



## New Year's Resolutions in 2022

Inspired by [healthinaging.org](https://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

Anna G. 01/15

Melcena I. 01/19

## Staff

Emily S. 01/07

Jonathan R. 1/13

Damida B. 01/18

Shavon H. 01/21

Shane O. 01/22

## Theme Dinner

We are looking forward to our 2022 Theme Weeks and dinners. Our quarterly theme weeks fill our residents' days with excitement as we work together on special projects during our Daily Rhythms to prepare for a week of celebration. Residents and team members will be having a ball, in 2022!

February 20-26: Snowflake Ball  
(Winter Wonderland)

May 15-21:  
Lucille's Ball (I Love Lucy)

August 21-27: Somewhere  
Beyond the Sea (Cruise)

October 16-22:  
Gatsby Ball (Roaring 20's)

## 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 at The Legacy at English Station 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,  
*Matthew R. Jones*  
Executive Director

## CREATIVE COOKING

Creative Cooking is a favorite at The Legacy at English Station. Each day we gather at the kitchen counter, read a recipe, and bake! Residents reminisce about cooking with parents or grandparents, sometimes recall cooking mishaps, and truly enjoy the friendship around us. Some of our cooking creations are better than others, but it is always a good time with friends! Please submit a family recipe to Natalie if there is a dish that holds special memories for your loved one.... we will do our best!



*Crescent Roll Apple Turnovers were a hit in Creative Cooking.*



## More from CREATIVE COOKING



*Residents loved cooking these Red Lobster favorites!*

## Intergenerational Fun

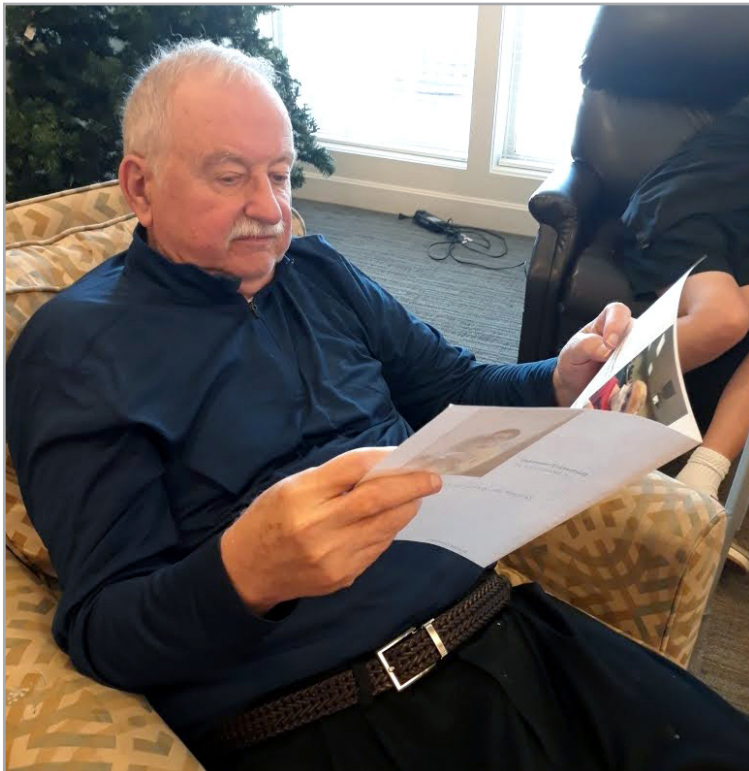
Thank you to our new friends at “That’s Dancing!”. We enjoyed a visit from these young dancers, and we are just delighted that they shared their holiday program with The Legacy at English Station. We look forward to future performances from such a talented group of students.

## Outings: Lights Under Louisville

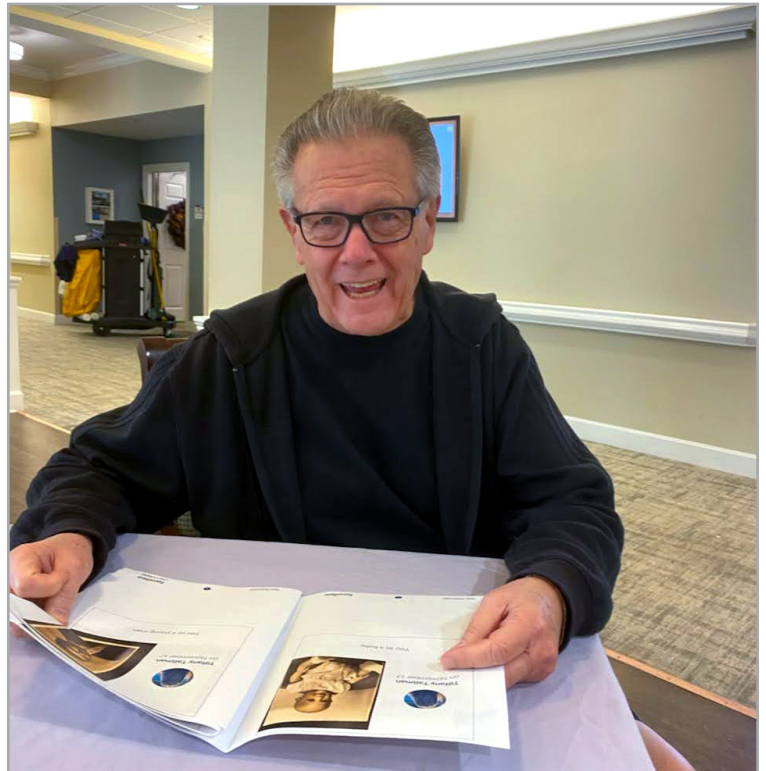
Residents enjoyed a holiday outing to “Lights Under Louisville”. Each year the Louisville Mega Cavern is transformed into an underground musical holiday light spectacular for the Christmas season. The 30-minute tour showcases over 4,000,000 points of light, features over 900 displays, and is the only underground light show in the world! We sipped on hot chocolate and enjoyed the familiar holiday songs as we drove through the magical holiday light show.

## Did You Know...?

Famileo is a personalized newspaper/gazette from you to your loved one! On your end, it's like Facebook except the posts only go to a newspaper printed each Monday for your loved one. Each Monday we bring the gazettes to each resident, sit with them, read it to them and talk about the pictures. This is a great way for our team to learn more about our residents, and their amazing families. If you aren't using this app yet, let us know so we can help you get it set up on your phone.



*Harold loves the pictures his family sends in his Famileo gazette!*



*Dan enjoys reading his personalized newspaper!*



# THE LEGACY AT ENGLISH STATION

*A Trilogy Senior Living Community*

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Louisville, KY 40245

502-254-2361

legacyatenglishstation.com |

*Matthew R. Jones*  
Executive Director

*Mindy Hahn*  
Director of Health Services

*Amy Vanover*  
Community Relations Director

*Sydney Bright*  
Business Office Manager

*Natalie Casto*  
Life Enrichment Director

*Shane Osso*  
Director of Plant Operations

*Jonathan Ross*  
Director of Food 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](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?*

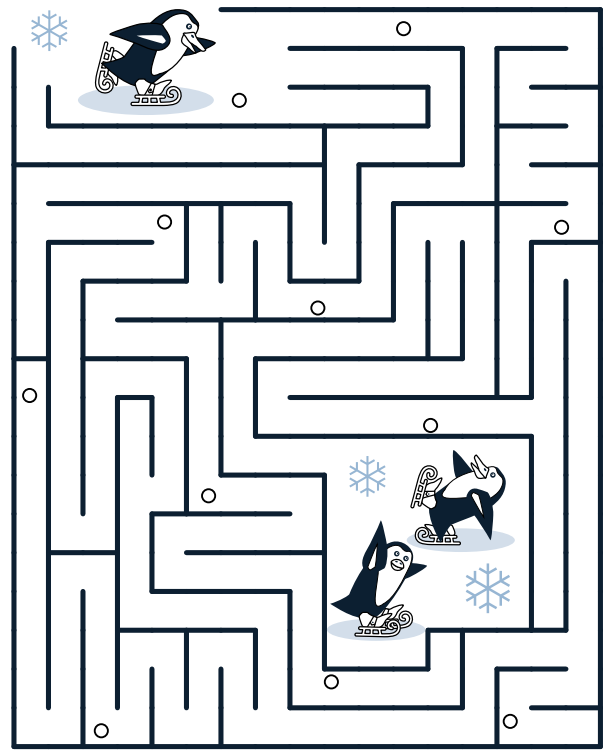
**Question 4:** *What was the first toy to be advertised on TV?*

**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