



STONECROFT

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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

Susan D.	1/02
Kent D.	1/05
Carlos V.	1/08
Beverly S.	1/09
Arthur N.	1/11
Joyce J.	1/12
Phyllis H.	1/21
Judith G.	1/24
John M.	1/27

Staff

Marianne E.	1/02
Heather B.	1/11
Dawn C.	1/19
Katie B.	1/21

Sunday Brunch

Sunday Brunch will be January 16th starting at 11am residents are welcome to bring two guest to attend with them. We hope to see you there!

Volunteer News

We are looking for compassionate volunteers. Do you belong to a club, play an instrument or are passionate about a hobby and are wanting to give back to your community? Reach to our, Life Enrichment Director at 812-825-0551 for volunteer opportunities.

Activities Corner

We are so excited to have the Library Outreach Van back and coming once a month to drop off materials, if you're interested in checking out books, books on tape or DVD's you can reach the Library Outreach Department directly at 812-349-3174 or see the Life Enrichment Staff.

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 charity, Suzie's Place, 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. Our first Sunday Brunch for 2022 will be January 16th from 11am-1pm. Guests are limited to two per resident. We hope you can join us! 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,

Jenny Etienne
Executive Director

VITALITY PROGRAM

We like to make our fitness fun, with a variety of different exercises and active games, like using the parachute.



HAPPY HOUR

Happy Hours are so much fun are latest themes were into the woods, country western and warm & cozy. We enjoyed entertainment, drinks, appetizers, and friends.



Legacy Lane

Friends enjoying the beautiful Christmas tree during the holiday season.



Pie Time



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Jenny Etienne
Executive Director

Kim Bailey
HR/Payroll

Michaela Williams
Business Office Manager

Stephanie Clephane
Social Work Director

Chelsea Barger
Food Services Director

Wayne Deckard
Plant Operations Director

Heather Taylor
Community Service Representative

Hannah Cain
Life Enrichment Director

Scott Corie
Environmental Services Director

Krystal Binion
Director of Health Services

Brecken Shipman
Assisted Living Director

Donna VanHoosier
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*

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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?*

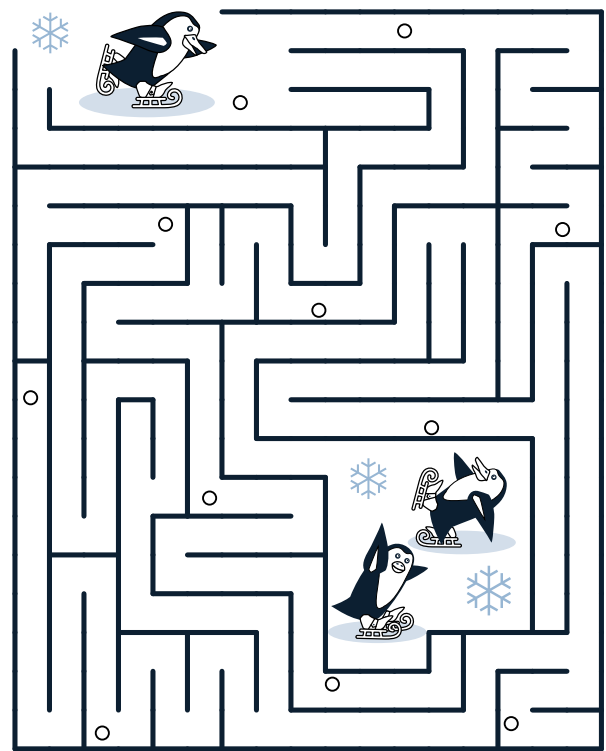
Question 4: *What was the first toy to be advertised on TV?*

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