



SHELBY CROSSING
HEALTH CAMPUS
A Trilogy Senior Living Community

Connection

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!

August 19

Pat W.

August 24

Madeline S.

August 31

Walter S.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at shelbycrossinghc.com

Happy Hour is weekly at 3:00pm. We serve beer, wine, and a drink of the week, along with light snacks. Please see the activity calendar to note whether or not there will be entertainment.

Each week, we go on an off-the-bus outing on Tuesdays and a drive-around-town outing on Thursdays. Please see the activity calendar or talk to the Life Enrichment Department for more information.

We hold a weekly ice cream social from 2:00-3:00pm in TownSquare. Please see the activity calendar to note whether or not there will be entertainment.

Live a Dream

"I've always wanted to..." Don't we all have wishes we wish we would have pursued? The Trilogy Foundation grants funds to help residents achieve their dreams! What is your dream? Do you have a friend or loved one who has a wish? In the past, we've granted dreams to ride a hot air balloon, to attend a favorite sports game, to travel out of state to visit a brand new grandchild, and more! Please see your Life Enrichment Team for details.

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,

Karen Monday
Executive Director

LEGACY LANE SPOTLIGHT

As most of you know, we have recently partnered with Tender Hearts Therapy. They will continue to join us for an hour a week Wednesday mornings to help us with different games and crafts. For more information on this partnership please speak with Amanda or Sandy. We are so excited to be able to offer this wonderful program!



Brunch

Sunday Brunch will be held on August 18th at 11:00 AM. If you will be joining your loved one with a large group of guests, please contact the Dietary department to reserve a table. We will take room reservations up until the Tuesday before brunch. Just a reminder – each resident is able to have two complimentary guests in addition to themselves. Any additional visitors will be charged \$10.00 per adult in advance and \$12.00 day of and \$5.00 for children ages 7-12. Payments for brunch can be made in cash or check or charged to the resident's room by being in contact with the business office. This standard is pertinent to Assisted Living, Health Campus, and Legacy residents.

Thank you to everyone who came out for brunch last month. It rained most of the day but we still had a great time with the petting zoo and balloon man.



LIFE ENRICHMENT SPOTLIGHT

During National Senior Health and Wellness Week this year, we decided to start a walking group that meets every Wednesday after lunch. We will be meeting by our Assisted Living entrance around 12:45, and walking around the building for as long as the weather allows us. It's a great way to get some exercise, fresh air, and meet some new people. Anyone is welcome to join!



Entertainment

August 2 – Music with Paul 3:00pm

August 5 – Kenny Land 2:00pm

August 7 – Richard S. 2:00pm

August 9 – Lloyd on the Accordion 3:00pm

August 16 – Kristin 3:00pm

August 21 – Jim Herrmann 1:30pm

August 23 – Mike C. 3:00pm

August 28 – Chet 3:00pm

August 30 – Paul Krass 3:00pm

Legacy Lane Entertainment

August 6 – Catholic Mass 11:00am

August 6 – Sandy 2:00pm

August 9 – Steve Elmore 3:00pm

August 13 – Sing-a-long with Carlene 2:00pm

August 16 – Kristin 1:30pm

August 20 – Catholic Mass 11:00am

August 21 – Jim Herrmann 3:30pm

August 26 – Kenny Lang 2:00pm



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HEALTH CAMPUS

A Trilogy Senior Living Community

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Amanda Schwark
Life Enrichment Director

Chris Solomon
Director of Plant Operations

Coral Karpinski
Director of Food Services

Patrick Ridgell
Director of Environmental Services

Laicee Laforet
Director of Social Work

Colleen Balla
Therapy Director

Kelly Mattox
Business Office Manager

Stay in the Loop [t](#) [f](#)

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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'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
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AGING
CHECKERS
CHOIR
CITIZEN

CRUISE
EMBRACE
EXPERIENCE
EXPLORE

FUN
GAMES
MUSIC
PASTIME

SENIOR
TRAVEL
VISIONARY
WORLD