



SPRINGHURST

HEALTH CAMPUS

A Trilogy Senior Living Community

Sentinel

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!

Health Center

June 12 Donna P.
June 15 Marcelle M.
June 27 Anna R.

Assisted Living

June 29 Rudolph R.

Legacy

June 05 Joyce B.
June 22 Mary C.

Live a Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive.



Executive Director Corner

Happy May! As summertime approaches, we encourage

you to enjoy the warm weather by taking a stroll through our garden. With grandkids about to be on vacation, you'll need all the "me time" you can get! It's an exciting time to be a member of our community, and we're excited to be kicking this month off in a very special way.

You might have noticed that some members of our staff have added a fedora to their uniform. Maybe you're wondering why your friend is donning a purple necklace with a feather boa to boot. If it feels like everyone has suddenly stepped back in time, you'd be right! With our latest Theme Week, the roaring 20s have come alive again to provide you with an authentic Chicago Speakeasy Experience. Flappers and gangsters alike recently sat side by side in our

dining room to fully immerse themselves in the Theme Dinner. We served up Capone's Baked Ziti with Red Sauce, along with Breaded Veal Cutlet. The dessert, Bootleg Pineapple Upside Down Cake with Tommy Gun Rum Sauce, had everyone talking in what looked like a scene pulled straight from a noir film. And like most of my favorite films, I felt like I could've watched it forever.

Thank you to everyone who joined us for this adventure into the prohibition era. We can't wait for you to see the other Theme Weeks that we have planned for this year. If you're interested in participating, contact a member of our Life Enrichment to learn about how you can save yourself a seat!

Yours in Service,

Andy Musser
Executive Director

Photo Highlights



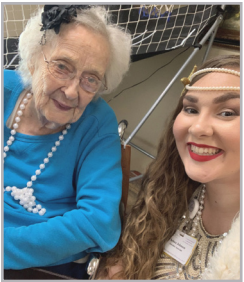
Customer Service Moment

The Resident choice award identifies and recognizes staff members' outstanding performance and contributions to residents and the staff. The residents nominated CRCA Morgan Brown.

More Photo Highlights



THEME DINNER



We Need Help!

Hunger exists in all communities, rural, urban and suburban, and help with collecting food is needed across the country. We are collecting Non-Perishable items for Hancock County food pantry. The best non-perishable foods to donate: canned beans, dry beans, peanut butter (or other nut butters), rolled oats, canned fruit in juice (not in light or heavy syrup), canned vegetables (with no or low-sodium), and low-sodium soups. Please contact Angie Brooks for details.

Sunday Brunch

Join your loved one for brunch June 16, 2019. We offer two free tickets per resident, if needing more tickets the cost to purchase is only \$7.00 each.

Volunteer News

All volunteer hours should be logged daily now, only using the campus MobileServe tablets. If you are still struggling with this process, please reach out to Angie Brooks LED.





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Andy Musser
Executive Director

Janice Davis
Director of Health Services

Angie Brooks
Life Enrichment Director

Dana Kirkpatrick
Director Resident Services

Teri House
Community Services Rep.

Angie Janes
Dir. of Environmental Services

Deb Vetter
Legacy Neighborhood Director

Matt Seib
Director of Dining Services

Julie Brown
MDS Coordinator

Jean Wuerch
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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'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
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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
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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