



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

Brenda K 1/20

Hattie K 1/26

Judith B 1/27

Delores T 1/31

Staff

Maria V 1/7

Laura-Lei C 1/10

Mary S 1/11

Nikki M 1/13

Kerrijo E 1/14

Savannah H 1/17



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

Angela Short

Executive Director

Smile Of The Month

Janice S. giving us her best smile and showcasing recent craft!



VITALITY PROGRAM

Our Vitality program is in full swing. New exciting exercises are on the calendar for this month. If you have any suggestions for new physical activities, please tell a Life Enrichment Associate today!



CAMPUS IN COLOR

December brought a lot of fun events to Covered Bridge. We had not one, but two visits from Santa, hosted carolers in our hallways to sing Christmas classics, and even wore ugly Christmas sweaters weekly. However, the facility would not have been as festive if it weren't the help from staff and residents assisting with our decorating. Thank you for the team effort. Happy New Year!



Brenda K. and Ruby, CRCA working together to decorate the Legacy Lane tree!

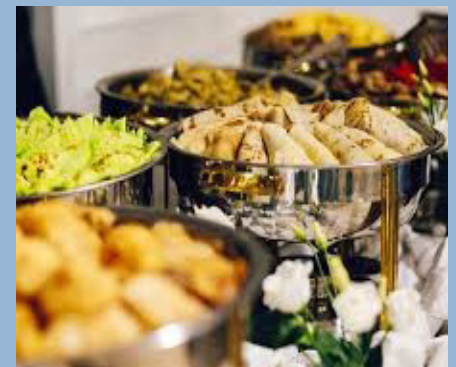
DID YOU KNOW?

The week of January 24th – 28th is Activity Professionals Week! Every day, your activity staff members inspire, engage, and enrich the lives of our residents. They promote the well-being of everyone in our facility. Activity Professionals Week provides the perfect chance to recognize your activity professionals for their creative spirit, enthusiasm, energy, and compassion.



Entertainment

"You ain't nothin' but a hound dog, cryin' all the time."
January 14th Elvis is coming to Covered Bridge Health Campus! He will be performing during Happy Hour 3pm-4pm. Come and let's party!



Sunday Brunch

Do not forget Brunch is held on the 3rd Sunday of each month! Residents are permitted to invite two vaccinated family members or friends. Please RSVP by January 2, 2022 to reserve a spot for you and your guests!



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Seymour, IN 47274

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coveredbridgehc.com |

Angie Short
Executive Director

Abigail Clark
Director of Health Services

Missy Robinson
Assistant Director of Health Services

Hannah McCord
Community Services Representative

Mike Craig
Business Office Manager

Erin Robinson
Life Enrichment Director

Erika Muhlbach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Tamantha Lotton
Legacy Lane Coordinator

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*

Newsletter Production by PorterOneDesign.com

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?*

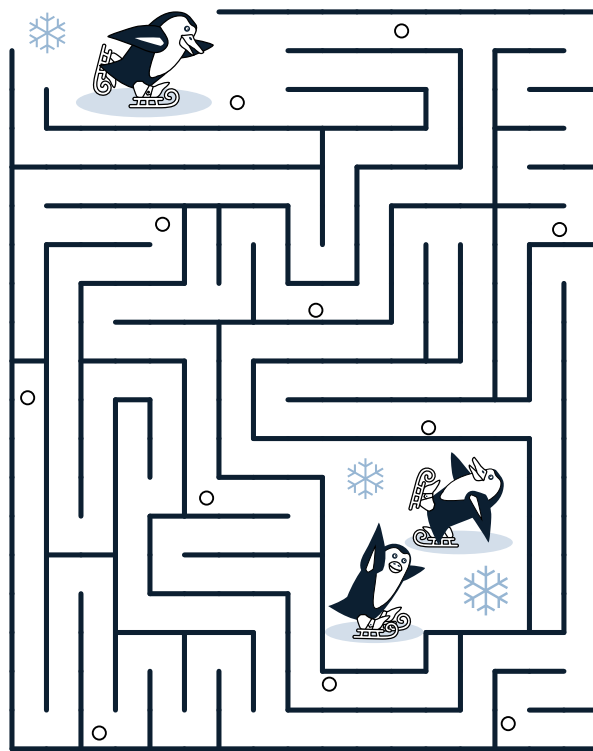
Question 4: *What was the first toy to be advertised on TV?*

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 Years
Eve. Champagne

Help the penguin join his friends for a skating party!



Word Search

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ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE