

## 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*

Duane C.	1/02
Eric S.	1/04
Annamae E.	1/07
Shirley G.	1/14
Cathy F.	1/14
Nelda H.	1/17
Kay R.	1/20
Sue S.	1/26
Bonnie I.	1/30

### *Staff*

Samantha K.	1/05
Kayla W.	1/11
Katelynn E.	1/12
Mandee A.	1/18
Corrina G.	1/18
Leah S.	1/18
Tiffany W.	1/23
Colby A.	1/29

## *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,

*Haylee Everidge*

Executive Director

## Macys Parade (Happy Hour)

Our life enrichment team enjoyed putting on our own Orchard Pointe Macy's Thanksgiving Parade during happy hour.





# HAPPY 75TH ANNIVERSARY (LEGACY SPOTLIGHT)

Our legacy team enjoyed helping a resident and her husband celebrate their 75th wedding anniversary.

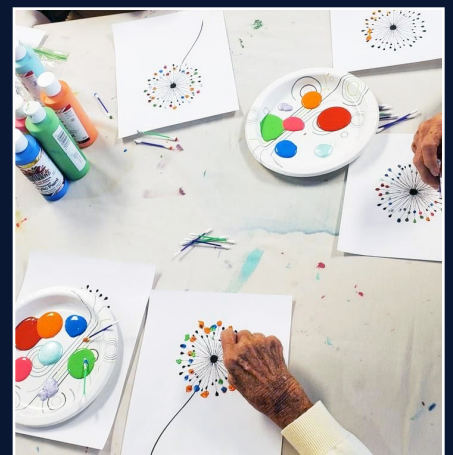
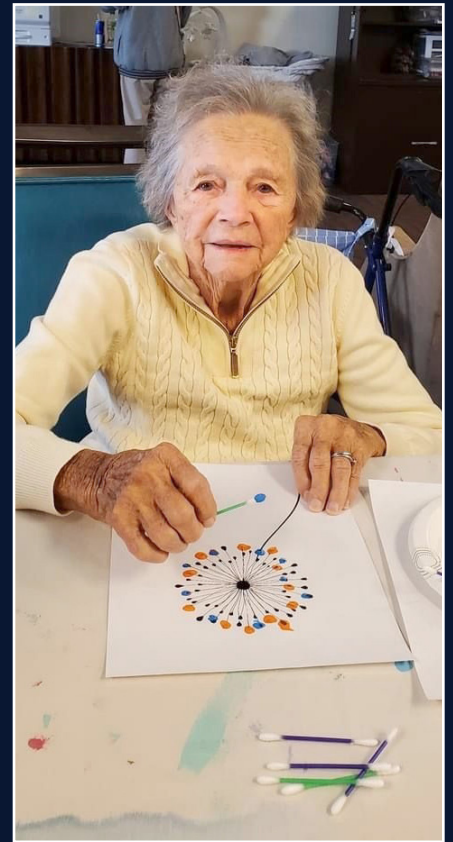


## *Volunteers Needed*

Give the gift of time and have fun! As little as one hour a month can make all the difference to a resident and to you!

## Dandelions (Artisan Program)

Legacy residents enjoyed painting dandelions.



# ORCHARD POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

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orchardpointehc.com |  

Haylee Everidge  
Executive Director

Lashonda Lapsley-Martin  
Director of Health Services

Jenna Atkinson  
Director of Assisted Living

Tammy Yeaser  
Community Service Representative

Danielle Papai  
Business Office Manager

Rachel Buss  
Interim Life Enrichment Director

Amber Linthcum  
Legacy Lane Coordinator

Kris Bell  
Director of Plant Operations

Heaven Clark  
Director of Dining Services

Trisha Whitsell  
Environmental Services Director

Tiffany Merrifield  
Social Services Director

Sheena Brown  
Therapy Program Director

Amber Rasler  
AP/Payroll

## 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?

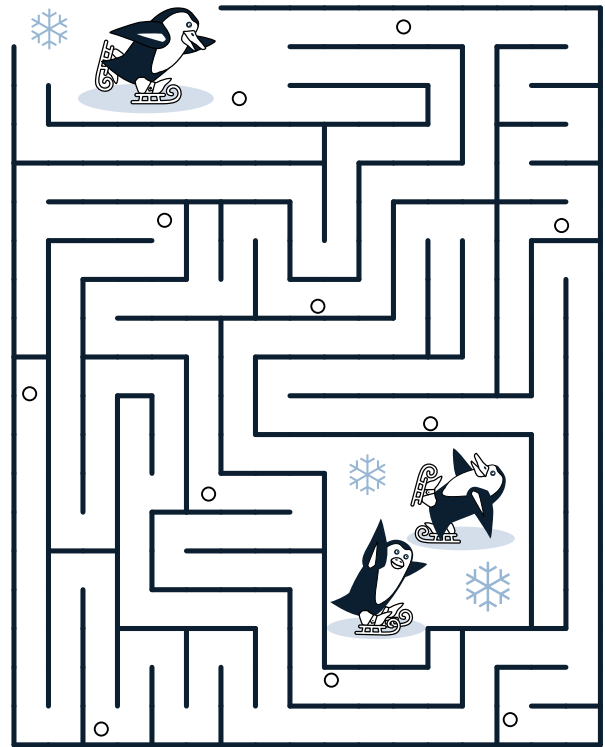
**Question 4:** What was the first toy to be advertised on TV?

**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 Years 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