This past month has been filled with all of the best holiday trappings – plates piled high with mounds of buttery mashed potatoes and thick slabs of pie, early evenings, late mornings, and afternoons spent napping, snacking, or snuggling up with a blanket and a heartwarming movie. ‘Twas the season for treating yourself, and indulging in your favorite things are what the holidays are all about! Give it a few weeks, though, and you may have started to feel sluggish, anxious, and even more tired than you were before the holidays began. Thankfully January is here, and it’s brought with it an excuse to start fresh: The New Year!

Making New Year’s resolutions can be stressful. More often than not, we don’t live up to the ambitious goals we set for ourselves. So how can we help ensure our success? We believe that when it comes to resolutions, it’s best to keep it simple. You don’t have to transform completely, and you don’t have to go far to find ways to improve and enrich your life and the lives of those around you.

Volunteering at our campus is a great way to keep spreading cheer long after the holidays. This time of year can be difficult for many, and something as simple as visiting with someone who may be feeling lonely can have a big impact. We’re always looking for volunteers of all ages, and we welcome anyone with a kind heart, a desire to give, and time to share with others.

Our campus is also serving up the perfect remedy for the fatigue that comes with days of heavy holiday fare—fresh, delicious food that won’t weigh you down. The thought of a salad bar or fresh fruit after weeks of stuffing and gravy may throw you for a loop, but trust us when we say that there’s nothing quite like some Vitamin C to get you back to feeling like yourself again. If you’re searching for something more filling, our chefs are always crafting dishes that are as nutritious as they are delicious.

Spending most of your winter on the couch may sound appealing at first, but joining us for an outing or activity will provide a sense of purpose and belonging that you won’t find amongst the cushions.

...continued on back page
Save the Dates!

- February 28 @ 5:00
  Theme Dinner: New Orleans Mardi Gras
- March 21 – 23
  Legacy Lane Second Annual Art Show
- March 27 @ 6:00
  Family Night w/ Gil
- April 13 @ 2:30
  Community Easter Egg Hunt

Executive Director Corner

This past year, we have seen many changes within the St Mary team. While we have sadly lost some amazing veteran caregivers, we have also gained some amazing caregivers. It is not always easy to go through the ‘getting to know you’ phase, whether for the residents and family members or for the new members to the team. However, I am very grateful for the open minds and open hearts shown towards our newer St Mary staff, as they become part of our St Mary family. I feel strongly that it is going to be a very good year!

In the book ‘Make the Most of You’ by Patrick Lindsay, he mentions the great importance of helping others. “No activity gives more satisfaction. It liberates; it hints at our higher purpose. It brings us all closer together. When you think “someone should do something!”…you are the someone. However small, however insignificant it may seem, it does make a difference.” As Mother Teresa once said – “Help one person at a time and always start with the person nearest you.”

A new year is upon us! Life will continue to present each of us ample opportunities on a daily basis to provide help to someone near us. Whether it is assisting one of our St Mary residents, or a family member of a resident, or someone amongst our fellow St Mary team, our daily / nightly life will always provide each of us numerous opportunities to do the simple but powerful act of helping someone else. That is our purpose –it is absolutely the primary reason we are all here.

Yours in Service
Joe Smart
Executive Director

Sunday Brunch

Sunday Brunch January 13th from 11:00 – 1:00 pm. Please RSVP to 447-4102

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers!

As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others.

Suggested ways to volunteer include but are not limited to:

- Manicures (nail painting)
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

Please contact Donna Littleton if you would like to volunteer.

Photo Highlights

Amanda bakes cookies!

Residents enjoy baking cookies on Legacy Lane.

Jean enjoys visits from the Sunny Side School kids.

Ce Ce enjoys visits from the Sunny Side School kids.
Activity Highlights

01/01 @ 3:00 New Years Day Celebration
01/02 @ 2:30 Victory Christian Church Performs
01/04 @ 3:00 Happy Hour with Al Jones
01/06 @ 2:30 Worship Services with Pastor Dave
01/08 @ 12:00 “Just the Guys” Luncheon
01/09 @ 3:00 Lala Pottery Class with Angela
01/11 @ 3:00 Happy Hour with Roy Carter
01/13 @ 2:30 Worship Services and Gospel Show with Donna Shaw
01/16 @ 2:30 Monthly Birthday Celebration with Kent Lane
01/18 @ 3:00 Happy Hour with Roy Reynolds
01/22 @ 12:00 Red Hat Society Diamond Divas Luncheon
01/23 @ 10:30 Shirley at the Piano
01/25 @ 3:00 Happy Hour with Jeff Anderson

Did You Know...?

- Did you know that you could read the monthly newsletter online? Please follow the campus link www.stmaryhc.com
- The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.
- You can follow us on Facebook and Twitter! Please “like” our Trilogy Health Services Facebook page and follow us on Twitter @TrilogyLiving to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter!

Donna’s Insights

Happy New Year! I hope that you found yourself surrounded by those you love over the holiday season. I would like to thank everyone who donated their time, talent or treasure over these past months. Even if you just stopped by our campus to participate in an activity or visit with a loved one, your presence made a difference and brightened someone’s day!

The New Year is a great time to recommit to healthy habits and challenge ourselves to set the bar even higher. In that spirit, I would like to take a moment to recommit to you, our family members, residents, and friends, on behalf of the Life Enrichment team. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact on the community we call home. We are excited for everything 2019 has in store, and can’t wait to make twelve more months of memories we can cherish for years to come.

If you have any suggestions regarding how we can continue to improve our activity programs, or if you would like to volunteer at our community, please do not hesitate to let us know. Thank you again for your support.

Yours in Service, Donna
‘New Year’

Whether we’re checking out a local restaurant, exploring a nearby museum, or tapping into our inner artist, we always have a great time!

So this month, make a resolution to live life inspired. Touch the lives of others, savor new flavors, and make it a point to get in on the fun at our campus. We think you’ll find that a fresh outlook helps melt away holiday stress just as much as one more piece of pie and a long winter’s nap.