



THE LEGACY
AT LIBERTY RIDGE

A Trilogy Senior Living Community

News

August 2019



Introducing the BFF Program

As summer begins to wind down, we hold on to our favorite memories of the season from years past. We can recall the crackle of a bonfire's flame on a warm night, the splashes of pool water relieving us on a humid day, and the smell of burning charcoal being ever present under the beating sun. What makes these memories so special? Maybe it's because they take us back to simpler times. Maybe they remind us to appreciate the little things. Or maybe it's simply because of the people we shared them with.

At The Legacy at Liberty Ridge, we understand and value the power that friendship can have on our lives. When you have someone by your side who cares, a funny joke or a childhood story can make a rough day a great one, and a great one even better. That's why we're proud to be launching our **BFF Program** - where memories are made, and where friendships begin.

Inspired by *David Troxel and Virginia Bell's Best Friends™ Approach to Dementia Care*, the **BFF Program** provides our residents

with Best Friends to join them on their journey at our campus. These team members reinforce their lives with empathy, positivity, and an unwavering commitment to creating fulfilling, positive experiences. If they're known for their love of hot sauce, our caregivers will make sure it's always at the table. If they have a favorite song, they can listen to it when they wish, in the company of someone who cares about them. We celebrate what makes each resident unique, and we shape their experiences

...continued on back page

Coming Soon: Daily Rhythms!

Developed with the changing energy patterns of those with memory loss in mind, our Daily Rhythms program is designed to keep those we serve happy, healthy, and engaged! With this program, activities are scheduled at specific times throughout the day to decrease stress/anxiety and promote overall wellbeing for our residents.



Social Media Photo Highlights





Meeting the King

Live a Dream

Dream – Apply – Live

Our Mission: Live a Dream is a non-profit organization dedicated to changing the lives of seniors across the U.S. Our mission is to learn their stories, embrace their passions, and create experiences they can cherish forever. In this way, we hope to give back a little of what they have given, and continue to give.

Live Out Your Dreams! We're passionate about transforming wishful thinking into wonderful reality. If you're a resident at our campus with a dream, or if you know a senior who deserves to have their dream fulfilled, let us know! You can apply to live a dream by visiting www.liveadream.org, or by simply speaking to a member of our campus team.

Dreams Fulfilled!



Ziplining



Riding a Tractor



Riding in a Bentley



Attending a KISS Concert



Skydiving



THE LEGACY AT LIBERTY RIDGE

A Trilogy Senior Living Community

7200 Heritagespring Drive

West Chester, OH 45069

513-342-8889

legacyatlibertyridge.com |  

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

'BFF Program'

...continued from cover

based on their life stories.

A true celebration of our culture of care, the BFF Program has already been warming the hearts of residents and staff members alike at our sister campuses. If you decided to stop by West River Health Campus in Evansville, you might find Pat, a Legacy resident, flipping through a photo album with Lisa, the campus' Legacy Neighborhood Director, and reminiscing about her favorite moments. If you were to visit The Willows at Citation in Lexington, Kentucky, you might find a man named Leonard working on a project

with a woman named Jackie - the Legacy Lane coordinator at the campus, and Leonard's BFF. With the launch of the BFF Program at our own campus, we can't wait to see meaningful relationships like these grow and take flight. Contact our Life Enrichment director today to learn more about this life changing program, and meet one of our BFFs yourself!



BFF PROGRAM

*A Licensed Provider of the
Best Friends™ Approach to Dementia Care*

Word Search

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

APPRECIATE
APPROACH
BFF
CELEBRATE

DEMENTIA
EMPATHY
FRIENDSHIP
JOURNEY

LEGACY
LIFE
MEMORY
POSITIVITY

SHARED
TOGETHER
UNIQUE
VALUE