



ASHFORD PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

January 2022

New Year's Resolutions in 2022

Inspired by healthinaging.org, these simple but effective New Years resolutions are sure to help anyone who is looking to make the most out of 2022. Here are just a few ways that you can better yourself as we begin the new year:

Stay sharp! – Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's getting lost in a good book, playing a board game with a loved one, or simply sharing a childhood story with a close friend, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts. Need a place to start? Talk to any member of our team about our *Artisans* program, where you'll be engaged by creating arts and crafts up to twice weekly!

Keep Active! – Equally as important to our mental health is our physical health. Even as we age,



keeping physically active can not only be safe and healthy, but it can help us stay happy and healthy for years to come. Talk to any member of our team about our *Vitality* program, where we provide opportunities for physical movement up to three times a week. We'll be more than happy to talk to you about your comfort level, what you can do, and how we can help you get started!

Explore a New Passion! – As a resident of our campus, there's never been a better time to pick up a new skill or hobby. With our *Lifelong Learning* program, we're

proud to teach courses in topics including art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health, and math. Talk to any member of our team about what interests you today!

Whether you're looking to make a change or already love the life you're living, we're here to support you every step of the way. For more information about any of these resolutions, talk to our Life Enrichment Director today. Happy New Year from our family to yours!

Happy Birthday!

Residents

Roger E.	1/01
Elizabeth V.	1/02
Audrey R.	1/08
Velma S.	1/13
Julia H.	1/18
Peggy D.	1/20
Lula K.	1/29

Staff

Victoria S.	1/03
Candy M.	1/07
Erika A.	1/08
Robert B.	1/09
Alyssa J.	1/19
Kiley C.	1/19
Paige S.	1/29



Executive Director Corner

Welcome to 2022!

I hope that everyone had

a wonderful holiday and New Year. Being able to celebrate the end of 2021 with so many familiar faces not only was a perfect sendoff for the year that we just had, but perfectly captured the spirit of the year that we look forward to having here in 2022.

As we continue to stay warm, I want to give a huge “thank you” to everyone who participated in our 2021 Hope for the Holidays campaign. Driven by the kindness of our friends, families, and residents, our campus was proud to make a meaningful contribution to

our local charities this past holiday season. Stay tuned for additional updates on how much of an impact we were able to make!

In the coming weeks, we’ll have more to share about everything that we have planned for 2022 – from Theme Dinners, community outings, retreats, and more. And if there’s anything that you want to see happen at our campus, be sure to talk to our Life Enrichment Director. They’ll be happy to hear from you!

Let’s have a great 2022, everyone!

Yours in service,

Zach Simpson

Executive Director

Just The Guys

Twice a month, we like to focus on “Just the Guys” and have a male-centered program designed to offer male residents a chance to connect with each other. The fellas recently enjoyed a trip to the American Legion and watched the movie “Hoosiers” and had popcorn and beverages!



The guys getting ready for some cinematic entertainment.



Vern having a good time at the American League

Community Connections

The residents paired up with local Girl Scout Cadet Troop #1325 and made dog treats for the Shelbyville Animal Shelter. We made a trip to the local shelter and delivered treats and care packages and spoiled the animals! The hardest part- not bringing all the dogs/cats back to the campus with us! Our next project, making blankets and toys for the cat kennels.



Mary Jane working on hand eye coordination!

Vitality Program

Physical movement is vital to wellness! Whether we are playing balloon volleyball, parachute, doing chair yoga, or other exercises, we are constantly moving and grooving! Did you know people who do not regularly exercise may lose up to 80% of their muscle strength by age 65? Not only is exercise good for your body, but it can also improve mental functioning and mood!

Artisans Program

We tried something new and took a watercolor class! Jeanna McGuire was an excellent instructor. The residents had several choices to choose from such as butterflies, animals, floral arrangements, birds, etc. We have multiple art classes scheduled in the next upcoming month such as Expressive Arts with Suburban Health, Julie Berry with door hangers, and Tory Reilly with acrylic painting and canvas!





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Lynsey Casey
Life Enrichment Director

Joseph Fuentes
Director of Plant Operations

Darrin Finkimbine
Director of Food Services

Troy Allen
Director of Environmental Services

Marci Suiter
Customer Service Specialist

Julie Tennell, BSW
Social Services Director

Ashley Hankins
Legacy Lane Coordinator

Tawni Short
Business Office Manager

Derek Casey
AP/Payroll

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

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Monthly Trivia & Activity Corner

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

Question 1: What was the first year there were fireworks for the New Year's Eve celebration in New York?

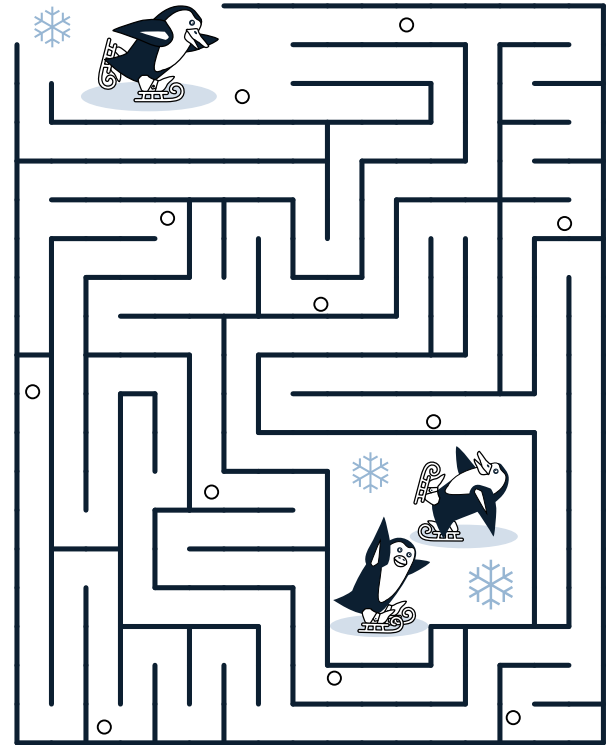
Question 2: What is the state called when animals sleep during the winter?

Question 3: What was Walt Disney's middle name?

Question 4: What was the first toy to be advertised on TV?

Question 5: What is the total number of dots on a pair of dice?

Help the penguin join his friends for a skating party!



Flip the page for last month's trivia answers:

- Q1: Who sang "I'm Dreaming of a White Christmas"? Bing Crosby
- Q2: How many reindeer in total help pull Santa's sleigh? 9
- Q3: What country does eggnog originate from? Britain
- Q4: What is another name for a Christmas tree? Pine tree
- Q5: Over 360 million glasses of _____ are consumed across the world on New Year's Eve. Champagne

Word Search

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

ACTIVE

BOOK

HEALTHY

PASSION

AGE

COMFORT

HOBBY

RESOLUTIONS

ALERT

COMPUTER

INTERESTS

SHARP

ART

GAME

MOVEMENT

THEATRE