



THE SPRINGS  
AT STONY BROOK

*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!

## Residents

March 05	Bobbie D.
March 13	Margaret L.
March 15	Richard G.
March 16	Geneva M.
March 26	Mary Lou B.
March 28	Amanda T.
March 28	Richard P.

## Staff

March 2	Donta S.
March 20	Teresa T.
March 25	Melissa H.
March 26	Robin R.

## Sunday Brunch

*March 10th* Come join your loved one for a wonderful meal and great company!

## Taste of Town

Second Tuesday of Each Month

Featured restaurant TBD at Chef's Circle.

## Out and About

Look for these fun outings on your March Activity Calendar!

*Target*

*Good Will*

*Smokey Bones*

*Scenic Drives*

## Chef's Circle

Please Join us for Chef's Circle

Each Tuesday at 1:45 (Main Activity Room) -or Thursday at 1:45 (Personal Care Activity Room)

Try new Recipes

Bring your favorite recipes to be offered on the Stony Brook Menu!



## Executive Director Corner

Greetings from The Springs at Stony Brook! 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 The springs at Stony Brook, 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,

*Lisa Gann*

Executive Director

## PHOTO HIGHLIGHTS





# MORE... PHOTO HIGHLIGHTS



## Life Share

Lifeshare Technologies, in partnership with this campus, is delighted to provide an innovative new service that allows you to connect with family and engage with your community, all through your personal television. With Lifeshare, you can do all of the following through your TV:

- \*View and send emails and text message

- \*View photos

- \*View community information, such as activities, announcements, and dining menus

- \*Receive event reminders on screen or by phone

- \*Read daily news

- \*Play games, music, and faith bases programs.

See your life enrichment department to get set up now!

## The Benefits of Arts & Crafts for Seniors

Participating in artistic activities – even for those seniors who are “artistically challenged” – can have a positive impact on their health! Among the many benefits Seniors may enjoy a sense of purpose, an exercise in problem solving, improved small motor skill dexterity, a sense of pride when they share their handmade gifts with friends and family and perhaps uncover long-hidden artistic creativity! In addition, participation in Arts and Crafts can prevent boredom and encourage socialization as they create with new friends and old. So encourage your senior loved one to participate in crafty endeavors! They will find this activity very rewarding!

## Volunteers Needed

The Springs at Stony Brook strives to make all of our resident's days enjoyable and fun. Volunteers are the heart and soul of our campus and the key to making this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference too many people. If you are interested in volunteering for the following programs, please contact Christine Palmer/Life Enrichment Department. *Bingo caller, crafts, leading men's group, nails, hosting a movie night, or game night, leading Christian Service, Catholic Communion.*



# THE SPRINGS OF LIMA

*A Trilogy Senior Living Community*

**2200 Stony Brook Drive**

**Louisville, KY 40220**

**502-491-4692**

**springsatstonbrook.com |  **

*Lisa Gann*  
**Executive Director**

*Mindy Hahn*  
**Director of Health Services**

*Christine Palmer*  
**Life Enrichment Director**

*Crystal Crimmins*  
**Community Services Representative**

*Tabitha Kielian*  
**Director of Social Services**

*Megan Riedling*  
**Rehab Program Director**

*Tracy Novak*  
**Business Office Manager**

*Jonathan Bufford*  
**Director of Dietary Services**

*Stephen Valentine*  
**Director of Environmental Services**

*Chris Crimmons*  
**Director of Plant Operations**

## 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
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
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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