



AVALON SPRINGS

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!

*...continued on back page*

# Happy Birthday!

## Residents

August 04	Donald L.
August 09	James S.
August 12	Eunice S.
August 13	Janice S.
August 14	Cora B.
August 15	Carol B.
August 25	Lois T.
August 29	Joan S.
August 30	Ann M.

## Bingo!!!



*Thank you to Jill W. from Dunes Hospice (and our other BINGO volunteers) for coming to call BINGO!*

There is no better feeling that when you see a full row of chips, and get to yell BINGO! If you are not attending our BINGO on Tuesday evenings at

6 pm or Wednesday afternoons at 1:15 pm, then you are truly missing out! We have a large crowd, but it is a ton of laughs!

## Go Fish!! Uno!!

Whether you enjoy 'Go Fish', 'Uno', or something along the lines of Euchre we have people who play them all. Join us Tuesday evenings at 6:00pm for a game.



*UNO!!! Come play cards every Tuesday evening at 6:00pm in the Activity Room*



## 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,

*Crystal Wray, HFA*  
Executive Director

## COMMUNITY CONNECTIONS

Whether it's Painting with Suzie, Outings with Mike L., Just The Guys with John, Sit and Be Fit with Rhonda and Glenda, or Manicure's on Friday afternoons with Isabel and Abby (and so many more), we would not be able to fully function as a campus without their help and dedication. It is not Volunteer Appreciation Month, but just know we as staff and residents of Avalon Springs appreciate you all.



*Love to create art Come to Painting with Susie every Tuesday at 930 am*



*Ladies lunch outing with our volunteer, Mike L.*



*Rhonda and Glenda from Heartland Christian Center leading residents in their weekly exercise class.*



# Take Me Out to the Ball Game!

I can picture it now. The bases are loaded, there are two outs, and we're all sitting on the edge of our seats wondering what will happen when the Winnipeg Goldeye's pitcher throws the ball off of the mound. Needless to say, the Railcats WON 8-3!! Even our very own Clara L. won a raffle prize (pictured left). Not only that, but our other residents won as well as the rain held off and they got to thoroughly enjoy the ride to and from as well as the game in between.



*Clara L. with her winnings from one of the raffles she put her name into. Congrats Clara!*



*Paul D. enjoying the game and a nice cold beverage with Jim and Jim's daughter, Leah.*



*Ginny and her husband, enjoying each others company at the Railcats Game.*



*Tom M., Joyce H., and Clara L. with Life Enrichment assistants Emily and Sophie at the Railcats Game.*



*Poetry Club is off to a great start! Join us every Friday at 1 pm*

## Are you a Poet?

We have been running a Poetry Club that started in July and will run through the end of August. It has been a nice change after reading the Lilac Girls for our previous Book Club. If you have a favorite poem or just enjoy conversation, please feel free to join us Friday afternoons at 1 pm in the Activity Room.

## Sunday Brunch

Our Sunday Brunch will be on Sunday, August 04, 2019. We ask you to join us and have a wonderful meal with your loved one here at Avalon Springs on August 04, 2019 at 11:30am. Please also join us for a Family Night Luau on Thursday, August 15, 2019 at 3:30pm in Town Square for a steel drum performance, followed by a Hawaiian dinner at 5:00pm in the dining rooms. Each resident may have two complimentary guests and three additional guest at \$10.00 each for both the Sunday Brunch and Family Luau Dinner. Please be sure to Sunday Brunch RSVP by Friday, August 02, 2019.

## Taste of Town

Taste of Town is China House on Friday, August 02.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.avalonspringshc.com](http://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'oeuvres and drinks.



# AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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 Schlegelmilch*  
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*

*Newsletter Production by PorterOneDesign.com*

# 'Seniors'

*...continued from cover*

## 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
Z	C	W	G	A	M	E	S	L	T	C	E	Q	H	K	V	O	A	A
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