



Healthy, Happy Hearts

Back in 1963, at a time when more than half of the deaths in the U.S. were caused by cardiovascular disease, President Lyndon B. Johnson proclaimed February to be American Heart Month. He urged the American public to take an active interest in their heart health, and to support programs designed to improve cardiovascular health. While we agree that programs that promote healthy diet and exercise are key to maintaining a healthy heart and fighting heart disease, at our campus, we also believe that a healthy heart is one that is nourished by meaningful relationships and opportunities to socialize with others.

Many scientific publications support this belief, such as *Greater Good Magazine*, published by UC Berkley. In a recent article, *Greater Good* stated that "...both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area – all of which can sharply reduce daily social interactions and stimulation,

which in turn has a direct impact on mental and physical health."

For the good of our hearts, it's important to stay social. That's why we encourage our Villa residents to get out and get to know their neighbors. Our Villa Clubhouse is perfect for hosting neighborhood gatherings, and many Trilogy Villa communities throughout the Midwest have started their own 'coffee and doughnuts' clubs where they meet at the clubhouse, indulge in a morning treat, and catch up on the latest news. Our Villa Lifestyle Directors also plan frequent outings around town. If you have a spot you would like to visit, be sure to let them know!

Since you were very young, you have probably made connections and memories around the dinner table among family and friends. You can keep this tradition alive by either hosting company in your Villa, or, if you're not up to cooking and cleaning up, joining us in our dining room for a made-from-scratch meal and good conversation. Doing so will not only nourish your heart, it will help you ensure that you're keeping your nutrition on track.

Heart health depends in large part on what we put in our bodies, but it goes way beyond the food we eat. Throughout our lives we gather happy moments, make cherished connections and thrive in the company of others. In doing so, we are caring for our hearts.

Did You Know? According to McKnight's Senior Living, "Physical and mental well-being, belonging and recognition, favorite activities and spirituality are key to promoting meaning and purpose in life, according to a series of interviews with nursing home residents published in BMC Geriatrics." As a resident of our Villas, it's our goal to make sure that you continue to enjoy all of these things, every day. If you're looking for more ways to nourish your heart and the hearts of others, consider volunteering at our campus. We think you'll find your heart will thank you. Contact our Executive Director today to learn more!



Waterford Place
Health Campus

800 St. Joseph Drive

Kokomo, IN 46901

Phone: 765.236.1239

Fax: 765.236.1241

www.waterfordplacehc.com

 A Trilogy Senior Living Community

Happy Birthday!

Shirley W. 2/05
JoAnn W. 2/09

Volunteer Opportunities

I am looking for folks who would be willing to donate just one hour a month and share your favorite pastime with our villa community.

Clubhouse Information

Clubhouse is available to tenants 24 hours a day. Tenants use key pad to enter and please insure you lock all doors behind you as you leave the building.

Activity Update

Our bible study lead by Reverend Jack Hess will change from 1st and 3rd Thursdays to 2nd and 4th Thursday beginning January 2018.

Looking Ahead

- **Strengthening, Cardio and Balance low impact exercise will return February 6** and will repeat Tuesdays at 3:00 pm.
- **Chair Yoga will return 2nd and 4th Thursdays at 2:00 pm this month as well.** If you have never attended, now is the time to start the New Year out right.

Everyone is welcome, no special clothing or equipment needed.

Lifestyles: A monthly newsletter serving the residents of the Villas at Waterford Place.

Sheila Huskey
Executive Director
Stephanie Humerickhouse
Director of Health Services

We strive to provide the best customer service and quality care for our residents. In the event that you need further assistance with any unresolved concerns, we encourage you to call our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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Recognition & Appreciation

The villa community would like to recognize our faithful activity volunteers. Judy brings fun and friendly competition Monday evenings. Due to early nightfall December through February, we meet at 6:00 pm. Beginning in March we will meet at 7pm every Monday, the last Mondays in March through November we meet at six for a carry in. Angie from Physio-care spends the first Friday of every month playing trivia or bingo with the villa community. Angie is a bubbly ray of sunshine in our clubhouse. BIG THANK YOU to Deb Zent and Brenda Shepard for their monthly card stamping activity. We have made beautiful seasonal cards/envelopes with these 2 great gals.

Special Events from Last Month

Paula prepared a biscuit and Gravy breakfast in our villa clubhouse 1/10. Our villa neighbors and guests enjoyed the monthly breakfast. We invited Steve S. to come by and meet his future villa neighbors. Steve and his wife Sandy are moving in as soon as they can close on their home.

Living Well in the Villas Special Event and Living Well all rolled up into one! We planned Dirty Christmas Bingo for our Christmas exchange. Honestly, my usually very sweet Villa Community was ruthless with the stealing of gifts!!!! Patty T.'s forest camouflage blanket was one of the most coveted gifts. It was chosen and stolen many times. We all enjoyed lots of good-natured ribbing and Christmas goodies.



Patty T.



Shirley and Wayne

Out and About The villa neighbors enjoy lunch field trips to local restaurants. Unfortunately, the weather is December and January has not cooperated with us however; we are planning an outing in March. Please watch your calendar for day and destination.

Welcome to Villa: Thomas and Susan T.

BIG WELCOME to Thomas and Susan T. These folks took possession of their villa January 3, 2018 and decided to take their time settling into their new digs. I started working with Susan in the spring of 2017 and she knew exactly which villa she wanted to live in. So began the flurry of email and phone conversations, a friendship was born during our many updates of the moving process. Susan and Tom would drive through our community just to "check" on their villa. After setbacks and false starts, we finally achieved our objective, MOVE IN!! Tom and Susan are great folks and I know we will all be old friends in no time. Remember to give them a friendly wave as you pass their home or invite them to an activity. Welcome to the neighborhood!