

## 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

Michael S.	1/02
Jennifer K.	1/04
Mary D.	1/14
Mary M.	1/22
Doris L.	1/29

## Staff

Lori M.	1/03
Rebecca H.	1/09



## 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,

*Tiffany Goins*

Executive Director

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link:

[www.oaksatbethesda.com](http://www.oaksatbethesda.com)

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 2:30pm on Fridays in the Health Care Dining Room!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.

## Entertainment

We had the most wonderful time thanking our Veteran's-on-Veteran's Day. Shriver's Hospice donated gift bags to each of our residents and Dave and Cathy Goss performed music and prayer with them. It was a day filled with tears, love, song, prayer and laughter. Thank you Veteran!! There are not words enough. There is not a hug strong enough. All we can offer is thank you. You are my hero. You are in my thoughts. You are in my prayers. For all you have done, thank you for your service!



# More from Entertainment



# Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or going on an outing. Please contact Misty Bookless or any of the other Life Enrichment staff member at 740-452-3800 for information.





# THE OAKS AT BETHESDA

A Trilogy Senior Living Community

2971 Maple Avenue  
Zanesville, OH 43701

740-452-3800

oaksatbethesda.com |

*Tiffany Goins*  
Executive Director

*April Huffman*  
Director of Health Services

*Misty Gill*  
Assistant Director of Health Services

*Penny Butcher*  
Resident Services Director

*Misty Bookless*  
Life Enrichment Director

*Cassie Riffie*  
Community Service Representative

*Ashley Richards*  
Director of Food Services

*Stacy Holland*  
Business Office Manager

*Courtney Spangler*  
Director of Plant Operations

*Judy Spaulding*  
Director of Environmental Services

*Layne Paladino*  
Therapy Director

## 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@trilogybs.com](mailto:comply@trilogybs.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?

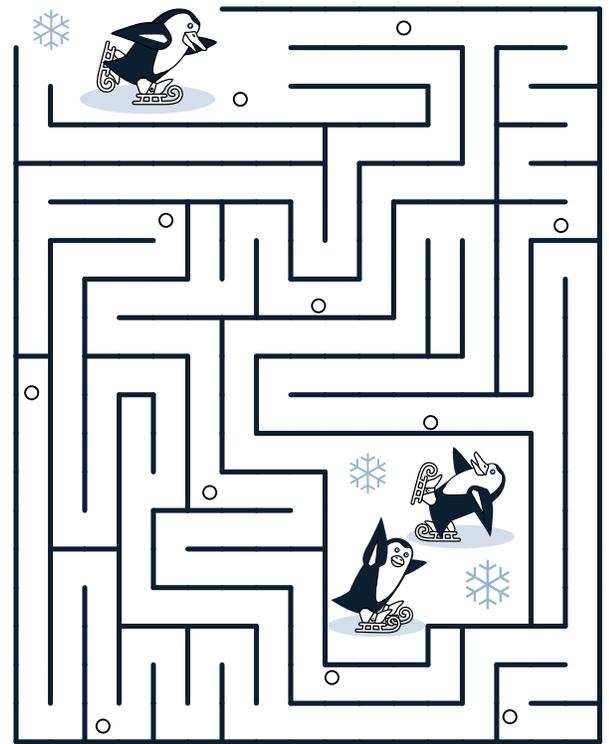
**Question 4:** What was the first toy to be advertised on TV?

**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 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

BOOK

HEALTHY

PASSION

AGE

COMFORT

HOBBY

RESOLUTIONS

ALERT

COMPUTER

INTERESTS

SHARP

ART

GAME

MOVEMENT

THEATRE