



ASHFORD PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

April 2019



The Benefits of Volunteering

From April 7th through the 13th, we celebrate National Volunteer Week – a time for us to recognize all of those who are guided by a servant's heart. You might know them as a choir practice leader, a bingo caller, or just a friendly face that stops by to ask you about your day. But how often do you see a volunteer in yourself? How about one of your friends? You might think that volunteering is a young person's game, but this couldn't be further from the truth. Brought to you by the National Institute on Aging, here are some of the ways a senior's life can improve when they are an active member of their community.

Whether you're volunteering or participating in one of our Life Enrichment programs, being involved is great exercise for your brain. You'll be using your intellect to find new, creative ways to tackle the day, which can lower your risk for developing diseases such as dementia. Additionally, a study by the Rush Alzheimer's Disease Center found that "there is a link between higher levels of social connections and participation in social activities with better cognitive function."

Research has shown that we're happier when we believe in what we're doing. When we participate in activities that we find fulfilling,

we're less likely to feel symptoms of depression, and more likely to feel healthy. For example, when a group of seniors volunteered as tutors at their local elementary schools, their cognitive and physical health were shown to have improved. In extreme cases, volunteering has also helped those who are grieving the loss of loved one – providing them with a stronger sense of self and purpose.

At our campus, when someone offers to help you, they'll do so with a smile on their face. When you look at all the positive effects that volunteering can have on one's life, it's no surprise why. Even if you're not in a position

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Happy Birthday!

Residents

Patricia L.	4/01
Jeanetta G.	4/01
Ruth H.	4/02
Evelyn A.	4/02
Loretta M.	4/26
Robert R.	4/27

Staff

Dustin Tresler	4/03
Kali Moore	4/04
Nancy Parr	4/09
Angie Goff	4/09
Rebeka Bridges	4/14
Tim Balting	4/15
Rena Lee	4/19
Bethany Dunagan	4/20
Jennifer Keen	4/21
Rita Lewis	4/22
Bonnie Peacock	4/28
Danielle Bessette-Galley	4/28



Executive Director Corner

Greetings from Ashford Place! It's hard to

believe that it's already April, and we can start putting away our coats and jackets in favor of shorts and t-shirts. The warmth of spring might even invigorate you to participate in a cookout or relax with your friends in our courtyard. However you choose to spend your time at Ashford Place, there's always something to do and people to enjoy it with – including our volunteers.

April 7th through the 13th is National Volunteer Week, so I wanted to spend some time this month highlighting the many ways in which volunteers serve our community.

We highly encourage our residents to get involved in these activities and meet our volunteers for themselves!

With our *Music to My Ears* program, student music

groups, community choirs, and other musical acts come to our campus to awaken, calm, and encourage with the power of song. If you want to show off some of your own talents, the volunteers of our *Artisans* program are always finding new creative ways for our residents to express themselves. And if you decide to join us for a friendly game of Bingo, there will be a friendly face there ready to read off your winning numbers.

Wherever you may encounter them, you'll instantly feel connected to the volunteers that serve our campus. Thank you to all of those who make the time to be a part of our family. For more information on how to become a volunteer in our community, give us a call today. We'd love to meet you!

Yours in Service,

Zach Simpson
Executive Director

Out and About

Please join us out for lunch at Red Lobster April 16th at 11:45am. Please let our transportation associate, Shaunda Wadsworth, know if you are interested!

Sunday Brunch

Our next Sunday Brunch of the year will be held on April 14th from 11:00am-1:00pm! Please join us for some delicious food prepared by our excellent culinary team here at Ashford Place. Be sure to RSVP! We can't wait to see you there!

Taste of Town

Our next Taste of Town of 2019 will be held on April 2nd with food brought to you by Cow Palace!

LEGACY LANE SPOTLIGHT

One of our Legacy Lane residents loves listening to Elvis when she attends Daily Rhythms!



Living Arts

Ashford Place had a blast last month celebrating Theme week; Mardi Gras.

Here are our favorite memories from a few Living Arts Programs!





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2200 N. Riley Highway

Shelbyville, IN 46176

317-398-8422

ashfordplacehc.com |

Zach Simpson
Executive Director

Julie Tennell, BSW
Social Services Director

Erin Huntsman
Director of Health Services

Natalie Padgett
Customer Service Specialist

Megan Matton, CTRS
Life Enrichment Director

Mary Ann Lux
Customer Service Representative

Anne-Marie Lawrence
Business Office Manager

Joseph Fuentes
Director of Plant Operations

James Mitchell II
Director of Food Services

Troy Allen
Director of Environmental Services

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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'Volunteering'

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to act as a volunteer, there
are plenty of ways to get
involved at our campus.
Express yourself with our
Artisans program. Go on a
once-in-a-lifetime vacation
with the *Trilogy Travel Club*.
Take a cooking class hosted
by our campus chefs, then
share the end results with
your family and friends.



Doing what you love at here means leading a happier and healthier lifestyle,
and we're here to assist you every step of the way.

If you're interested in lending a helping hand, or know someone whose
talents are well worth sharing with others, contact our Life Enrichment
Director today!

Word Search

T	X	S	X	X	T	B	Y	R	J	D	R	V	T	S	M	I	L	E
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C	X	N	F	O	L	V	V	M	P	A	A	C	S	I	Z	O	X	S
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V	H	I	I	F	E	E	S	C	C	B	L	W	T	S	V	J	I	T
E	P	E	I	K	S	L	D	U	Y	I	V	V	I	Z	H	F	R	U
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D	T	V	C	A	Q	T	A	O	R	K	D	B	K	P	S	I	I	B

APRIL
ARTISANS
BENEFIT
CLUB

COGNITIVE
CREATIVE
DONATION
EXPRESS

FRIEND
HELP
INTELLECT
INVOLVED

PURPOSE
SMILE
TRAVEL
VOLUNTEER