



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

January 2021

## Happy Birthday!

### Residents

Laurel D.	1/04
Robert R.	1/04
Laurel D.	1/04
Barbara K.	1/05
Carol H.	1/11
Judy A.	1/15
Shirley S.	1/31
Shirley S.	1/31

## 11-year-old Shows Her Gratitude for Veterans, Healthcare Workers

Words of encouragement always go a long way – especially when they're written by Callie. As an 11-year-old resident of Morris Township New Jersey, Callie Danysh has been hard at work celebrating her local heroes by honoring them with 'Flags of Gratitude'.

Painted entirely by Callie, each 'Flag of Gratitude' seeks to honor the selflessness of New Jersey's essential workers. Many businesses and organizations across Morristown, Morris Planes, and Morris Township have received at least one of Callie's 2,000 created flags, and have had their days brightened with special messages dedicated to their service.

With no plans to stop creating, Callie is now using her paintings to help raise money for those in need. In July of



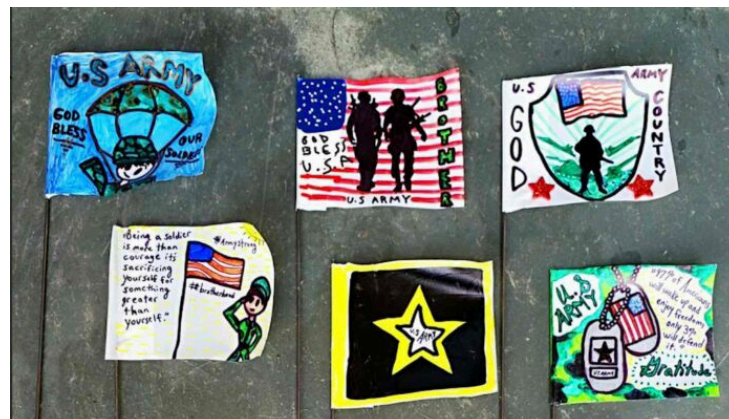
2020, the young artist raised \$1,000 for HelpMorrisNow, an organization dedicated to providing food and clothing to members of the Morris community.

"It makes me feel good because I enjoy spreading kindness to people," Callie commented.

Now, Callie has her sights set on helping other local groups such as Good Grief and Hubert's Animal

Welfare. Thank you Callie for showing us that sharpies, paint pens, and a heart of gold are all that you need to make a difference!

*Original story from  
goodnewsnetwork.org*



Happy  
New  
Year!



# 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

Jennifer Ruzbasan  
Director of Dining Services

Heather Schlegelmilch  
Community Service Representative

Monica Lacy  
Business Office Manager

Todd Burnes  
Director of Plant Operations

Maurice Ford  
Director of Environmental Services

Ivana Krstevska  
Legacy Neighborhood Director

Sarah Brown  
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

Newsletter Production by PorterOneDesign.com

# Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: "There's no place like home," is a famous quote from what movie?

Question 2: What is the largest planet in our Solar System?

Question 3: How many hearts does an Octopus have?

Question 4: What year  
did Prohibition end?

Question 5: How many  
pawns does a player start  
with in a game of chess?

Flip the page for last  
month's trivia answers:

Q1: What number is represented  
by the phrase "two little ducks"  
in bingo? 22  
Q2: Which two states don't  
observe daylight savings time?  
Hawaii and Arizona  
Q3: What Shakespeare play  
features a character named  
Ophebia? Hamlet  
Q4: What year did Apollo 11  
land on the moon? 1969  
Q5: What is the name of  
Rudolph's dad? Donner

## SUDOKU

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## Word Search

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ANIMAL  
ARTIST  
BUSINESS  
COMMUNITY

ENCOURAGE  
FLAGS  
GRATITUDE  
HEART

HONOR  
LOCAL  
MESSAGE  
PAINTING

SELFLESSNESS  
SERVICE  
SPECIAL  
VETERANS