



THE VILLAGES
AT OAK RIDGE

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

Jerry B.	3/17
Bonnie K.	3/18
Thomas S.	3/20
Doris B.	3/22

Staff

Haley L.	3/03
Kealy T.	3/06
Amy B.	3/11
Ashley A.	3/28
Lyric B.	3/31

Did You Know...?

Happy Hour is weekly from 3-4pm in the Health Center activity room. Please join us for drinks, snacks, and good conversation.



Executive Director Corner

Greetings from the Villages at Oak Ridge! 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 Villages at Oak Ridge, 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 deal 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,

Rebecca Lucas, HFA
Executive Director



Ace's Tenderloins

Out and About: Ace's

We sure love getting out and about for a tasty lunch every now and then. One of our local favorites, Ace's, sure has some of the best Tenderloin's in town! We love all of the friendly staff and wonderful customer service. Watch for lunch outings on the calendar and let the Life Enrichment staff know you would like to go. The more the merrier!



Our group really enjoyed themselves at Ace's

Live a Dream: Jackie G. at Cirque du Soleil

Jackie has always enjoyed music and theatre throughout the years, gaining her appreciation for the arts after years of owning her own music store here in town. Always dreaming of seeing another show or musical performance, hearing about the Cirque du Soleil performance really caught her attention. As part of our Live a Dream program through Trilogy Heath Services, we have the ability to make these kind of dreams a reality, and that's just what we did. Jackie and two of her closest friends enjoy an afternoon Cirque du Soleil show that was a first time experience for all. What an exhilarating type of show! We ended the evening with a delicious meal at Cheddar's. It's our passion to make dreams like these come true and truly enjoy getting to learn about the dreams of each of our residents here at Oak Ridge.



4TH ANNUAL CHILI COOK-OFF

After having a week of extremely frigid temperatures, it was a perfect time for an afternoon of chili tasting. It was another wonderful turnout as we had a generous amount of community involvement during our fourth annual Oak Ridge Chili Cook-off. This year's overall winner was Bambini's and Resident's Choice went to one of our very own residents, Becky N. Becky has been making her family chili recipe for years and was so worried no one would like it. Turns out, her sweet chili was a definite crowd pleaser! Thank you for all of those who came out to enjoy the chili, and also all of the community organizations who participated. We hope to have another great turnout in 2020!



Bambini



Becky



Chef Don



Winner's - Becky's and Bambini's



All of our wonderful Chili Cook-off participants



THE VILLAGES AT OAK RIDGE

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Director of Food Services

Michael Cullivan
Director of Plant Operations

Heather Truelove, LPN
Director of Assisted Living

Tracy Bennington
Environmental Services Director

Diana Turpin, LSW
Social Services 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*

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
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ARTISANS
CLOVER
CRAFTS
GOLD

GREEN
HAPPY HOUR
INSPIRATIONS
IRELAND

IRISH
LEPRECHAUN
LUCKY
MARCH

SAINT
SEVENTEEN
SHAMROCK
STORIES