

THE OAK RIDGE *News*

New Year Goals



It's the New Year, and a lot of people are stressed out.

Why? Because they've made their resolutions and they're determined to stick to them.

They travel in packs to gyms where they run and sweat and stretch until they don't feel well. They head to health food stores and pack their carts with a variety of healthy foods that may get eaten, or, more often than not, will find a quiet, dark place in the corner of a cabinet, never to be heard from again. They set lofty goals and get depressed when it turns out they might not be as easy to reach as they thought.

At our campus, we also believe in making resolutions. But we've learned from experience (and from wise advice given to us by our residents) that setting goals that stress you out is no way to kick off a new year. So instead we focus on creating goals that we can all enjoy achieving together, and that are fun to pursue on top of that!

Here are a few we've made for 2018:

Goal #1: Make New Friends

Whether we bond with someone over a mutual love of music (and handcrafted appetizers) during Happy Hour, engage in a bit of friendly competition at the yearly Trilogy Olympics, or share a seat on one of our excursions into town, meeting new friends is easy when they're also your neighbors. We're excited to continue traditions like our famous Themed Dinners and Artisans program, and to expanding our circle even wider by inviting friends and family to join us.

Goal #2: Take a Trip

A lot of people think that once you move to a senior living community, your time for fun trips is at an end. Ask that to someone who went on one of last year's companywide trips (which included retreats to gorgeous natural landmarks and hotels, along with an all-inclusive Caribbean cruise) and you'll discover that that's not the case. This year we've made the commitment to get bitten by the travel bug again, and we can't wait to see where we end up.

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THE VILLAGES AT

OAK RIDGE

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www.villagesatoakridge.com

January 2018

Happy Birthday!

Residents

January 01	Henrietta C.
January 03	Darlene D.
January 08	Joan W.
January 15	Louis M.
January 15	Joan H.
January 24	Dude M.
January 31	Fern M.

Staff

January 08	Nancy A.
January 22	Carla J.
January 15	Matthew M.



Executive Director Corner

Greetings from the Villages at Oak Ridge and 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 team

at the Villages at Oak Ridge. In 2018, we remain committed to exceeding your expectations. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact in the community we call home. We're excited about everything 2018 has in store, and can't wait to make twelve more months of memories we can cherish for years to come.

It is truly our pleasure to serve the Washington community. If you have any suggestions regarding how we can continue to improve, please do not hesitate to let us know. Thank you again for your support of the Villages at Oak Ridge!

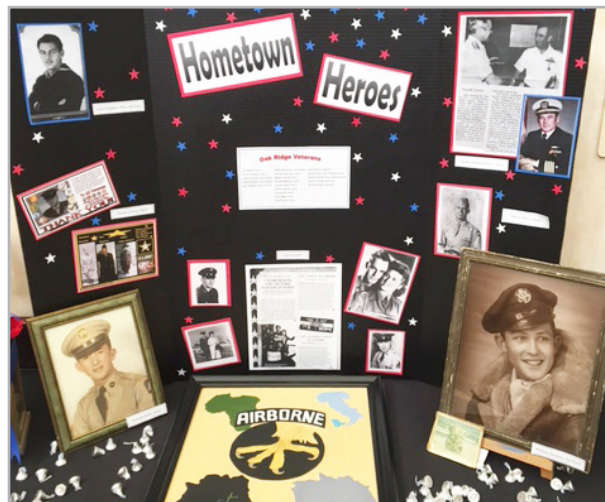
Yours in service,
Stacy Blue
Executive Director

Did You Know...?

We are always welcoming volunteers here at Oak Ridge. Our wonderful volunteers play a vital role in enriching all of our lives, in so many different ways. Have you ever thought of volunteering, but were unsure of time commitments and possibilities? We are more than happy to answer any questions and find a time that works best for you! For more information, please talk with Life Enrichment Director, Haley.

Hometown Heroes

We would like to give a sincere thank you to not only our resident veterans, but veterans in our community, family members, and those in our hearts. We thank each and every one of you for your service to this great country. What an honor, to now serve you, here at Oak Ridge. We would also like to thank Kindred Hospice for leading a wonderful afternoon program for our Veteran's and families. Following the program, we gathered for a delightful Happy Hour!





Living Arts

We've all been getting crafty here at Oak Ridge the past few months. We've tried our hand at homemade cards, and too much surprise, they turned out great! You really never know how good you may be at something until you give it a try, and that's just what a few of our ladies did one afternoon! We've also been working to fill up our handmade ornament Christmas tree. Mason jar lids, popsicle sticks, and pinecones were just a few of the different supplies we had to work with. We're always in search of more individuals who've been blessed with crafting abilities, or those who would like to expand their talents, and learn something new. Please see Life Enrichment staff for more information, or look for Artisan groups on your calendar!

Smiles of the Month World Peace Day Happy Hour! Hard not to smile when you see these three faces!



Holiday Brunch

We absolutely love seeing our families have the opportunity to gather and share a meal together during this holiday season! These pictures are worth a thousand words. It was impossible to capture each smiling face that joined us, but memories were made that we can never forget!



Local Star: Danielle James

What a privilege it has been to host Danielle James in our campus, not once but twice this year, along with Ben Markley. During her last visit, she even brought special guests Rudolph (her daughter) and her son to play the piano with her, while singing all the favorite Christmas carols. She is now traveling back to Australia to continue her career in the Sydney Opera House.





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A Trilogy Senior Living Community

A monthly newsletter serving the residents of The Villages at Oak Ridge

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Terri Rainey

Community Services Representative
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Director of Plant Operations
Michael Cullivan

Director of Environmental Services
Tracy Bennington

Director of Food Services
Matthew McClure

Social Services Director
Diana Turpin, LSW

Villa Lifestyle Director
Toni Matthewson

A.L. Unit Director
Tonya Garcia, LPN

Life Enrichment Director
Haley Liming, CTRS

Stay in the Loop

Keep up with latest campus news and happenings by following us on your favorite social networks!

@V_OakRidge

The Villages at Oak Ridge

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 our Compliance Line.

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

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'Resolutions'

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Goal #3: Embrace a Lifestyle of Wellness

At our campus, wellness is a way of life, which is why it's so easy to keep this resolution year after year. While we take great pride in the nutritional value of the food we serve, we also understand that indulging in a slice of warm, home baked goodness is great for the spirit. And while we believe that exercise is important at any age, we make sure that our fitness activities can be enjoyed by people of all mobility levels.

These three goals are just the beginning, but we think you'll

agree that they're enough to get us started. If you have a loved one at our campus, or are thinking about switching out your resolution for something a lot less stressful and a lot more fun, stop by and see us. We would love to pursue our goals with you!



Word Search

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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP