



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

...continued on back page

Happy Birthday!

Residents

April 04	Luella M.
April 05	Juanita B.
April 09	Mary D.
April 11	Charlie S.
April 12	Mary M.
April 17	Lillian L.
April 19	Bill P.

Welcome!

Donald H.	Henrietta L.
Jim K.	Paul C.
Helen B.	Helen C.
Nancy W.	Susan R.
Mary T.	William T.

Smile of the Month

A native of Greensburg, Mary B. spent her days farming and gardening. She taught her two children how to work hard and the enjoyment of being outside. Mary is an animal lover, especially cows, and can still play a competitive game of Euchre. She enjoys rides in the country where she has been known to belt out a tune or two. Thank you for bringing so many smiles to our days, Mary!



Executive Director Corner

Greetings!
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 here with us, 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 we benefit from volunteers – and how they can benefit from us. According to a study published in the *Journal of the American Geriatrics Society*, "adults who volunteered regularly reduced their chances of developing cognitive problems by 27%". We highly encourage our residents to get involved in our activities and services, where they have the opportunity to meet some of

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,

Katrina Keck

Executive Director

Out and About

Greensburg High School Student Council members visited the campus and spent time with residents who are military veterans. The students took videos of the residents and staff as they spoke of their time in the service and followed that with the Pledge of Allegiance. These videos will be used each morning to welcome Greensburg High School students and staff and lead them in the Pledge.





Volunteer News

Marilyn Davis, niece of resident Moni P., hosted the ladies tea in March. Marilyn gave a lovely presentation on “hankies” and the many ways these vintage items can be incorporated into

blankets, quilts, table cloths, home décor, and many other beautiful pieces. Marilyn brought examples of these to show the residents and they enjoyed seeing these wonderful creations.

LEGACY LANE

Our Legacy Lane residents enjoyed spending Valentine’s Day together. They snacked on personalized cookies made by Anna W.’s daughter and attended the campus Valentine’s Day party where they were able to listen to the music and spend time with their families and friends.



Featured Resident

Donald C. is a proud Army veteran and a movie buff. Don spends his days giving the staff at Aspen Place a hard time, followed by his signature grin. He enjoys his trips to Wal-Mart and doesn’t miss a happy hour. Don frequently has a joke to share and is very proud of his daughter, Christy, who manages Aspen Place’s Medical Records.



Themed Dinner



Mardi Gras came to Aspen Place in the form of delicious New Orleans inspired cuisine, decorations in green, purple and gold, masks, hats, and beads. Each resident ended the evening with an individual king

“cup”cake. There were smiles all around as the residents celebrated this traditional holiday in style.

Voted BEST!

“Our care outshines the competition.” This is one of the reasons why Aspen Place was voted BEST in Decatur County in the categories of - BEST Nursing Home, BEST Assisted Living, BEST Executive Director, and BEST Retirement Community. Stop by and let us show you why we are the BEST!

Did You Know...?

Aspen Place is requesting candy donations from now until April 17 for the Easter Extravaganza. These donations may be dropped off to the business office or to the Life Enrichment team.

We are still in need of a volunteer to paint nails on Monday’s from 1:00 – 2:00pm.



ASPEN PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

2320 N. Montgomery Rd.

Greensburg, IN 47240

812-527-2222

aspenplacehc.com |  

Katrina Keck
Executive Director

Beverly Williams
Director of Health Services

Shelby Allen
Environmental Services Director

Mike Zinz
Director of Plant Operations

Jeni Schnebelt
Life Enrichment Director

Kristine Brooks
Business Office Manager

Tina Adams
Social Services Director

Christy Scoggins
Medical Records Clerk

Rachael Tatman
Staff Development LPN

Becky Knecht / Alicia Mitchell
Legacy Lane & AL Coordinators

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

'Volunteering'

...continued from cover

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