

## 8 Great New Year's Resolutions for Older Adults



*The beginning of the new year is a great time for seniors to start making positive changes that can enhance their quality of life.*

are suitable for their age.

### 5. Choose Healthier Desserts

Limiting sugar intake in the new year can help seniors manage chronic health conditions better and maintain good health. Less sugar in the diet can also enhance their mood. Seniors can opt for healthier choices for desserts, such as fresh fruit or dark chocolate.

### 1. Stay Active Every Day

Getting some type of physical activity every day helps seniors stay in shape physically, and it can also boost their emotional health. Exercise reduces the risk of several health complications and releases endorphins that can help seniors feel happier and calmer. Caregivers can help by going for walks with their loved one or assisting with workout routines as needed. Getting active is one of the many ways elderly people can boost their health and wellbeing. Seniors who want to remain healthy as they age can benefit in a variety of ways when they receive professional health.

### 2. Do Brain Activities

Giving the brain a workout on a regular basis can boost mental and emotional health. Doing crossword puzzles and other activities that challenge the mind enhances cognitive function. Seniors with dementia or Alzheimer's can benefit the most from doing brain activities.

### 3. Practice Better Sleep Hygiene

Being able to get restful sleep becomes more difficult as seniors age, but it's an important part of staying healthy. Seniors can take steps to enhance sleep quality in the new year, such as getting a more comfortable mattress and staying awake during the day instead of taking a nap.

### 6. Take Up A Hobby

Having a hobby to focus on gives seniors a way to put their creativity to use or learn something new, which can enhance their mental and emotional health. Seniors can try an older hobby they haven't done in years or take up a new one such as photography or painting.

### 7. Schedule Regular Checkups And Screenings

Going for a routine wellness visit and having all recommended screenings done can help seniors maintain their health in the new year. Caregivers can help their loved ones schedule these appointments and ensure they attend them throughout the year. Taking your senior loved one to medical appointments and accomplishing other caregiving duties may be challenging without assistance. Families who find it difficult to care for their aging loved ones without assistance can benefit greatly from professional help, family caregivers who need a break from their caregiving duties can turn to Home Care Assistance. Using our proprietary Balanced Care Method, our respite caregivers can encourage your loved one to eat well, exercise regularly, get plenty of mental and social stimulation, and focus on other lifestyle factors that promote longevity.

### 8. Call An Old Friend

Seniors who have lost touch with friends over the years can

**Right of Access to**

Individuals, services, community members, and activities inside and outside the facility

Visitors of his or her choosing, at any time, and the right to refuse visitors

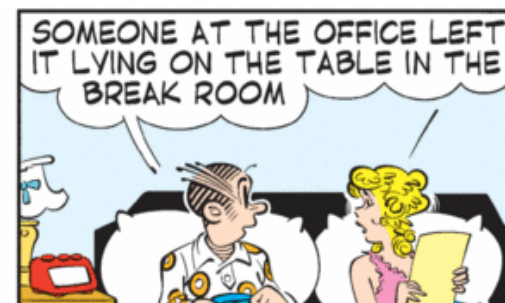
Personal and medical records

His or her personal physician and representatives from the state survey agency and long-term care ombudsman program

Assistance if sensory impairments exist

Participate in social, religious, and community activities

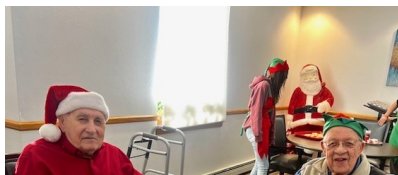
# Happy Birthday!!

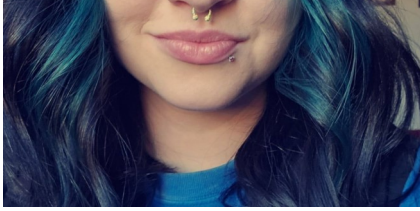






**Christmas 2023**





# Keiran Dodds

## Resident Assistant

**Where did you grow up?**

Billings, MT

**When you were little, what did you want to be when you grew up?**

A Cardio Thoracic Surgeon

**What was your first job?**

Golf Course Attendant

**If you could visit anywhere in the world you've never been, where would you go and why?** Ireland, Because I'm Irish

**What are some of your pet peeves?**

People talking over others

**What is your favorite family tradition?**

Family campouts during summer & siblings sleepovers on Christmas Eve

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

Be Kind to everyone, you never know what they are going through







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MARTIN LUTHER KING JR DAY  
 PUZZLE DAY  
 ORGANIZE YOUR HOME DAY  
 DAY OF PEACE  
 KOREAN AMERICAN DAY  
 POPCORN DAY






HOT CHOCOLATE DAY  
 STICKER DAY  
 MILK DAY  
 DAISY DAY  
 SEEING EYE DOG DAY  
 NEW YEARS DAY

IRISH COFFEE DAY  
 SNOWMAN DAY  
 VISION BOARD DAY  
 SHORTBREAD DAY  
 BIRD DAY  
 BLOODY MARY DAY

# January

# 202



	Mon	Tue	Wed	Thu	Fri	Sat
1	Rose Parade - Fireside TV 3:00 Coffee Time 	2 3:00 Coffee Time	3 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	4 3:00 Coffee Time 6:00 Church Service Pastor Tim	5 9:00 Chair Exercises 3:00 Coffee Time	6 2:00 PM 3:00 PM Coffee Special (Italian Beer, E
8	9:00 Chair Exercises 3:00 Coffee Time	9 9:00 Catholic Mass 2:00 Wisdom & Coffee Hour 3:00 Coffee Time	10 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time 	11 2:00 Church Service Pastor Meehan 3:00 Coffee Time	12 Sharon Hill 9:00 Chair Exercises 3:00 Coffee Time 	13 2:00 PM 3:00 PM Coffee Special (Italian Beer, E ade)
15	9:00 Chair Exercises Celebrating January Birthday 3:00 Coffee Time 	16 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	17 Russell Johnson 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	18 3:00 Coffee Time 6:00 Church Service Pastor Tim	19 9:00 Chair Exercises 3:00 Coffee Time	20 2:00 PM 3:00 PM Coffee Special (Italian Beer, E
22	9:00 Chair Exercises 3:00 Coffee Time	23 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	24 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	25 2:00 Church Service Pastor Meehan 3:00 Coffee Time	26 9:00 Chair Exercises 3:00 Coffee Time	27 2:00 PM 3:00 PM Coffee Special (Italian Beer, E
29	9:00 Chair Exercises 3:00 Coffee Time	30 2:00pm Methodist Church Pastor Sione 3:00 Coffee Time	31 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time		<b>Self Directed</b> ♦Puzzle Tables ♦Reading ♦Adult Color-	<b>Activities</b> ♦Walking ♦Puzzles ♦Wii A

