

# THE OAK RIDGE News

## A New Year, A Fresh Start



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.

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THE VILLAGES AT

OAK RIDGE

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January 2019

# Happy Birthday!

## Residents

1/8	Joan W.
1/8	Danny D.
1/22	Wanda H.
1/31	Fern M.

## Staff

1/17	Breanna S.
1/22	Carla J.

## Did You Know...?

Happy Hour is weekly at 3pm in the Health Center Activity Room. Join us for appetizers and drinks with friends.

## Out and About: Men's Outing to Ponderosa

This month it was up to the men to decide where we would go to eat for lunch. They chose Ponderosa and what a delicious treat it was. Who doesn't enjoy a good lunch out on the town? We're always up for trying new places. Check out the calendar to see where we'll be heading next.



## 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. 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're 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.

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

Yours in Service,

*Rebecca Lucas*  
Executive Director

## Featured Resident: Savannah W. 108<sup>th</sup> Birthday

Birthday's are always special, but it's not everyday you get to celebrate or attend a 108th birthday party. We had the privilege of hosting a celebration for Savannah on her 108th birthday. She requested her favorites, apple and cherry pie, spending time with her family, and to see the kids. She did just that, enjoyed a slice of her favorite pies, FaceTimed the Washington Catholic preschool class, and had dinner with her family. Savannah said the secret to life is "spending time with my loving family, who have always taken good care of me."





# Family Thanksgiving Dinner

What a wonderful turnout we had for our annual family thanksgiving dinners. What a joy it is to see all of these smiling faces, spending time with those they love most.



## Taste of Town: *The Bakery House*

Fresh donuts, muffins, pastries and more. Along with fresh brewed Starbucks, French vanilla, and peppermint mocha coffee. We can't thank our local Bakery House for spoiling us with all the tasty treats. The first Thursday of the month we host one of our local favorites and enjoy some of their popular menu items during our Taste of the Town. If you have a favorite spot in town, let us know!







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## A Trilogy Senior Living Community

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

Executive Director  
Rebecca Lucas

Director of Health Services  
Kealy Turpin, RN

Assistant Director of Health Services  
Debbie Burris, RN

Business Office Manager  
Terri Rainey

Social Services Director  
Diana Turpin, LSW

Director of Assisted Living  
Heather Truelove, LPN

Community Service Representative  
Laurie Ransom

Community Service Specialist  
Chelsea McCrary

Director of Plant Operations  
Michael Cullivan

Director of Environmental Services  
Tracy Bennington

Director of Food Services  
Don Schaeffer

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](mailto:comply@trilogyhs.com)

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# 'New Year'

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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.



## Word Search

S	K	G	O	O	D	I	E	S	J	F	X	T	T	D	Y	T	L	H
J	S	H	D	Y	Q	O	B	R	U	S	R	Z	I	A	Q	P	J	O
V	M	T	S	Y	P	H	P	E	V	T	F	E	D	M	M	E	T	E
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ARTIST  
ENRICH  
FRESH  
GOODIES

HOLIDAY  
IMPACT  
IMPROVE  
JANUARY

LIVES  
NAP  
NEW YEAR  
RESOLUTIONS

SLUGGISH  
STRESS  
VOLUNTEER  
WINTER