

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

Mattie A.	1/01
Genevieve K.	1/03
Ginger B.	1/06
Ruth S.	1/07
Alvena R.	1/09
Christopher R.	1/15
Joyce S.	1/16
Charlotte D.	1/19
Jean K.	1/23
Nita H.	1/25
Jacqueline C.	1/26
Kathleen R.	1/29
Patricia A.	1/29

Staff

Robert G.	1/04
Brandon B.	1/05
Ashley P.	1/06
Melinda S.	1/11
Linda R.	1/13
Vanessa S.	1/15
Autumn W.	1/21
Krystal N.	1/24
Rowena P.	1/25
Robin D.	1/26
Kenneth D.	1/27
David S.	1/28
Peter H.	1/30
Delawn H.	1/31

Evening Bible Study

We want to thank Pastor Dave Pompo from Living Grace Church in Davison for providing our residents with our weekly Bible Study! He and his church even donated a beautiful craft to our facility that reads "It is well with my soul". Please join Pastor Dave in sharing your faith every Thursday night at 5:30pm on Assisted Living and at 6:30pm on Health Center



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,

Marcus Badia
Executive Director

Lifelong Learning

We have educational videos playing on our Broadcast Channel Monday through Saturday. These videos include documentaries, how-to's, interesting facts, and life stories of famous individuals. If you would like to see or learn about a particular subject, please inform Life Enrichment so we can add it to our Lifelong Learning schedule! Learning is for all ages and there is always something new to learn every day!

Broadcast Channel Schedule	
Channel 2.1 (in between channel 2 and 3)	
Monday:	Tuesday:
10:00am-Healthy Lungs	10:00am-Healthy Lungs
10:30am-TrilogyFit	10:30am-TrilogyFit
12:30pm-Lifelong Learning	12:30pm-Lifelong Learning
2:30pm-Virtual Traveling	2:30pm-Tuesday Tunesday
Wednesday:	Thursday:
10:00am-Healthy Lungs	10:00am-Healthy Lungs
10:30am-TrilogyFit	10:30am-TrilogyFit
12:30pm-Lifelong Learning	12:30pm-Lifelong Learning
2:30pm-Virtual Traveling	2:30pm-Church Service
3:00pm-Melodies and Memories	
Friday:	
10:00am-Healthy Lungs	
10:30am-TrilogyFit	
12:30pm-Lifelong Learning	
2:30pm-Friday Movie	
Saturday:	Sunday:
1:00pm-Lifelong Learning	10:00am-Inspired Sundays

Broadcast Channel Schedule	
Channel 2.1 (in between channel 2 and 3)	
Healthy Lungs, M-F	
• Videos to help promote respiratory health	
TrilogyFit-M/T/W/TH/F	
• Videos to help promote healthy exercise	
Lifelong Learning-Monday-Saturday	
• Various topics for education and entertainment	
Virtual Traveling-M/W	
• Videos to see the world from your room!	
Melodies and Memories-W	
• Live musical performance	
Tuesday Tunesday-T	
• Music playlist with residents' song requests	

Sunday Brunch

As we are able to lift some of our restrictions and get back to programs we enjoyed before the pandemic, we are very excited to be bringing back our Sunday Brunch program! Families used to enjoy coming in once a month for our Brunch to enjoy a meal with their loved one and to socialize. We look forward to making more memories with our residents and their families in the upcoming year!





STONEGATE HEALTH CAMPUS

A Trilogy Senior Living Community

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Shelby Clark
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Annette Sudnik
Customer Service Specialist

Stacey McIntosh
Business Office Manager

Brandon Birkner
Life Enrichment Director

Ken Doyka
Director of Plant Operations

Eric Schwark
Director of Dining Services

Devon Payne
Director of Environmental Services

Cristene English
MDS Coordinator

Liz Lowe
Director of Assisted Living

Misty Martin
AP/Payroll

Naomi Taylor
Director of Social Services

Adam Ahlgren
Director of Therapy

Stay in the Loop [t](#) [f](#)

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*

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?

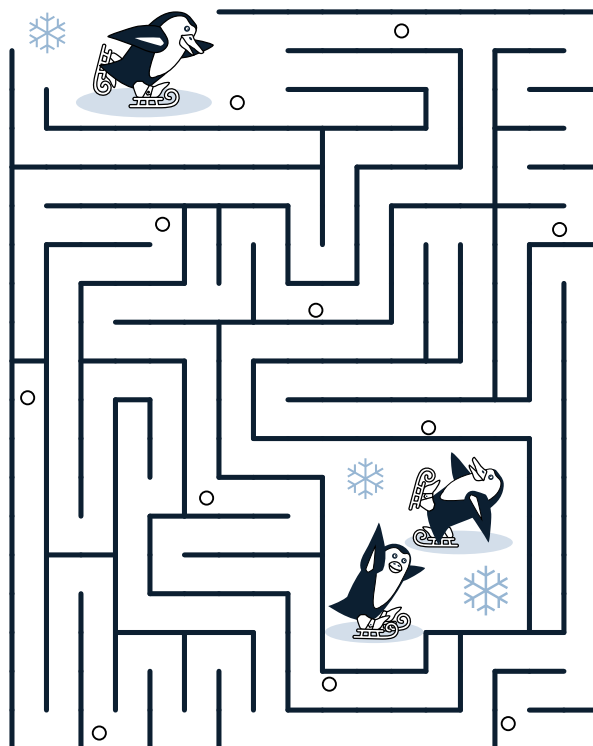
Question 4: What was the first toy to be advertised on TV?

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