



CREASY 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

|             |      |
|-------------|------|
| Terrie T.   | 1/02 |
| Mary N.     | 1/16 |
| Margaret P. | 1/22 |
| Helen L.    | 1/22 |
| Gladys H.   | 1/23 |
| Carolyn D.  | 1/24 |
| Harry M.    | 1/26 |

## Staff

|              |      |
|--------------|------|
| Amanda S.    | 1/01 |
| Rebecca D.   | 1/01 |
| Karen P.     | 1/02 |
| Dee S.       | 1/03 |
| Sheyanne W.  | 1/04 |
| Kerry S.     | 1/11 |
| Debra S.     | 1/12 |
| Chris B.     | 1/17 |
| Elizabeth D. | 1/18 |
| Deshawn M.   | 1/18 |
| Hunter F.    | 1/19 |
| Beth G.      | 1/20 |
| Tracy V.     | 1/21 |



## 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,

*Justin Rife*

Executive Director



## CENTENARIAN CELEBRATIONS

This past month we had a couple of residents celebrate their 100th birthday on our campus. What a special day for our residents and their families. We hosted a birthday celebration in our activity room where family were able to gather to celebrate with their loved one. If you would like to celebrate a special occasion please reach out to the Life Enrichment department today!





## LEGACY SPOTLIGHT

Happy New Year from Legacy! We hope this coming year brings you great peace and wonderful joy. We decorated and celebrated in December and are looking forward to what each moment of love brings to us this coming year. Please stop by and say hello and chat with us anytime.

*Our residents "Deck the Halls" as they prepare for a winter wonderland*

## Holiday Happenings

What a wonderful conclusion to the 2021 year. From sipping on our hot coco as we decorated trees, sang Christmas carols in the halls, making festive holiday decorations, to the finale of our New Years Eve Glitz and Glamour party, it has been celebration after celebration. Last month we hosted an Angel Tree and were able to provide a Christmas to 10 children in our community. A special "Thank You" to all who donated and helped make this a wonderful holiday season for these children. As we draw 2021 to close, let us look forward we look forward to what 2022 has to bring



*Thank you to all who donated to help provide a Christmas to these Angels*



*A festive campus is a happy campus*

## Did You Know....

It is said that it takes 21 days to form a new habit. If you are wanting to tackle one of your resolutions, be sure to set yourself up for success. To do this, here are a few tips:

- 1.) Be realistic- if a goal is unattainable
- 2.) Plan ahead- don't wait until new years eve to decide on your resolution. If you wait until the last minute to chose your goal, it will reflect your current mindset only
- 3.) Talk about it- don't keep your goal a secret. Tell those who will be there to support you and help hold you accountable to your resolutions.
- 4.) Don't beat yourself up- mistakes happen. Obsessing over the occasional slip will not help you reach your goal but will instead leave you feeling defeated.
- 5.) Do the best you can each day and take it one day at the time.



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1750 S. Creasy Lane

Lafayette, IN 47905

765-447-6600

creasyspringshc.com |  

*Joe Smart*  
Administrator

*Justin Rife*  
Executive Director

*Vicki Hollinger*  
Director of Health Services

*Angela Poole*  
Business Office Manager

*Gregory Peterson*  
Director of Plant Operations

*Elizabeth Langston*  
Director of Therapy

*Jodi Hollingsworth*  
Director of Food Services

*Beth George*  
Social Service Director

*Amy Barnett*  
Environmental Services Director

*Derek Wilson*  
MDS Coordinator

*Debbi Sanders*  
Legacy Neighborhood Manager

*Jamie Treida*  
Villa Lifestyle 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@trilogyhs.com](mailto: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?*

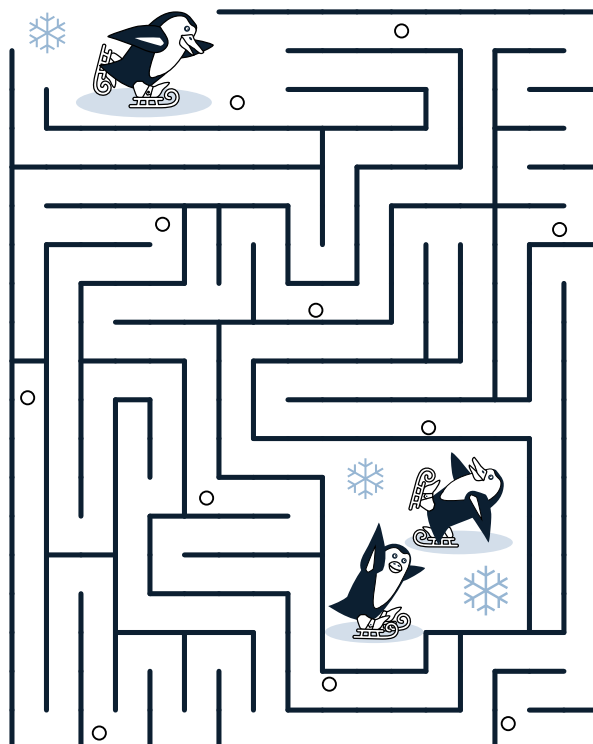
**Question 4:** *What was the first toy to be advertised on TV?*

**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 Year's  
Eve. Champagne

*Help the penguin join his friends for a skating party!*



## Word Search

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| 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 |
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| J | T | H | E | A | T | R | E | C | J | L | D | M | V | I | F | F | M | Y |
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ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE