



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

Amy W.	3/03
Tammy F.	3/07
Rita C.	3/09
Mark M.	3/15
Meladie W.	3/23
Mary I.	3/24

Staff

Jamie C.	3/04
Lora H.	3/05
Jasmine J.	3/05
Baretta K.	3/09
Amber S.	3/09
Scott C.	3/15
Destiny D.	3/22
April T.	3/26



Executive Director Corner

Greetings from Cobblestone Crossings! 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. 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 CCHC, 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,

Nikki Griffith

Executive Director

Sunday Brunch

Please join us Sunday, March 10 from 11:00am-1:00pm for a buffet. All family members and friends are invited to attend.

Each resident is allowed 2 complimentary guests; additional guests will be charged \$7 each. Our reservation policy for brunch is that any resident or family member can call and reserve a room or table for their group. We ask that a time of 11:00am-12:00pm or 12:00pm-1:00pm be chosen for reservations. If you plan to make a reservation, please call the campus ahead of time at 812-232-0406.

Cobblestone Goes Red

February 1st, our campus celebrated Go Red Day for Women's Heart Health! Our campus staff and residents wore red in honor of this special day, which helps spread awareness about heart healthy habits and what women can do to improve their lives. Our Life Enrichment team also came up with some heart healthy exercises and a craft for the special occasion. Our culinary team prepared a heart healthy menu for the day, which included buckwheat flapjacks for breakfast and pecan crusted chicken with roasted potatoes, asparagus, and an arugula salad for lunch. We are glad to do our small part in helping spread more awareness for this National Campaign!



Heart Healthy meal prepared by our culinary chefs.



Some of our department leaders who dressed up for the occasion.

More from Cobblestone Goes Red



Assistant Director of Food Services, Trish H. & Dietician, Donna Z.



Wanda H. with her finished craft, inspired by Go Red Day.



Nola J. and Joyce B. creating their Go Red Craft.

LEGACY LANE SPOTLIGHT

Our Legacy Spotlights for this month is two of our best friends, Meladie W. & Gayla B. Both, Gayla and Mel, love to be active in all of our Daily Rhythm programs especially our outings each week. Whether it's a lunch outing, an afternoon of shopping, or just a drive around town, Meladie is always the first one to go! Mel and Gayla also love watching the Andy Griffith Show and anything to make them laugh. Gayla also enjoys coloring pretty pictures with her friends and listening to any type of music.

Our Legacy Lane staff and volunteers have been going through trainings each month learning new techniques of our Best Friends Approach. On the third Thursday of the month, we provide interactive trainings to help better serve our residents, aka "Best Friends". The Best Friends approach is "grounded in the understanding that relationships are essential to dementia care. Incorporating into dementia care the elements of friendship – respect, empathy, support, trust, and humor – opens the doors to relations that help persons living with dementia feel safe, secure, and valued and that also support family and professional care partners in navigating the dementia journey." (The Best Friends Approach to Dementia Care by Virginia Bell & David Troxel) We invite you to stop by for a visit anytime to see the Best Friends approach in action or if you are interested in volunteering as a Best Friend in our Legacy Lane, please contact our Life Enrichment Director, Bree Sparks.



Meladie and Gayla



Gayla going out for a bus ride!



Coloring is one of Gayla's favorite things to do!

Upcoming Events

- 3/05: Taste of Town
- 3/10: Sunday Bruch
- 3/17: Employee Appreciation Day
- 3/21: Taste of Trilogy Survey Return Party

Taste of Town

Each month CCHC selects a restaurant or caterer to bring a catered meal to the residents.

This month's Taste of the Town will be from Meadow's Café.

Residents will get to enjoy breakfast from the selected restaurant on Tuesday, March 5!

Did You Know...?

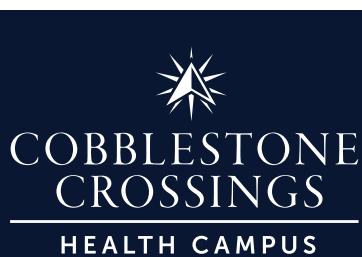
To keep up with all of the fun events and everything going on at the campus like us on Facebook at Cobblestone Crossings Health Campus and follow us on Twitter at @CobblestoneCHC!



Mel playing balloon volleyball!



Mel & Aileah at Bandana's Bar-B-Q.



A Trilogy Senior Living Community

**1850 E. Howard Wayne Dr
Terre Haute, IN 47802
812-232-0406
cobblestonehc.com |**

*Nikki Griffith
Executive Director*

*Debbie Haag
Director of Health Services*

*Jessica Bailey
Assistant Director of Health Services*

*Jennifer Roberts
Customer Service Representative*

*Erin Campbell
Business Office Manager*

*Bree Sparks
Life Enrichment Director*

*Kim Palmer
Director of Resident Services*

*Brad Elder
Director of Plant Operations*

*Terrie Pine
Director of Dining Services*

*Jamie Couthen
Environmental Services Director*

*Nikki Ellingsworth
Therapy Program 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

'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