



CREASY 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

4/01	Michael H.
4/02	Joan V.
4/05	Anita D.
4/06	Louise B.
4/06	Patricia K.
4/11	Vicki R.
4/12	David B.
4/14	Edith C.
4/15	Connie B.
4/16	Phyllis M.
4/21	Charles G.
4/23	Betty M.
4/29	Bernice T.

Staff

4/03	Joan S.
4/03	Brenda C.
4/05	Emily S.
4/06	Caitlin S.
4/07	Rebecca S.
4/09	Kylie D.
4/13	Brandon K.
4/17	Dana M.
4/21	Paula R.
4/22	Henrietta P.
4/23	John V.
4/24	Amy B.
4/26	Brianna P.
4/28	Janette C.



Executive Director Corner

Greetings from Creasy 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 Creasy 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,

Justin Rife

Executive Director

Upcoming Events

4/8 volunteers from the Mom's craft club will be in the Activity room at 10:30AM

4/14 Sunday Brunch

4/15 St. E. School of Nursing presentations in the activity room, 2p-4p

4/16 Pottery class with Lala Pottery

4/17 St. E. School of Nursing presentations in the activity room, 2p-4p

4/26 at 1:30 Lafayette Historical Society presentations in the Café

Legacy Corner

Is it spring yet? I think we have all been asking ourselves that question that last couple weeks. We are definitely ready to get outside for some sunshine, warm weather, and fresh air in Legacy!

We've been doing our best to make the most of the time we have to spend inside. Last month, we celebrated Mardi Gras with a theme dinner. The days leading up to the party, we made masks and necklaces. The day of the dinner, we accessorized with beads, hats, crowns, and masks to get our photos taken at the photo booth before enjoying a delicious dinner.

We are always looking for compassionate and dedicated volunteers to spend time in Legacy. If you or someone you know would enjoy volunteering, please contact myself or Linsey Condo.

Yours in service, Kylie Deig

Department Heads



Connie all ready for our Mardi gras party



The ladies are in the Mardi gras spirit



TA-DA!



Becky working on her pottery



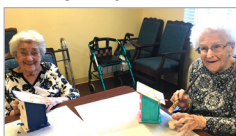
Mr. and Mrs. Skees



Don all ready for his fancy dinner



How cute are these heart bouquets!



Betty and Mary Ellen working on their bird houses



Bob ready to see what the delicious food the chefs have made for this Theme Dinner



This group sure does know how to have fun!

PHOTO HIGHLIGHTS

Special Outings

4/03 Lunch at Golden Coral

4/10 shopping at Walmart

4/17 Lunch at Bob Evans

4/24 Tour of WLFI

Volunteer News

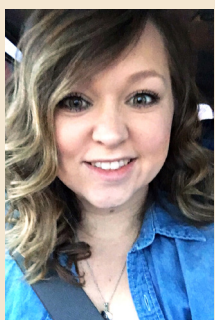
Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers!!

As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to

- Manicures (nail painting)
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events



A Note from Linsey

April showers bring May flowers, with that being said, see ya next year snow! I am ready to get

this winter coat stored away and bring out the light jacket. I am also ready for us to be able to get out of the building on some fun outings. We've got a couple of lunch outings that we were unable to attend due to the weather, so they are now on the April calendar. Please check your calendars and if there are any outings you may want to attend, inform a Life Enrichment employee and we would be happy to put you on the list.

If you have any ideas for our activities department, please see me. I am always looking for new ideas to better our department. Crafts, games, outings, etc, they all are welcome!

Our monthly Sunday brunch will be on April 14th. Guest tickets are \$10 after the second guest. Call the campus at 765-447-6600 and make your reservations by April 9th.

We pride ourselves in ensuring we put full effort in helping our residents live out their dreams. If you have a dream (big or small), maybe something you've even already done but dream to do it again, please come to me. Let me help you make that dream come true! Although we are providing opportunities for your loved ones at our group activities-, we are beyond privileged to offer "one on one visits" for those residents that are unable to, or choose not to attend group activities. I am thankful for the opportunity to grow and become an outstanding Life Enrichment Director at Creasy Springs for your loved ones.

As always, I am here to serve. Please continue to share your comments, suggestions and concerns, to assist us in our commitment to compassionate care.

Compassionately committed since 2012

Linsey Beardsley,
Life Enrichment Director



CREASY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

1750 S. Creasy Lane

Lafayette, IN 47905

765-447-6600

creasyspringshc.com |  

Justin Rife
Executive Director

Summer Day
Director of Health Services

Angela Poole
Business Office Manager

Linsey Beardsley
Life Enrichment Director

Gregory Peterson
Director of Plant Operations

Marcy Eads
Director of Therapy

Jodi Hollingsworth
Director of Food Services

Beth George
Social Service Director

Amy Barnett
Environmental Services Director

Nancy Crowder
MDS Coordinator

Kylie Deig
Legacy Neighborhood Director

Kathy Hyman
Villa Lifestyle 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

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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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