



THE LODGE

Managed by
SIDNEY HEALTH CENTER



The Lodge Newsletter

December 2024

How Life Enrichment Programs Can Improve Seniors' Quality of Life



A study published in 2003 in the New England Journal of Medicine revealed that staying socially engaged during the retirement years keeps brain cells stimulated. This can help older adults maintain their cognitive abilities longer.

Prevents isolation:

According to the Centers for Disease Control and Prevention (CDC), feelings of disconnection and social isolation can place the physical health of seniors in jeopardy. The health risks associated with isolation range from obesity and heart disease to depression and early mortality.

Sedentary lifestyle dangers:

While we've all heard that being physically active is one of the keys to aging well, exercise can't overcome the dangers of sitting too much. In fact, health experts say living a sedentary lifestyle may be just as dangerous as smoking. Life enrichment programs keep seniors moving.

Evaluating Life Enrichment Activities at Senior Communities

Living in an Assisted Living Facility be sure to take a close look at the life enrichment opportunities that help you do that:

1. Review the monthly activities calendar.
2. Talk with the life enrichment director.
3. Attend a few activities and events

At the Lodge, we know how important it is to **Live With Purpose**. That's why we offer different activities that help residents make the most of life every day.

TIPS FOR SENIORS

Being active and engaged in life with opportunities to grow and learn is important at every age. Many seniors say that participating in life enrichment activities is one of the primary reasons they decided to move to a senior living community. While programs and events might seem like a luxury, they really are a necessity. It is important to find ways to be active and engaged yet still remain healthy.

Why are life enrichment and wellness programs important as we age?

Participating in life enrichment programs and activities on a regular basis promotes brain health. It also helps overcome the health risks associated with isolation and loneliness, such as type 2 diabetes, heart disease, depression, and more.

The Importance of Staying Engaged with Life

There have been a variety of studies published on the topic of life enrichment and aging. Many of them identify benefits, especially in later life:

Promotes cognitive health:



December Resident Right

Right to Raise Grievances

Present grievances without discriminations or retaliations, or the fear of it

Prompt efforts by The Lodge to resolve grievances and provide a written decision upon request

To file a complaint with the long-term ombudsman program or the state survey agency

Happy Birthday!!



Lorraine Baumann 12/29





In the
Spotlight
Lorraine Baumann

Where were you born?

Dodge, ND

What big world events do you remember most from when you were growing up?

WWII

What is different about growing up today from when you were growing up?

All the technology

What was your first job?

Teaching School

How did you meet your spouse?

At a dance

If you won \$1 million dollars tomorrow what would you do with the money?

I'll buy me a nice big ranch

What is your favorite family tradition?

Getting together for holidays

Do you have any hobbies or special interests?

Knitting

What advice did your parents/grandparents give you that you remember most?

Be honest, Work hard

What is your favorite Holiday?

Christmas



STAFF Spotlight

Samantha Allen
Resident Assistant

What do you like the most working at The Lodge

I love my residents, I feel like I have a whole bunch of Grandparents that I look out for me.

I love listening to old stories, and I find joy knowing the residents confide in me when something goes wrong.

I love seeing their smiling faces when I come to work.

I also love my coworkers, it's like having a second family that I can confide in.



FIND SANTA'S REINDEER!

L V C A D E J S T K K G E R
K I J I P X R J T J I H O E
D O P F G A R U K L J O G E
V U W G Q E I O D D R R R D
C Q A L C R E N N O D Z D N
S S K N Y K Z W E H L D A I
D N A B L I T Z E N A P S E
B R I C N V H W P N T Q H R
P V K T E N I Q C X E G E T
X Y T Q L A E E W S M F R Y
O J B C H R R X X L O W K M
Q U N B S O R N I S C M H U
W O O G R V Z S N V Q S L N
I W M H L G G N S B H E N J



Reindeer Dasher Dancer Prancer Vixen
Comet Cupid Donner Blitzen Rudolph



December

2024



SUN	MON	TUE	WED	THU	FRI	SAT	
1 3:00 Coffee Time 	2 9:00 Chair Exercises 3:00 Coffee Time	3 2:00 pm Methodist Church Pastor Sione. 3:00 pm Coffee 	4 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	5 2:00 Church Service Pastor Evans 3:00 Coffee Time	6 9:00 Chair Exercises 2:00 Craft W/ Maggie	7 2:00 Bingo 3:00 Coffee Speciality Drinks 5:30 Faith Chapel Car- 	
8 1:00 Fingernails-Fireside 3:00 Coffee Time	9 9:00 Chair Exercises 3:00 Coffee Time 	10 2:00 pm Methodist Church Pastor Sione. 3:00 pm Coffee	11 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time 	12 2:00 Church Service Pastor Evans 3:00 Coffee Time	13 9:00 Chair Exercises 3:00 Coffee Time 	14 2:00 Bingo 3:00 Coffee Time/ Speciality Drinks	
15 2:00 Pm Craft W/ Sam 3:00 Coffee Time	16 9:00 Chair Exercises 3:00 Coffee Time 	17 Catholic Mass 2:00 Wisdom & Coffee hour 3:00 pm Coffee Time	18 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	19 2:00 Church Service Pastor Meehan 3:00 Coffee Time	20 9:00 Chair Exercises 3:00 Coffee Time	21 2:00 Bennion Christmas Group 3:00 Coffee Time/ Speciality Drinks	
22 2:00pm Community Band & Choir 3:00 Coffee Time/ Movie Time	23 2:00pm Christmas Party 7:00 pm Gideon Group	24 Christmas Eve 3:00 pm Coffee Time	25 Christmas Day 2:00 Bingo	26 2:00 Church Service Pastor Evans 3:00 Coffee Time	27 3:00 Coffee Time	28 2:00 Bingo 3:00 Coffee Speciality Drinks 	
29 Lorraine Bau-mann 2:00 Movie Time 3:00 Coffee Time 	30 3:00 Coffee Time	31 New Year's Eve 3:00 pm Coffee Time				Self Directed ♦Puzzle Tables ♦Reading ♦Adult Color-	Activities ♦Walking Path ♦Puzzle Books ♦WII Activities



THE
LODGE

Managed by
SIDNEY HEALTH CENTER

1015 7th Ave SW - Sidney, MT 59270