



AVALON SPRINGS

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

...continued on back page

Happy Birthday!

Residents

06/10	Emma Francis R.
06/16	Sandra B.
06/19	Thomas A.
06/23	Patricia T.
06/26	Margaret V.
06/27	Marjorie B.



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,

Crystal Wray, HFA
Executive Director

Sunday Brunch

In June, our Sunday Brunch will be on Sunday, June 02. We ask you to join us and celebrate the year ahead with a wonderful meal with your loved one here at Avalon Springs 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 by May 31 and join us on June 02.

Taste of Town

June 04 will be our
Trilogy Food Truck.

Legacy Spotlight

Recently, we welcomed a new face to our Legacy building! She has brown eyes, a face to make you swoon, and brown and black fur all over. Jesse is her name, and loving is her game. She is a mix-breed dog that was rescued from a local shelter, and has been a joy for both our staff and residents ever since! If you see her, be sure to say hello!

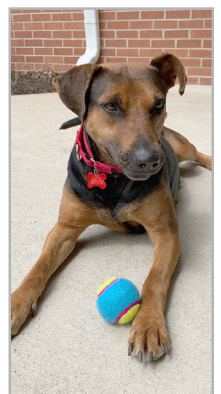
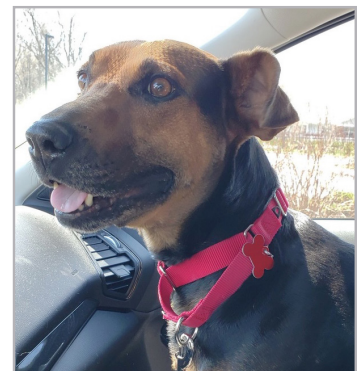


PHOTO HIGHLIGHTS



Easter



Your Life Enrichment Team.



Jill from Dunes Hospice, Kathy G., and Crosspointe Christian Church.



Katina, Mike, Mike's wife Peggy, and John.



Rhonda and Sam.

You are a 10!

As some of you may know, we just completed our Spring Customer Satisfaction Survey and we "Made the Walk"! What does it mean to make the walk at Trilogy Health Services? The walk is more than a celebration. More than a pat on the back for a job well done. It's the culmination of a year's worth of hard work, of early mornings and late nights, of obstacles overcome and service delivered. We are excited to announce that our customer satisfaction scores ranked top in the company, and for this reason, WE MADE THE WALK! Thank you to our residents and family members for your feedback. Not only that, but thank you for ranking our Life Enrichment Department as the #1 department on our campus and in the top of our division as well!! We look forward to continuing to exceed your expectations.

Volunteer News

In April we held our annual Volunteer Luncheon. We celebrated with amazing food, great conversation and praise of all of volunteers who come and make the lives of our residents (and staff) that much better! We are always hearing how much they are loved by you, and that makes our hearts sing! If you are interested in becoming a volunteer, please let us know as 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.

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 3:30pm 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@vhs.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
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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