



ORCHARD GROVE

HEALTH CAMPUS

A Trilogy Senior Living Community

Outlook

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

Patricia R.	1/15
Janet O.	1/15
Mervin V.	1/16
Margaret A.	1/16
Ann M.	1/17
Robert M.	1/18
Roberta P.	1/20
Arthur S.	1/28

Staff

Stacey Z.	1/01
Rhonda W.	1/12
Lisa K.	1/12
Lila R.	1/15
Joanne S.	1/19
Sandra A.	1/20
Kristen K.	1/22
Anakarent C.	1/22
Jenienne S.	1/26
Jennifer M.	1/31



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,

Nirmal Kesavan

Executive Director

Did You Know...? New Year Traditions From Around the World

In Belgium, farmers bless their cows on New Year and wish them a Happy New Year!

In Italy, people wear red underwear to be lucky in love in the New Year!

In the USA, people kiss on New Year’s Eve and sing Auld Lang Syne!

In Spain, at the stroke of midnight, 12 grapes are eaten to ward off bad luck!

ELF ON THE SHELF



Our staff at Orchard Grove Health Campus have been busy finding “Elf” hidden around our campus.

ARTISAN PROGRAM

Homemade birdfeeders with peanut butter, pumpkin seeds and cheerios were hung outside of Legacy. Our birds are well fed!!



TRILOGY FIT

Our Legacy BFF's love to exercise in the morning with big purple ball.



Welcome Residents & Family Members

The Orchard Grove Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving you or your loved ones' daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our residents' lives.

Did You Know...?

Family and friends can visit with their loved one! Just give the campus a call to find out all the details.

Live a Dream

Our Live a Dream program demonstrates our commitment to exceeding the expectations of our residents and their families. All of our staff is empowered to identify and grant the wishes of our residents on a regular basis. We've had residents soar through the clouds in planes, and hot air balloons, zipline through the forest, cruise on a sailboat, renew their wedding vows and take special trips to visit family and friends. These dreams and many more are all possible at trilogy! Let us know if you know of a dream for one of our great residents!



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Lisa Kosten
Life Enrichment Director

Caity Marsh
Community Service Representative

Kevin Knecht
Director of Plant Operations

Lauren Hopaluk
Director of Social Work

Enrique Lopez
Director of Food Service

Steve Smith
Legacy Neighborhood Director

Michelle Lamar
Director of Environmental Services

Lisa Castile
Director of Therapy

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?

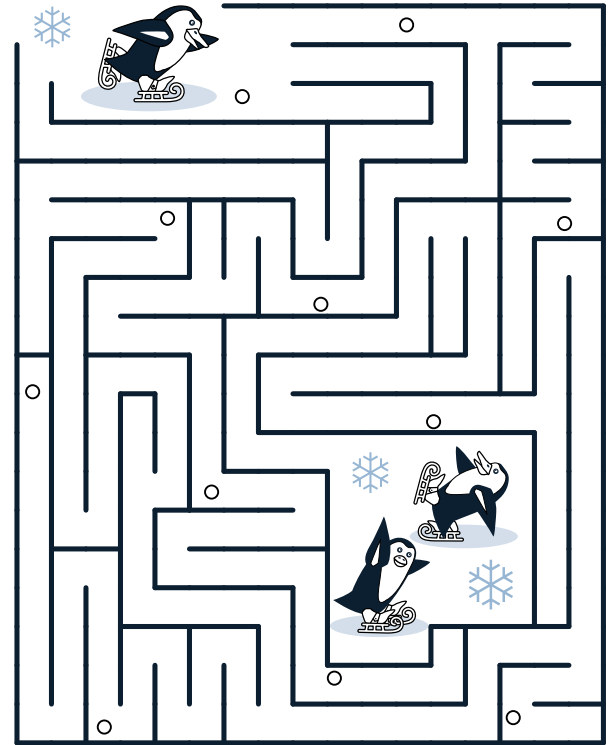
Question 2: What is the state called when animals sleep during the winter?

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?

Help the penguin join his friends for a skating party!



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

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

BOOK

HEALTHY

PASSION

AGE

COMFORT

HOBBY

RESOLUTIONS

ALERT

COMPUTER

INTERESTS

SHARP

ART

GAME

MOVEMENT

THEATRE