



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

Vernon B.	March 08
Wilma T.	March 09
Bobby L.	March 11
Mickey W.	March 18
Anna R.	March 28
Wilma T.	March 31

Staff

Wesley N.	March 04
Kris C.	March 09
Taylor L.	March 14
Danielle J.	March 16
Tabitha S.	March 17
Nicole W.	March 20
Kacey T.	March 25

Life Enrichment Appreciation Week

Every department deserves a time of appreciation and gifts of gratitude. We had a fun week of celebrating with Roberta, Dale, Heather, Cathy and Crystal, thanking them for all the fun, kindness and care they provide for our residents. The residents played a game that made for great interactions and they got to know a little more about each Life Enrichment team member. They learned that Roberta can be found at the horse races, Dale dives a motorcycle, Heather has 10 siblings, Cathy knows karate and Crystal has lived in 4 different states. It's fun to really get to know who you spend time with everyday.



Executive Director Corner

Greetings from Cedar Ridge Health Campus! As winter winds

down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, it is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. I personally invite you to come to the Dining Room. Our Dining Rooms are open for breakfast anytime 7am-9am, and lunch and dinner, please refer to posted times for each Dining Room. In addition to the nourishing meal, twice weekly we have a salad bar and each weekday we offer the additional menu selection of a homemade soup. You can also provide input into our campus menus by attending Chef Circle meetings with Mary, Director of Dining Services. Check your calendar and LifeShare for the next Chef Circle.

Please invite your friends and family to experience the Trilogy difference, and dine with us either during our Sunday

Brunch this month on Sunday March 17th and/or for our first Family Night of the year on Tuesday March 12th. There is always room at our table for company!

The Customer Satisfaction Surveys are coming your way! The team and I would greatly appreciate your support on the survey with a "10"! A score of "10" does not mean we are perfect, however that you believe we are doing the best we can and that we are better than the "typical" nursing home experience. A "10" also lets our home office know that we are doing a good job here in Cynthiana, so we greatly appreciate your high scores and comments!

It is truly our pleasure to care for our residents. If you have any special requests or need anything at all, please speak to a member of our leadership team. We are here to serve you! Leaders are present in the campus Monday-Friday 7am-6pm, and on weekends for 6 hours each day, after these hours, a leader is always on call for your needs and questions, so never hesitate to let us know how we can help!

Yours in Service,

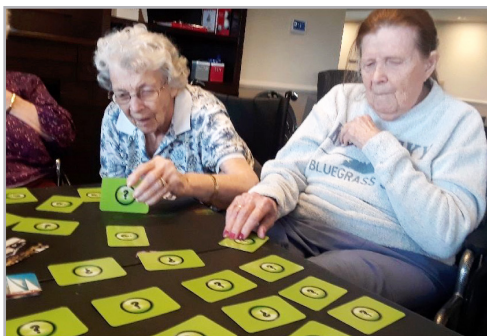
Somer Hurston
Executive Director

Take Note

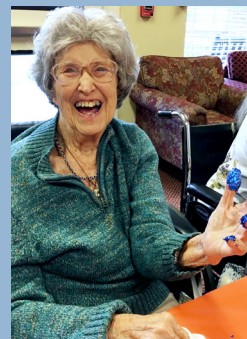
Anyone wanting to volunteer to help with resident activities and road trips should contact Crystal Prather in the activities department. Families are encouraged to volunteer for any daily activity such as crafts, painting fingernails, calling bingo and going on road trips.

LEGACY LANE

Card games, quilt crafts and baking are some of our favorite winter activities in Legacy. Snowball fights and reminiscing are wonderful ways to pass the time. Our staff loves to hear the childhood stories of those on Legacy Lane.



Smile of The Month



Agnes M. enjoys participating in all the activities available. When you see her smile,

you can't help but to smile too. Agnes is always busy with group activities and outings as well as keeping her mind sharp with crossword puzzles and trivia.



TASTE OF TOWN

Long John Silvers served a delicious meal to Cedar Ridge residents. Everyone had some fun wearing the pirate hats while having a favorite meal of fried fish, hushpuppies and fries. The joke of the day: What is a pirates favorite letter in the alphabet? Answer: R (arrrrrr).

LIVING ARTS

As always we are busy cooking or painting and making jewelry. Lately we have been working on some abstract art work as well as really getting into the art lessons with Gary. We put our hands to work making a snowball cake that was a delicious piece of art.



Vitality

Exercise is an important part of our day. These residents enjoy starting off each morning with some stretching and dancing through the decades.



PHOTO HIGHLIGHT



Eagle Award of the Month

Our March Eagle Award winner is Kathy B., Customer Service Specialist. Kathy has been part of our campus family since 2006! Kathy is always ready to help residents, guests, and her team members. As part of the marketing and admissions team, Kathy works to help residents and families during the move-in process and then helps to make

sure our residents are as comfortable and satisfied as possible once they are staying with us. Kathy is always smiling and helping people to laugh and have a good time. Kathy, you have a heart of gold, and we love you!





CEDAR RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

1217 US Highway 62E

Cynthiana, KY 41031

859-234-2702

cedarridgehs.com |  

Somer Hurston
Executive Director

Andrea Harkins, RN
Director of Health Services

Kacey Tucker
Customer Service Representative

Marilyn Carstens
Business Office Manager

Crystal Prather
Life Enrichment Director

Mary Martin
Director of Food Services

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