



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

March 2019



Planning Your St. Paddy's Day

As the cold weather retreats in preparation for spring, the month of March makes itself known with the blooming of flowers and the budding of leaves. You might even come across a four-leaf clover - reminding you that Saint Patrick's Day is just around the corner. If you're already green with excitement and looking for ways to get involved in the Irish holiday, here are some Life Enrichment programs we offer that are sure to get you in the spirit.

Get Inspired with Inspirations!

When it first began in the 17th century, Saint Patrick's Day was a time for Irish-Christian families to celebrate the arrival of Christianity in Ireland. Today, the holiday has

branched out all across the globe; encouraging everyone to partake in a day of embracing Irish culture. If you're someone who is interested in the spiritual side of Saint Patrick's Day, you'll love our *Inspirations* programs. Offered on a weekly basis, we encourage our community to attend worship services, Bible studies, meditations, tranquility programs, sing hymns, share life stories, and more. Much like Saint Patrick's Day, regardless of your religious background, there's something here for everyone to enjoy.

Celebrate with a Happy Hour!

If you've ever been to a Saint Paddy's Day parade, you know that people come for the party as much as they do

the floats. At our campus, you can celebrate the holiday in style during our *Happy Hour!* Every Friday afternoon between 3:00 and 5:00 p.m., you can sip on your favorite beverage, enjoy snacks, and mingle with friends. It's the perfect way to celebrate Saint Patrick's Day, and an even better way to end a week.

Get crafting!

Create pieces of art to match the beauty of Ireland with our *Artisans* program! We'll provide all the supplies you'll need to craft anything from popsicle stick leprechaun magnets to crepe paper shamrocks. The only thing you'll need to bring is a creative mind!

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Happy Birthday!

Residents

Mary Lou T.	March 03
Marilyn D.	March 07
Rose D.	March 07
Bonnie J.	March 18

Fish Fry!

We will be hosting a "Fish Fry" on Friday, April 5th from 4-6pm. Dinner will be \$7 a box, which includes fish, hush puppies, fries and dessert. All proceeds will benefit Hope Southern Indiana.

Volunteer News

We had several volunteers and community members visit our campus during the holiday season. We love our volunteers! If you or someone you know is interested in volunteering, please contact a member of our Life Enrichment Team.

Out and About

We go on weekly outing to area local eateries and shopping. Please consider joining us on our next outing, if the weather is nasty we will stay in!

Live a Dream

Calling all Dreamers! Is there something that you have always wanted to do; going in a hot air balloon, going down a water slide, flying in an airplane? These are just a few of the dreams that we have granted through our Live a Dream program. Please let a member of our Life Enrichment team know if you have a dream!



Executive Director Corner

Greetings from Autumn Woods! March promises to be

another month full of exciting opportunities for our residents, and we can't wait for them to see what we have in store. In honor of St. Patrick's Day, I'd like to personally invite you to any of our Friday Happy Hours, or to simply unwind by participating with your loved one in any of our other Life Enrichment programs. Here at Autumn Woods, we do our best to make sure that no two days are ever quite the same, and each one is more special than the last.

Of course, none of this would be possible without our dedicated team. Our staff is second to none, and we want to make sure that we give them the recognition they

deserve. Kicking off this month is Employee Appreciation Day, and we couldn't have more to be thankful for.

This past winter, our team went the extra mile to make our facility a home fit for the holidays. Whether it was one of our chefs preparing a warm, home-cooked meal, or a CNA helping a resident put the star on top of their Christmas tree, every member of our staff spent the giving season by giving their best effort. But this doesn't stop just because the weather gets warmer – their attention to detail and compassionate spirit is something you can count on year round.

I hope March is as wonderful to you as our team has been to us!

Yours in Service,

Lori Hess, HFA
Executive Director

Photo Highlights



Carolyn K. doing a craft



Ladies enjoyed a "Stampin' It Up" class

ACTIVITIES CORNER

The month of March is filled with many special musical performances so please consider joining your loved one and making some memories!

- 3/1 Performance by Steven Pate beginning at 3pm in the TDR
- 3/4 Performance by "Merry Melodies at 2:30 in the TDR
- 3/7 Performance by "Dave on the Piano" at 2pm the TDR
- 3/11 Performance by "Sue Loy" on LL
- 3/12 Performance by "Angel Wings" at 6pm in the MLR
- 3/13 Musical Interactions with Tyler in the small dining room beginning at 10am
- 3/13 Performance by Felecity beginning at 2:30 in the TDR

- 3/14 Performance by "Here by Grace" at 6pm-MLR
- 3/20 Performance by Susie G 9:30am on LL & 10:40am
- 3/27 Musical Interactions with Tyler in the small dining room beginning at 10am
- 3/28 Performance by "The Country Boys beginning at 6pm in the MLR

More Photo Highlights



Charlie W. enjoying fly toss



Edna C. "Ringing in the New Year!"



Martha C. and Marjorie M. enjoying Happy Hour



Legacy Group having fun with the parachute



Happy Hour group

Family Night

Please join us for Family Night beginning at 5pm for supper and 6pm a special performance by "The Angel Wings."

Sunday Brunch

Our Sunday Brunch is an opportunity to share a special meal with your loved ones. Our next Sunday Brunch will be on the 10th from 11:30-1pm. Each resident may have two family members join them for brunch. Any additional family members will be asked to pay \$7. Please RSVP to our Sandy with guest relations.

Taste of Town

We will feature "Frisch's" delicious pies on March 13 during our lunch.

Did You Know...?

Happy Hour is hosted every Friday in our Main Living room at 3:00 pm. Please join us!

You can reserve one of our gathering areas for your own private party.



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Lori Hess

Executive Director

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Director of Health Services

Tammy Barger

Assistant Director of Health Services

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Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Brian Brooks

Legacy Lane Coordinator

Vincent Gray

Director of Food Services

Don Lear

Director of Plant Operations

Melissa Nance

Social Service Director

Stay in the Loop

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

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

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'St. Paddy's Day'

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These are just a few ways you can
get ready for Saint Patrick's Day,
but the options are limitless.

Dress up as a leprechaun and
join your friends for a party.

Play a themed version of bingo
or have your grandkids search
for gold with a scavenger hunt.

If you have a special way you
would like to celebrate the
holiday, let us know, and we'll
do our best to make it happen.
When you chose to live with us,
you chose a lifestyle of fun and
fulfillment - and we couldn't
be luckier to have you!



Word Search

P	Q	L	L	W	N	K	M	C	C	L	O	V	E	R	X	A	Y	O
Q	F	G	S	N	F	U	I	R	R	F	O	A	P	Y	J	H	B	W
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ARTISANS
CLOVER
CRAFTS
GOLD

GREEN
HAPPY HOUR
INSPIRATIONS
IRELAND

IRISH
LEPRECHAUN
LUCKY
MARCH

SAINT
SEVENTEEN
SHAMROCK
STORIES