



AVALON SPRINGS

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

04/02	James E.
04/07	Douglas B.
04/16	Edna W.
04/17	Thomas "Gene" C.
04/20	George S.
04/25	Heidi M.

Sunday Brunch

In April, our Sunday Brunch will be on Sunday, April 7, 2019. We ask you to join us and celebrate the year ahead with a wonderful meal with your loved one here at Avalon Springs on April 7 at 11:30am. Each resident may have two complimentary guests and 3 additional guest at \$10.00 each. To purchase the three additional guest tickets, please see Monica or Sam in the Business Office. Please be sure to RSVP and join us on April 7, 2019.

Taste of Town

April will be a Fish Fry.

Volunteer News

We are always looking for volunteers to enrich the lives of our seniors. If you have a special talent, skill, music ability or speak a foreign language, we would love for you to stop by the Life Enrichment office and become a volunteer or you can call Amy Plumb at 219-462-1778. Be sure to call and RSVP to our Annual Volunteer Lunch which will be held on April 30 at 2:30-3:30pm.



Executive Director Corner

Greetings from Avalon Springs! 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 Avalon Springs, 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,

Crystal Wray, HFA
Executive Director

LIVE A DREAM: ON THE COURT!

Janice S. has always had a love of basketball. She started playing at a young age and has loved it ever since, so much so that she has passed her love of the game on to her family. Janice had the opportunity to attend the local high schools "Throw Back Game" with her family. It was "hoop-tacular"!



Bo, Janice, Denise and Libbie at the game



Janice and Denise at the game



*Amy, Otto L. and Barb during
Mardi Gras Theme Week*



*Faye H. at Mardi Gras
Theme Dinner.*



*Virginia N. enjoying our
Theme Dinner celebration.*

THEME DINNER

"Mardi Gras is the love of life. It is the harmonic convergence of our food, our music, our creativity, our eccentricity, our neighborhoods, and our joy of living. All at once." -Chris Rose. So for our Theme Dinner we "traveled" South to New Orleans for Mardi Gras! We enjoyed New Orleans Shrimp & Grits with Beignets, wonderful live music, and the company of others, all of which had us feeling like we were right there on Bourbon Street.

Mardi Gras Celebration

We had quite the Mardi Gras gatherings last month which included our Theme Dinner, Family Night, and even Sunday Brunch! All that celebrating and delicious food did not stop us from adding one more to the list though. We also celebrated Fat Tuesday and had Paczki's, coffee, and played games.



Mardi Gras Celebration!



*Bernice F, Mary L and Dee L
at our Mardi Gras Celebration*

Legacy Spotlight

We wanted to give a big **HAPPY BIRTHDAY** to Edna W. who will be celebrating a very special 100th birthday later this month! If you see her be sure to wish her a wonderful birthday!



VALENTINE'S DAY TEA

We celebrated Valentine's Day with a special lunch and tea for the ladies. It was a beautiful afternoon filled with love and great company in both our Main Campus and Legacy buildings.



*Edna W, Sandy B, Shirley S, and Patti
L celebrating love on Valentines Day.*



*Some ladies enjoying our Valentines
Day Tea and Lunch.*

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.avalonspringshc.com

The Private Dining Room can be reserved for just a meal or a celebration with your loved one by contacting dining services at 219-462-1178.

Happy Hour is weekly at 3:30 pm in Town Square. Please join us every Friday for live entertainment, hors d'oeuvre's and drinks.



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2400 Silhavy Road

Valparaiso, IN 46383

219-462-1778

avalonspringshc.com |  

Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Amy Plumb
Life Enrichment Director

Amber Burns
Legacy Neighborhood Director

Heather Schlegelmilche
Community Service Representative

Ivana Krstevska
Social Service Director

Monica Lacy
Business Office Manager

Jennifer Ruzbasan
Director of Dining Services

Maurice Ford
Director of Environmental Services

Jim Funes
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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'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
I	R	O	V	X	X	P	J	F	E	E	K	D	P	C	L	U	B	D
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APRIL
ARTISANS
BENEFIT
CLUB

COGNITIVE
CREATIVE
DONATION
EXPRESS

FRIEND
HELP
INTELLECT
INVOLVED

PURPOSE
SMILE
TRAVEL
VOLUNTEER