



PARK TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

Times

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

...continued on back page

Happy Birthday!

Residents

Bonnie T. 4/13

Staff

Nicole B. 4/10

Devon U. 4/19

Michelle M. 4/25

Volunteer News

Park Terrace is always looking for volunteers! We are happy to welcome family members, friends and the community to volunteer your time and talents with our residents. Not only do our residents benefit, but our volunteers find they do as well! Please contact our Life Enrichment Director Susan English Crider for further details and ideas for volunteer opportunities.

Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunch March 24th from 11:00 to 1:00. Each resident can invite up to 2 guests free of charge. Additional tickets may be purchased for \$10 from the business office.

If you anticipate bringing a large group, reservations are accepted up to three days in advance. As Chef Paul is always serving up delicious home-cooked recipes, make sure to come hungry!

Living Arts

Our residents enjoy exercising their creativity through our exciting Artisan's programming that includes a variety of media! Our door is always open, so feel free to come visit and participate in our life enriching programming!



Executive Director Corner

Greetings from Park Terrace!
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 Park Terrace, 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,

Kevin Foote

Executive Director

Legacy Lane Spotlight

We love our residents and families!! It was an honor to share Valentines Day with them all! We held a wonderful Party with Entertainer Mike Hutchens, great food and drinks created by Chef Paul. You could really feel the love in the air!!!





Themed Dinner

Our Mardi Gras Theme Week was a great success. Everyone enjoyed celebrating an exciting week of events and delicious food!! It is always fun to learn and try new things!

Smile of The Month

Thank you to our CRCA Monique for bringing her precious granddaughter, Aaliyah to visit the residents. It was hard to tell who enjoyed seeing each other more Marie or the baby. Babies do bring us such joy!!!



Special Event

Thank you to the Louisville Fund for the Arts and the Louisville Ballet for hosting a Music and Movement Class. Our resident were not expecting to be Ballet dancing but anything is possible if you try! We believe it truly is never too late to try something new!!!



It's Never 2 Late™ (IN2L™) program!

It's Never 2 Late™ (IN2L™) program! IN2L is an innovative computer system designed just for your loved ones in our care. It's user-friendly and intuitive regardless of technology skill level for residents, staff, families and even volunteers. Our system incorporates over 4,600 senior-friendly technology components for life enrichment and therapy staff to provide a truly integrated experience that includes sensory programming, lifelong learning, artistic expression, music, flight simulator and so much more. Make sure to ask, Susan English Crider your Life Enrichment Director, for a demonstration at your next visit. We guarantee you'll love it! Here are some of our residents enjoying the wonderful programming on the IN2L.

Did You Know...?

Happy Hour is weekly on Fridays from 3:00 to 4:00 in our 1st floor cafeteria. Please come join us for this fantastic community event. Finger foods and mixed drinks are served. We feature live entertainment every week and Elvis is in the building every month. Elvis never fails to entertain and bring smiles to us all! We put the Happy in Happy Hour! Music enriches our resident's lives.



PARK TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

9700 Stonestreet Road

Louisville, KY 40272

502-995-6600

parkterracehc.com |  

Kevin Foote
Executive Director

Cindy O'Connor
Director of Health Services

Crystal Combs
Asst. Director of Health Services

Connie Tyler
Business Office Manager

Susan English Crider
Life Enrichment Director

Jordan O'Connell
Director of Social Services

Josh Smith
Maintenance Director

Shirley Manner
Environmental Services Director

Daytham Jackson
Therapy Program Director

Paul Burckle
Dietary Food Services Director

Kathy Umfleet
HR & AP

Heather Richey
Legacy Lane Coordinator

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