



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

December 2019



## Keeping Holiday Traditions Alive

‘Tis the season!

With Christmas just around the corner, many of our residents look forward to the traditions of the holiday season and the sense of togetherness that it brings. If you’re looking for ways to celebrate the giving season with your loved one from the comfort of our campus, here are a few activities that are sure to put you in the holiday spirit!

**Create a holiday book.** Create a festive scrapbook filled with memories of Christmas’ past, and invite your friends and family to participate!

**Light up the room.** Fill your suite with decorations and ornaments to transform your living space into the North Pole.

**Make holiday cards.** Sending cards to friends and family members can bring an extra loving touch to the holidays for those that you care about. With the assistance of our *Artisans* program, we’d be happy to help you make one!

**Play Santa Claus.** Do you need to get some last minute shopping done? Trust us - you’re not alone. Browse through a magazine or shop

online to find that perfect gift for your loved one.

**Make a Christmas tree perfect.** Join your fellow community members in the fun of decorating the campus Christmas trees!

**Sing carols.** Buddy the Elf said it best – “The best way to spread Christmas cheer is singing loud for all to hear.” If you’re feeling the need to sing your favorite Christmas Carol this holiday, ask our Life Enrichment Director about our *Music to My Ears* program, where musical activities happen three times

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# Happy Birthday!

## Residents

12/02	Diana S.
12/05	Mary S.
12/05	Sharon N.
12/16	Carol K.
12/20	Faye H.
12/26	Millie D.
12/31	Joan G.

## Taste of Town

Taste of Town is Dairy Queen.

## Sunday Brunch

In December, our Holiday Brunch will NOT be held on a Sunday, but will be on Wednesday, December 18th, 2019 at 5:00 pm. We ask you to join us and have a wonderful meal with your loved one here at Avalon Springs on 12/18 at 5:00 pm. Each resident may have two complimentary guests and 3 additional guest at \$10.00 each. To purchase the three additional guest tickets, please see Monica or Samantha in the Business Office. Please be sure to RSVP by December 10th, 2019.

## Nashville Boot Scootin' Boogie

Every quarter we try and "travel" to a different era or part of the country. This quarter we held our last Theme Week of 2019, and took our residents to one of the many beautiful corners of the country, NASHVILLE! We all had a Boot Scootin' Boogie of a time too! We held special activities and outings, had some themed meals throughout the week, and even had a musician come and give a country music performance for our residents!



## Executive Director Corner

Welcome to December!

It's officially the most

wonderful time of the year, which means that every day becomes a merry celebration. This could mean baking a favorite family recipe, creating a decorative holiday wreath, or attending a worship service with our Inspirations program, which meets once weekly. We always strive to honor the traditions that mean so much to those we serve, so ask our Life Enrichment Director about how you can celebrate the holidays your way!

At a time when there's so much joy to be shared with friends and family, we also remember those who may be spending their Christmas worrying about their livelihood. That's why until December 31st, we'll be continuing to accept donations towards our annual *Hope for the Holidays* campaign, which supports our local charities throughout the holiday season. This year, we're working with our sister campuses to achieve

our companywide goal of raising \$750,000 for those less fortunate. If you or a loved one would like to make a donation, be sure to visit The Trilogy Foundation's website at <https://thetrilogyfoundation.org/donations>.

As 2019 begins to draw to a close, I also wanted to say thank you to each and every one of you for such a fantastic year. From our "Party in the USA" Theme Dinners to our lunch outings, our Happy Hours to our birthday celebrations, there hasn't been a single moment that I would trade to be anywhere else but with you and your families. It's truly been a pleasure.

I hope that you have a great Christmas and an unforgettable New Year. The next time I write, we'll be starting a new decade – and I can't wait to experience it with all of you.

Yours in Service,

*Crystal Wray*, HFA

Executive Director





*Rehab Reunion luncheon*

## REHABILITATION REUNION

This past month we hosted our annual Rehabilitation Reunion and invited all of our “graduated” residents to come enjoy lunch, visit with one another, and celebrate their successes since being in our facility for rehabilitation.



*Paragon Rehabilitation Department*

## Community Connections

Thank you to the Wanatah Girls Scouts as well as John G. for coming on two separate occasions, both to help decorate and carve pumpkins with various residents from our campus.

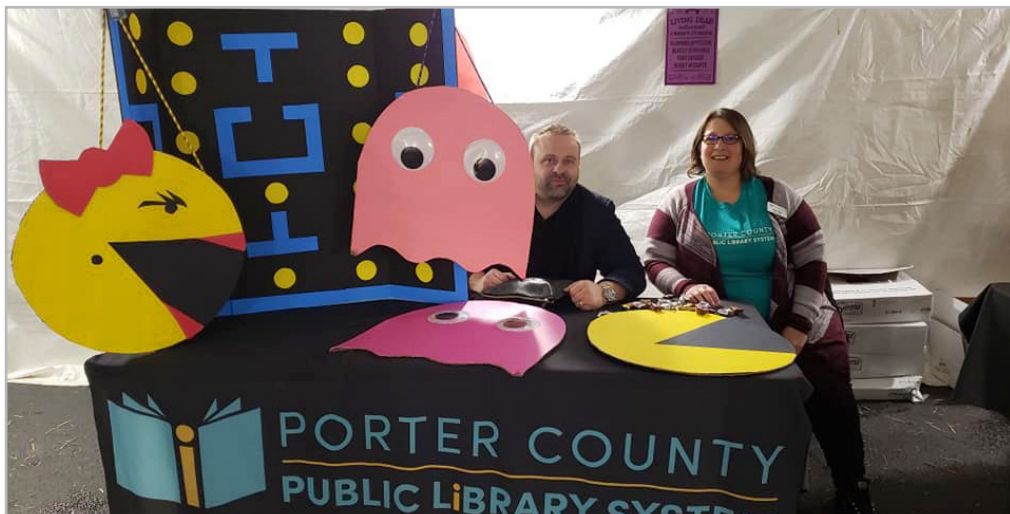


*Wanatah Girl Scouts with Bernice F. and Virginia P.*



## Halloween

What a SPOOK-tacular event that was! We are always so thrilled to have all of you, your family, and friends join us to help make this event better every year!! Be sure to check out the collages and pictures in this month's newsletter as well as on our social media sites (Facebook and Twitter).



*Thank you Porter County Library System for coming to our Halloween Event!*



*Staff dressed and ready for the Trick Or Treat Event!*



# AVALON SPRINGS

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Crystal Wray  
Executive Director

Kim Sheets  
Director of Health Services

Amber Burns  
Legacy Neighborhood Director

Heather Schlegelmilch  
Community Service Representative

Monica Lacy  
Business Office Manager

Amy Plumb  
Life Enrichment Director

TBD  
Director of Plant Operations

Jennifer Ruzbasan  
Director of Dining Services

Maurice Ford  
Director of Environmental Services

Ivana Krstevska  
Social Service Director

Chad Abair  
Therapy Program 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@vhs.com](mailto:comply@vhs.com)

Newsletter Production by PorterOneDesign.com

# 'Holiday Traditions'

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a week. It's a great way to celebrate,  
and a great way to create lasting  
memories!

## Plan a festive movie night.

Whether it's *How the Grinch  
Stole Christmas* or *It's a Wonderful  
Life*, Christmas movies have the  
power of making the holidays even  
more enchanting than they already  
are. So sit back with a warm  
cup of cocoa, relax, and turn  
on a timeless holiday flick.

From making melted-snowman  
cookies and candy jeweled  
gingerbread houses to surprise visits  
from Santa, our campus is sure to  
be full of merry moments and even  
merrier people this holiday season.  
We've loved listening to your stories  
about your holidays as children,  
and we're honored to be a part of  
your holidays as an adult. Merry  
Christmas from our family to yours!



## Word Search

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

CARDS  
CAROLS  
CHRISTMAS  
COOKIES

ELF  
FESTIVE  
GRINCH  
HOLIDAY

LIGHTS  
MOVIES  
NORTH POLE  
SANTA

SING  
SNOWMEN  
TRADITIONS  
TREE