New Year, New You!

January is a time for new beginnings, and that means New Year’s resolutions! According to statisticbrain.com, only 14% of people over the age of 50 stick to their New Year’s resolutions. This year, we’re going to change that! Make your resolutions, and we’ll do everything within our power to help you reach your goals for 2015.

Some of the most popular resolutions made in 2014 are listed below. If one of these is a resolution you want to make, let us know!

**If your resolution is to:**

**Learn something new.** Learning new things keeps the mind sharp. Through our Lifelong Learning program, you can take classes on a wide variety of topics such as cooking, technology, foreign language and much more.

**Become more fit/healthy.** It’s all about staying fit, and if this is one of your goals, plan to attend our vitality exercise group at least three times per week. Just remember that before beginning a new exercise routine, it is important to consult your physician.

**Get organized.** Simplify your surroundings by clearing out unused or unwanted items. Replace a crowded jewelry box with a lined drawer to make it easier to see and choose your accessories. Re-organize closets and drawers with containers that slide easily, and put things that are used most often in easily accessible spaces. And remember, you can always count on us to help you better organize your belongings.

**Enjoy life to the fullest.** Take advantage of some of the life enrichment programs we have on campus such as the Living Arts program and Campus in Color. Don’t miss out on all the fun. Check out our activities calendar on LifeShare to see what is offered each week.

**Spend more time with family.** Invite your family to Happy Hour on Fridays, our monthly Sunday Brunch and any scheduled Family Night. Your friends and family are also welcome to attend any of our many Life Enrichment activities or special events.

**Take a trip.** Grab your friends and family to explore museums, go bowling, have dinner at your favorite restaurant and enjoy shopping. In the summer, join us for summer field trips to local area attractions such as zoos, baseball games and picnics in the park. You can also sign up to participate in our companywide fishing trip and contest each year.

**Experience something you’ve never done before.** Through our Live a Dream program, residents have seen a number of dreams come true, from going to see your favorite sports team play to journeying skyward in a hot air balloon. Make your resolution known to us, and the next dream that comes true could be your own.
**Happy Birthday!**

**Residents**

Mary H.  January 04  
Barbara D.  January 20  
Paul M.  January 21  
Lee D.  January 22  
Dorothy R.  January 26  
Thelma R.  January 30

**Staff**

Teresa C.  January 11  
Ashley Y.  January 11  
Tracy B.  January 13  
Nikki J.  January 16  
Michelle H.  January 21  
Jordan W.  January 26

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**Veterans Day**

Our Veteran’s were honored on Veteran's Day with a Community Breakfast and display of their service. Glen Oaks is home to 10 to 18 Veterans at any one time.

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**Needed!**

Bingo volunteers on Thursday nights at 6:30. If you are interested contact Ann Knott LED at 765-529-5796.

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**Living Arts**

Glen Oaks hosted the Living Arts and Craft Bazaar on November 20th. Pictured are Jill Bridges who had a craft booth with the daughters and her friend. Mable is pictured here with Vada manning the residents craft booth. The residents raised over $100.00 that goes toward "God's Grain Ben" found raiser.

Pictured are Luther and Tom they are WWII veterans.

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**Did You Know. . .?**

You can now receive your newsletter through email. If you would like to receive the “Glen Oaks Gazette” by email please stop by and provide your information to guest relations or the activity department. A hard copy of the “Gazette” is available at the Campus.
Out and About
Residents took a trip to the Paramount Theater in Anderson to see the Festival of Trees on display.

Live a Dream
Picture here is Shelby R. with his guitar teacher Bill. Shelby wanted to learn how to play the guitar for his “Live the Dream” wish. His first lesson was in December. We will keep you posted on Shelby’s progress.

Special Programs/Life
Long Learning
Glen Oaks has musical program at least twice a week for the residents to enjoy. Picture here is Georjean Cory with her friend. They are playing ukuleles for our residents.

Smile of the Month
Picture here is E. D. Christopher Fields and Bus Driver Rex Criswell helping resident Tom “Skeeter” C. put up a Martin house Tom built. Now we all can enjoy watching the Martins this spring.

Theme Dinner
Pictured here are Vada, Thelma, Mary S. and Betty S. getting ready to enjoy the Harvest themed dinner held in November.
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 the Divisional Vice President or our Compliance Line.

Jim Chambers, Divisional Vice President: 502-271-9150 or Jim.Chamberrs@trilogyhs.com

Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

Word Search

A monthly newsletter serving the residents of Glen Oaks Health Campus

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Susan Moistner
Asst. Director of Health Services
Jene’ Winchester
Community Service Representative
Cindy Blackburn
Life Enrichment Director
Ann Knott
Resident Program Director
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Therapy Coordinator
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Care Plan/Assessment Coordinator
Stephanie Daughtery, LPN
Medical Records Coordinator
Maureen Mustard
Area Ombudsman
Thomas Saunders
State Representative
Anna Selvidge
Business Office Manager

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