



HEARTHSTONE

HEALTH CAMPUS

A Trilogy Senior Living Community

Herald

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

Regina M.	3/02
Sandy C.	3/04
Curtis C.	3/10
Mary J.	3/11
Camilla B.	3/15
Marie S.	3/26
Irene M.	3/28
Ginny S.	3/31



Executive Director Corner

Greetings from
Hearthstone
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 Hearthstone Health Campus 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,

Stacey Hubbell, RN, HFA
Executive Director

Smile of the Month

Kenny D. showing off his creation!



Live a Dream

Did you know Hearthstone has a Live a Dream program? Image doing the one thing you have always wanted to do, and through a partnership with the Trilogly Foundation, dreams can become a reality. Please see, Life Enrichment team member for more information.

Soup-er Bowl!

Super Bowl Sunday is an exciting time of the year and we made sure to celebrate big here at Hearthstone Health Campus. Residents, families, staff, and members of the community enjoyed a Souper Bowl event here at our campus! We had 11 soups donated to our soup tasting competition, with the Hearthstone kitchen taking home the win with a delicious Italian inspired soup! We enjoyed football themed games and casted our votes for who we thought would win the Super Bowl! Thank you to everyone who attended our event and to everyone who donated a soup!



Stacey playing games with residents



Joy enjoying with Souper Bowl



Ann engaging in snow art



Dottie engaging in bubble art

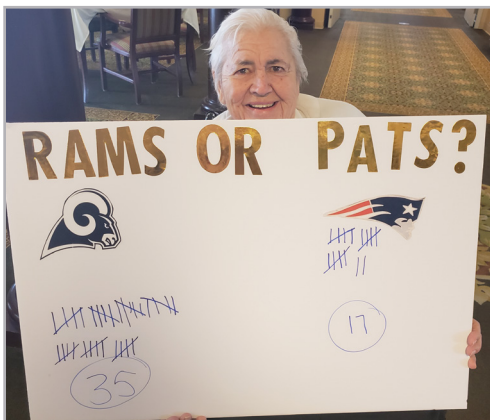
LEGACY NEIGHBORHOOD SPOTLIGHT

Artisans are a very important aspect of our Daily Rhythms program. We want our residents to express their creativity through many different mediums. We use a variety of materials including paint, clay, fabric, but we also like to get creative with our supplies! Here are some photos of residents creating art with bubbles, puzzle pieces, and snow!



Ruth engaging in puzzle art

More from... Soup-er Bowl!



Toni showing off resident predictions



Juanita and Rebecca tasting soups

Volunteer News

Give the gift of time and have fun! Volunteering as little as two hours per week can help reduce depression, lessen chronic pain, and give your brain a boost. Volunteer opportunities include community outings, Sunday Brunch, Life-long learning, one-to-one visits, Bingo, or sharing a talent or hobby. Please see the Life Enrichment Team or call 812.333.7622.

Gathering Around the Hearthstone

March 7th: Care Giver's Day Out
Need a break caring for you loved one? Take advantage of our Care Giver's Day Off. Call us at (812)333-7622 for more details!

March 10th: Brunch
Join us for Sunday Brunch starting at 11:00am for a chef-prepared buffet. Loved ones are invited and encouraged to attend.

March 13th: Advisory Board
This month we will focus on the Live a Dream program. Does your loved one have a something they have always wanted to do? Come learn about Trilogy's Live a Dream Program!

March 14th: Pi Day

March 14th: Senior Executive Club
Senior Executive club begins at 1:30 in the AL dining room. SEC provides the opportunities to meet new people, enjoy our wonderful food, participate in new activities, and have a group of friends with whom to discuss topics of interest.

March 28th: Taste of Town: Pizza X

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link www.HearthstoneHC.com.

You can follow us on Facebook, simply type Hearhstone Health Campus into the search bar. You can also find us on Twitter. Our handle is @Hearthstone_HC

Happy Hour is weekly at 3:00pm on Fridays in the Stardust Café.

Join us for music, appetizers, and drinks!

We go on community outings twice a week. Please sign up in the Activity Room, space is limited!



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Life Enrichment Director

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Social Service Director

Darcy Lotz
Therapy Program Director

Cameron Mizell
Director of Food Services

Brandon Jensen
Legacy Neighborhood 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