



ASHFORD PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

August 2019



## Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

### Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

### Embrace the Power of Music

Have you ever thought about being a part of a choir? Maybe trying your hand at a new instrument? Music is another effective way in which we can keep our minds active, so why not make some of our own? With our *Music To My Ears* program, we invite entertainers, resident performers, student musical groups and more to come express themselves through the power of song. Talk to a member of our Life Enrichment team to learn more!

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# Happy Birthday!

## Residents

Lois L.	August 08
Rosemary F.	August 13
Arvenia P.	August 14
Mary M.	August 14
Opal M.	August 21
Verna O.	August 24
Geroge M.	August 24
Larry K.	August 25
Charles E.	August 26
Marilyn V.	August 27
Alfred R.	August 30

## Taste of Town

Taste of Town will be on August 6th. We will be enjoying a delicious selection of food from our favorite local Italian restaurant, Pasghetti's!

## Sunday Brunch

Our Sunday Brunch will be held August 11th from 11:00 am - 1:00 pm catered by our wonderful dining services staff. Please RSVP at 317-398-8422.

## SMILE OF THE MONTH: WALKING CLUB

Our smile of the month is actually awarded to several smiles! Our Ashford Place Walking Club!



## Executive Director Corner

Happy August! I hope that everyone

has been enjoying themselves these past few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

*Zack Simpson*  
Executive Director







## Artisans

Our residents recently showed off their artistic skills! We had the opportunity to have a few different painting instructors to our campus to teach us a little about painting. Our residents had a great time learning new painting techniques and expressing themselves through art!

*"A true artist is not one who is inspired, but one who inspires others"*  
-Salvador Dali



## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link:

[www.ashforplacehc.com](http://www.ashforplacehc.com)

The Private Dining Room can be reserved for families. Contact 317-398-8422 for further information.

Happy Hour is weekly Fridays at 3:00pm.





# ASHFORD PLACE

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*A Trilogy Senior Living Community*

2200 N. Riley Highway

Shelbyville, IN 46176

317-398-8422

ashfordplacehc.com |

*Zach Simpson*  
Executive Director

*Julie Tennell, BSW*  
Social Services Director

*Erin Huntsman*  
Director of Health Services

*Kim Belcher*  
Director of Food Services

*Natalie Padgett*  
Customer Service Specialist

*Megan Matton, CTRS*  
Life Enrichment Director

*Mary Ann Lux*  
Customer Service Representative

*Anne-Marie Lawrence*  
Business Office Manager

*Joseph Fuentes*  
Director of Plant Operations

*Troy Allen*  
Director of Environmental Services

## 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*

# 'Seniors'

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## See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our campus! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our campus team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!



## Word Search

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

AGING  
CHECKERS  
CHOIR  
CITIZEN

CRUISE  
EMBRACE  
EXPERIENCE  
EXPLORE

FUN  
GAMES  
MUSIC  
PASTIME

SENIOR  
TRAVEL  
VISIONARY  
WORLD