer Service Representative

Sarah Wozniak
Life Enrichment Director

Jed Feilert
Director of Plant Operations

Jayson Bogota
Director of Food Services

Shaharazad Webster
Director of Environmental 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*

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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?

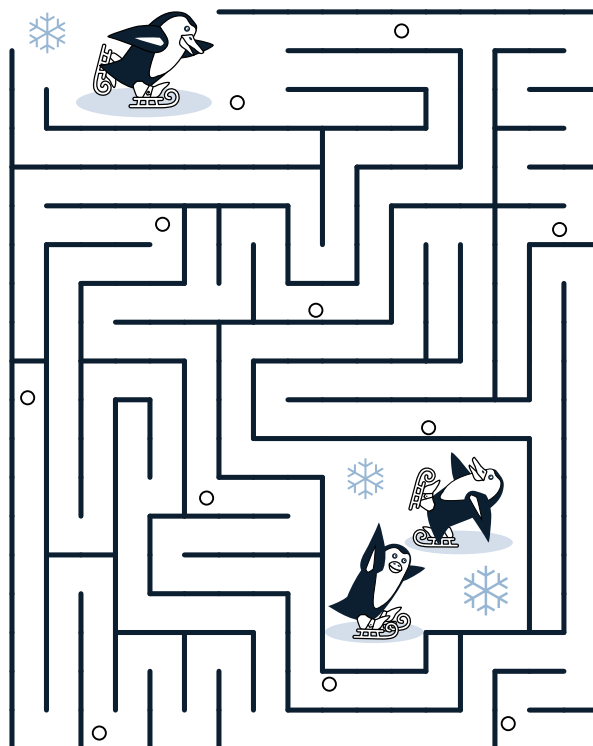
Question 4: What was the first toy to be advertised on TV?

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
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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
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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
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ACTIVE
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COMPUTER
GAME

HEALTHY
HOBBY
INTERESTS
MOVEMENT

PASSION
RESOLUTIONS
SHARP
THEATRE