



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

January 2022

## New Year's Resolutions in 2022

Inspired by [healthinaging.org](https://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

Ilona O. 1/03

Barbara K. 1/05

Barbara B. 1/20

## Staff

Patricia V. 1/05

Felicia P. 1/07

Tara A. 1/12

Brooklyn F. 1/14

Sheila W. 1/14

Samantha G. 1/15

Cassie G. 1/18

Stephanie H. 1/20

Billie M. 1/26

Sarah B. 1/28



## 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 in particular 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,

*Crystal Wray*

Executive Director

## CAMPUS EVENT

We honored our Veterans both residents and staff with a special lunch and patriotic music by Gloria. Each veteran received a certificate of thanks and pin to wear



*Gloria playing the piano.*



*Residents having a special Veterans lunch.*



*Charles and Nicky.*



# Legacy/Vitality

Balloon Noodle Ball has always been a favorite with our residents.



*Sandy, Peggy and Clara.*



*Daniela and her straw hat turkey.*



*Turkey Straw Hats made for residents doors.*



*Candy Corn Old Fashion Candy Machines.*

## Did You Know...?

Before you get to Avalon Springs you can go to [MyTrilogysit.com](http://MyTrilogysit.com) and get your QR code that you will need to check and temp in. Once you have this QR code you will save it on your smart phone to use each time you enter the building.

## Volunteer News

We are always looking for Volunteers here at Avalon Springs. If you would like to volunteer, please see the Life Enrichment department staff or you can call 219-462-1778 or email [plumb@avalonspringshc.com](mailto:plumb@avalonspringshc.com).

## ACTIVITIES CORNER

In November residents made a turkey out of a straw hat for their apartment doors. Residents learned the history of candy corn. Candy corn has become a fall staple not only to snack on but to decorate with. Check out the cute look alike old fashion candy machines the residents made to keep their candy corn in.



*Millie and her candy machine.*



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Valparaiso, IN 46383

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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

*Brittany Hanson*  
Customer Service Specialist

*Jennifer Ruzbasan*  
Director of Dining Services

## 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)

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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?

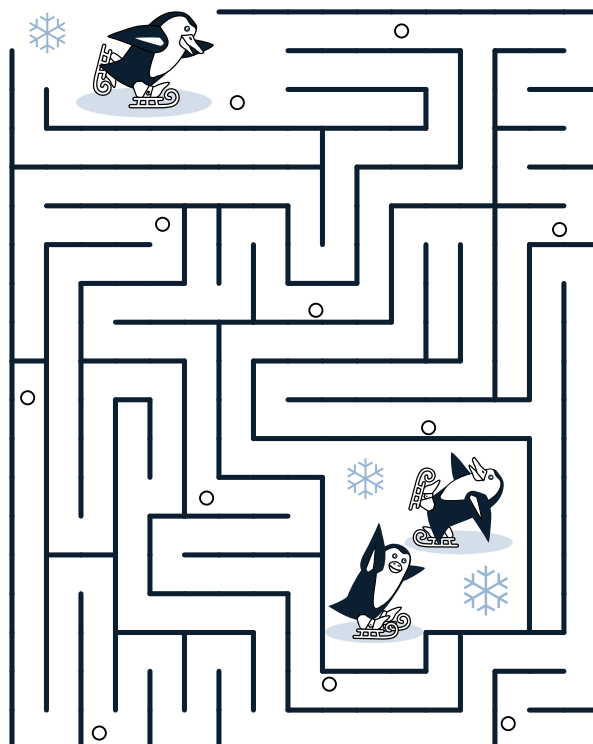
**Question 4:** What was the first toy to be advertised on TV?

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

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

Help the penguin join his friends for a skating party!



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

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE