



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

Doris V.	3/14
Rosemary B.	3/18
Nancy C.	3/20
William M.	3/22
Earl B.	3/24
Wilma N.	3/29

Staff

Heather K.	3/01
Natasha S.	3/04
Linda W.	3/12
Karla S.	3/13
Sheila H.	3/22
Coleigh H.	3/29
Kinda C.	3/30

Welcome to Covered Bridge!

Residents

Donald B.	Helen S.
Anna A.	Earl B.
Saundra C.	Phyllis C.
Dorothy L.	Irene O.
Shirley C.	

Staff

Cody S.	Adam V.
Jazlynn W.	



Executive Director Corner

Greetings from Covered Bridge Health Campus! 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 Covered Bridge, 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,

Angela Short

Executive Director

Live a Dream

A resident's wishes and lifelong dreams are as unique as they are. Living out those dreams keeps us young and full of life. That is why we try to grand the wishes and dreams of our residents every chance we get. In addition, because of the generous support of our campus team members and through partnerships with local businesses and the Trilogy Foundation, our campus is a place where dreams come true. Do you wish a wish that you would like to have granted? Please see a member of the Life Enrichment team for details!

Theme Dinner

Our next theme dinner for the residents is on Thursday, May 2. Our theme this quarter is Chicago/Speak Easy!! We are very excited for this upcoming theme week and theme dinner!

Family Brunch

Sunday, March 17 is our next Sunday Brunch. Please RSVP to the front office by Thursday, March 14 to reserve your seats.

Stay in the Loop

Please follow us on Social Media to see all of the amazing things we are doing here at the campus!!! Follow us on Twitter @CoveredBridgeHC and on Facebook! Here you can see our up and coming event and daily activities of our residents and much more!!

VOLUNTEER NEWS

We would like to introduce our 2 new volunteers. Alan W. will be with us during the week to help with exercise, 1 on 1 visits, outings, and just about anything he can help with. Becky F. will be assisting with Bingos and other activities as needed. So if you see them in the halls give them a smile and welcome them to our campus.



Family Night!

Wednesday, March 13 we will be having our CSS Tip Off Family Night from 6:30pm-7:30pm. We would like to invite our families to join their loved ones for an evening of desserts and fun. Please RSVP to 812-523-6405 by Friday, March 08.

LEGACY LANE FAMILY NIGHT

Thank you to everyone that came to our Legacy Lane Family Night. The residents enjoyed spending time with their loved ones.



Taste of Town

For our resident's is on March 7th.
For dinner that day is The Pines.

Family Forum

Our next family forum will be Thursday, March 21 at 5:30pm at Scheck's Cancer Center across the street from the Medical Building. There will be light refreshments provided. Alzheimer's disease is life changing for those who are diagnosed and their families. Our goal as a group is to provide a place to connect with other caregivers who truly understand what you are going through. Please call 812-523-4841 to reserve your seat. We look forward to seeing you!

Did You Know...?

That we have a resident council each for Health Center and Assisted Living made up of our residents, where they are able to convene for an hour or so, once a month, with one of our Activity staff members to voice concerns, feedback, and get informed about upcoming events, and campus activities. Any feedback that our residents share with us is addressed by the department leaders, as well as, our Executive Director.

We also have a Chef's Circle for Health Center and for Assisted Living residents where they get to meet with dietary every week to discuss their meals for that week, upcoming events, future meal ideas, etc.

That you can read the monthly newsletter AND our monthly calendar of activities on-line. Please follow the campus link: www.coveredbridgehc.com



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HEALTH CAMPUS

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Kris Bowman
Life Enrichment Director

Erika Muhlbach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Christy Murphy
Legacy Lane Coordinator

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

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ARTISANS
CLOVER
CRAFTS
GOLD

GREEN
HAPPY HOUR
INSPIRATIONS
IRELAND

IRISH
LEPRECHAUN
LUCKY
MARCH

SAINT
SEVENTEEN
SHAMROCK
STORIES