



ASHFORD PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

June 2019



## Treating Yourself This Father's Day

On Sunday, June 16th, we celebrate Father's Day – a day when fathers everywhere will inevitably make the dad joke: “Isn't it funny that Father's Day is on a ‘Son-day?’”

Horrible puns aside, we want to take this opportunity to acknowledge all of the wonderful fathers who call our campus home. So many of us have warm memories of attending ball games, changing flat tires, and learning about life with these important men in our lives.

At our campus, we have plenty of Life Enrichment programs that our fathers and everyday residents are sure to enjoy. If you're looking

for a new activity to explore or a fun way to spend your father's day, consider the following:

### **Lifelong Learning**

We've learned so much from you, so why not let us return the favor? With our Lifelong Learning program, you'll join community members in taking part in any and all courses that you might be interested in. Do you want to know more about technology? History? Maybe you have a newfound passion for music that you want to explore. With Lifelong Learning, local instructors and volunteers will be happy to educate you about all of

these topics and more. Of course, this program is also offered to all members of our community. You don't have to be a father to want to expand your knowledge!

### **Vitality**

Did you know that we also celebrate Men's Health Week this month? From the 10th through the 16th, we encourage early detection and treatment of preventable health problems and promote wellness amongst the men of our campus. And what better way to be well than with Vitality? With this program, we promote physical movement at least

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# Happy Birthday!

## Residents

Walter W.	June 03
Anna Z.	June 06
Irma M.	June 10
Norma L.	June 12
Helen M.	June 17
Cecila B.	June 18
John K.	June 19
Dorrette K.	June 22
Ruth A.	June 23

## Staff

Dianne Sutton	June 07
Matthew Nicholson	June 08
Madison Elliott	June 08
Anson Giden	June 10
Madelyn Lee	June 17
Rhonda Lightner	June 18
Jenna Kolls	June 19
Theresa Moore	June 20
Amy Carter	June 22
Charlotte Smith	June 27
Ethel Roberts	June 30
Alyssa Williams	June 30



## Executive Director Corner

Happy June!  
With summer  
in full swing,  
it's time

to break out the bug spray, breathe in the warm air, and relax under the sun. Personally, my favorite part of the season is seeing familiar faces join us for our cookouts. Nothing says summer like enjoying good company with the smell of food on the grill, so I encourage everyone to come out!

This month, we're also excited to be kicking off our annual Independence from Hunger campaign. With the help of our sister campuses, we're proud to continue to provide over 1 million pounds of food every year for food banks and non-profit organizations in our local community. We are always amazed at the level of support we receive from employees,

residents, families, and friends. At our campus, compassion is never in short supply.

We put the "fun" in fundraising, so you can expect to hear about all of the exciting events we have planned for this year's campaign in the near future! In the meantime, we would like to ask all members of our community to consider supporting this great cause. Every donation, big and small, is appreciated and makes more of a difference than you could ever know.

If you or a loved one are interested in making a donation, contact our Life Enrichment Director today. They'll be happy to hear from you!

Yours in Service,

*Zach Simpson*  
Executive Director

## LIVING ARTS

Our residents enjoyed making various Tin Foil Impressions. Here one of our residents is showing off her finished Liberty Bell!



## Sunday Brunch

Please join us for Sunday Brunch this month on June 09 from 11:00am-1:00pm. Please RSVP at (317) 398- 8422.

## Taste of Town

Taste of Town this month is June 04 presented by Bears Den.



# Themed Dinner

We loved our theme dinner last month! We traveled back in time to the Roaring 20's. Here are some of our favorite memories!



*Our residents made their own flapper headbands during artisans group.*



*Our Executive Director, Zach Simpson, and a resident enjoying the theme dinner festivities.*



*A few of our Legacy residents posing at the photo booth.*



*One of our Assisted Living residents posing at the photo booth.*



*One of our health care residents and staff posing at the photo booth.*

# Out and About

Our residents loved our outing to the Grover Museum. We learned about the history of Shelbyville, and one of our residents even found his name on the World War II Veteran wall!



# Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.ashfordplacehc.com](http://www.ashfordplacehc.com)

Happy Hour is weekly Fridays at 3:00pm





# ASHFORD PLACE

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2200 N. Riley Highway

Shelbyville, IN 46176

317-398-8422

ashfordplacehc.com |

*Zach Simpson*  
Executive Director

*Erin Huntsman*  
Director of Health Services

*Mary Ann Lux*  
Customer Service Representative

*Anne-Marie Lawrence*  
Business Office Manager

*Megan Matton, CTRS*  
Life Enrichment Director

*Joseph Fuentes*  
Director of Plant Operations

*Kimberly Belcher*  
Director of Food Services

*Troy Allen*  
Director of Environmental Services

*Natalie Padgett*  
Customer Service Specialist

*Julie Tennell, BSW*  
Social Services 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](mailto:comply@trilogyhs.com)*

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# 'Father's Day'

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three times a week with activities such as strength training, balance training yoga, Tai Chi, stretching, dancing, sport gaming systems activities, and walking clubs.

Again, this is a program that is available for everyone to enjoy.

## Just The Guys

Our male residents and staff have the opportunity to maintain a healthy,



active lifestyle and engage in fun activities when they participate in our Just the Guys program. Through this program, we offer 'the guys' opportunities to connect with each other through interesting activities and outings! Whether they meet for an all-guys breakfast, bond over a friendly poker game, or take a fishing trip, it's an opportunity for the guys to just be guys and enjoy each other's company.

Thank you to all of the fathers of our campus who inspire us to selflessly serve every day. If you're a resident who is interested in participating in any of the mentioned programs, contact our Life Enrichment Director today!

## Word Search

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

BOYS  
DAD  
EXPLORE  
FATHER

FISHING  
GAMES  
GRANDPA  
GUYS

HEALTHY  
HISTORY  
JOKE  
MEN

MISTER  
POKER  
SPORTS  
VITALITY