



RIVER TERRACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# News

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!

John H.	March 06
Mildred B.	March 12
Dorothy C.	March 12
Arthur W.	March 15
Robert F.	March 17
Alene T.	March 18
Irvin S.	March 21
Dolores O.	March 23
Dorothea W.	March 30
John S.	March 31



## Executive Director Corner

Greetings from River Terrace 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. 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 River Terrace, 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 than our Team!

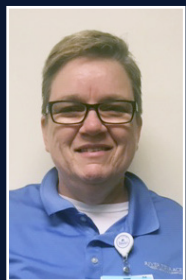
This past winter, our team went the extra mile to make our facility a home fit for the holidays. Whether it was one of our chefs preparing a warm, home-cooked meal, or a CNA helping a resident put the star on top of their Christmas tree, every member of our staff spent the giving season by giving their 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,

*Brittan Mefford*  
Executive Director

## New Leader



Meet Roxann Davis! She is our new Nursing Scheduler.

Roxann was born and raised here in Madison,

where she continues to live. She graduated and received her LPN license from Ivy Tech. I have lived here my entire life. Her passion in the nursing has always been the geriatric field and she is excited for her first position with Trilogy Health Services.

When not working, Roxann spends time with her four kids; Sydney, my twins Michael and Taylor, and youngest Jessie. She can also be found lounging around at home with her English Bulldogs, Lucy, Haus, and Puppy Dog. One quote that Roxann believes sums up her personality is to always, *"Be a Fruit Loop in a bowl of Cheerios."*

## Living Arts

Residents are preparing for Spring and painting bird houses! Twice weekly we offer Art Programs to give residents the opportunity to creatively express themselves through different mediums. This particular week we were working with wood.





# Creative Cooking

Our residents have great cooking and baking experience! They share their cooking stories and special secrets at our regular Creative Cooking programs. There are never too many cooks in our kitchen!



## Smile of the Month!

Meet our smile of the month, and her beautiful smile. She is always positive and enjoys staying busy with our many activity programs.

Catch a her smile and pass it on!

A smile has the potential to:

- Change your mood.
- Be contagious.
- Relieve stress.
- Boost the immune system.
- Lower blood pressure.
- Release endorphins (the feel-good hormone)
- Help you stay positive.



## Looking For...

If you or someone you know works with students and would like to connect with Seniors, please contact the Life Enrichment Department.

## Happy Hour

Happy Hour is weekly at 3 p.m. Please join us for good food, entertainment & fun with friends.

*Pictured is some resident favorite entertainment, Lee Dunn.*





## RIVER TERRACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

120 Presbyterian Ave.

Madison, IN 47250

812-265-0080

riverterrhc.com |  

*Brittan Mefford*  
Executive Director

*Krissy Sample*  
Director of Health Services

*Jennifer McFadden*  
Assistant Director of Health Services

*Dana Riddle*  
Customer Services Representative

*Lisa Crawford*  
Business Office Manager

*Cindy Ramsey*  
Life Enrichment Director

*Kyle Sphire*  
Director of Social Services

*Michael Maloney*  
Director of Plant Operations

*Eric Torline*  
Director of Food Services

*Roxann Davis*  
Scheduler

*Evelyn Reynolds*  
Director of Environmental Services

*Tina Bell*  
Medical Records

### 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*

*Newsletter Production by PorterOneDesign.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
E	Z	X	Z	H	O	E	R	A	V	Q	Z	F	Y	A	W	C	D	W
S	S	A	R	C	Z	T	I	F	J	P	G	S	V	B	Y	A	J	L
M	Z	P	N	T	F	R	S	T	Z	E	C	D	I	S	P	D	E	W
W	X	X	V	J	C	B	H	S	X	J	S	H	A	M	R	O	C	K
U	M	T	J	E	J	G	C	D	K	N	A	H	A	A	U	R	G	N
G	X	N	W	I	R	E	L	A	N	D	L	C	Q	S	W	L	H	J
N	L	J	W	Y	A	R	T	I	S	A	N	S	E	S	Z	U	U	N
A	G	E	I	N	S	P	I	R	A	T	I	O	N	S	E	C	Z	K
Y	H	A	P	P	Y	H	O	U	R	L	N	E	S	R	C	K	J	G
S	Y	C	Q	R	G	M	F	F	E	N	E	Q	D	M	P	Y	U	O
I	C	B	R	C	E	M	O	L	S	T	R	R	D	U	X	W	G	Z
B	Z	E	F	W	C	C	Z	A	N	P	W	O	W	S	F	D	O	K
M	K	X	M	A	R	C	H	E	X	P	U	E	D	A	J	G	L	T
Y	W	W	R	R	J	F	V	A	U	K	A	C	M	I	Y	G	D	Q
N	X	T	T	P	E	E	K	U	U	C	G	B	S	N	M	O	P	G
G	J	X	H	C	S	G	R	E	E	N	Y	K	U	T	W	S	I	X
I	F	Y	W	O	S	U	Y	F	M	L	P	S	T	O	R	I	E	S

ARTISANS  
CLOVER  
CRAFTS  
GOLD

GREEN  
HAPPY HOUR  
INSPIRATIONS  
IRELAND

IRISH  
LEPRECHAUN  
LUCKY  
MARCH

SAINT  
SEVENTEEN  
SHAMROCK  
STORIES