



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

April 04	Freida W.
April 05	Joan P.
April 07	Marie C.
April 27	Ruth L.

Volunteer News

Thank you so much to our faithful group of quality volunteers. You make a huge difference in our programming. Bringing music, pet visits, worship opportunities, leading Bingo, and the Price is Right are just some of the things you do that our residents appreciate on a regular basis. We also have volunteers that bring in bingo prizes, candy bars, and friendly visits. We want to give special thanks to the lovely volunteer who has purchased an organ for our Legacy. How nice!

Out and About

All of our residents who choose to go on one of our Van Trips are welcome. Just contact Daniele in the Life Enrichment Dept. One trip per week is just a scenic drive and the other is a trip where we get off the van, perhaps for a lunch outing or something else. If your loved one chooses to go on a lunch outing, they will need to have funds in their resident trust taken care of in our Business Office. If you need to set this up, just see our BOM, Jennifer Edgecomb.

Happy Hour

Happy Hour is weekly at 4pm every Friday.



Executive Director Corner

Greetings from Bethany Pointe Health Campus!

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 Bethany Pointe Health Campus 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,

Christopher Fields

Executive Director

Photo Highlights



Legacy Lane Ladies- Woo Hoo!



Our Men got in on the fun too!

More Photo Highlights



*Della with her beautiful
Mardi Gras Mask.*



*Legacy Singer, Paul White got in
the mood for our Residents Fun!*



One last smile for our Mardi Gras Night!



*Life Enrichment Team
getting ready for fun!*



*VLD, Keely and resident at the
Legacy enjoying the fun.*



*Legacy Residents were in the
swing of things for sure!*



*The Doo Dads were our wonderful
live entertainment.*

Sunday Brunch

As always, you are invited to join your loved one for our Sunday Brunch on the third Sunday of each month. Please call the campus to make a reservation and check out the cost.

Themed Dinner

Thanks to all of our Bethany Pointe Staff and Life Enrichment Team for the outstanding fun we all enjoyed at our Mardi Gras Themed Dinner! The live entertainment was exceptional both in our Health Campus and our Legacy. Please take the time to enjoy the featured photos.

Taste of Town

Food from Steak and Shake in Anderson was enjoyed by all in March. Thanks to our Marketing and Dietary Teams for making this happen! What a treat!



BETHANY POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

1707 Bethany Road

Anderson, IN 46012

765-622-1211

bethanypointehc.com |  

Christopher Fields
Executive Director

Alicia Lambert
Administrator

Amber Stewart
Director of Health Services

Stephany Morgan
Legacy Neighborhood Director

Justus Norris
Director of Plant Operations

Ven Murugesan
Director of Rehab Services

Jennifer Edgecomb
Business Office Manager

Monica McFerran
Director of Food Services

Danielle Downey
Life Enrichment 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*

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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

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APRIL
ARTISANS
BENEFIT
CLUB

COGNITIVE
CREATIVE
DONATION
EXPRESS

FRIEND
HELP
INTELLECT
INVOLVED

PURPOSE
SMILE
TRAVEL
VOLUNTEER