

Celebrating Your Wellness in Heart Health Month

February is American Heart Health Month – a time that reminds us of the importance taking care of our cardiovascular health and wellness. By doing so, we can decrease our risk of high blood pressure and take meaningful steps to keep hypertension at bay. One of the key ways we can do this? Exercise!

According to the Center for Disease Control, engaging in physical activity is one of the most important ways that seniors can take care of their health. In addition to heart disease, staying physically active can also prevent some of the most common health problems that are often attributed to age. Of course, everyone is different – and engaging in physical activity should be executed to the extent in which your individual situation allows. Be sure to talk to your caregiver



about physical activities that work best for you, and we'll be happy to help you get into a routine.

With our *Vitality* program, we help our residents get into the groove of taking charge of their wellness with opportunities for physical activity at least three times a week. These opportunities include strength training, balance training, Tai Chi,

stretching, dancing, sport gaming systems activities, walking clubs, wellness seminars, and more!

At Trilogy, our number one priority will always be your health and wellbeing. For more information about all the ways we can help support an active lifestyle, talk to any member of our team today!

Happy Birthday!

Residents

Cecil D.	2/07
June S.	2/12
Mary J.	2/19
Alice H.	2/21
Dixie I.	2/23
Jorge T.	2/24
Helen P.	2/24
Eleanor M.	2/25

Staff

Kimani J.	2/01
Brenda K.	2/06
Sharon O.	2/15
Kaleena O.	2/27
Andrew M.	2/29

CHEERS TO A NEW YEAR!



Executive Director Corner

Welcome to February, everyone!

I hope the beginning of 2022 has been incredible for you as it has been for our campus team. We've been hard at work laying out some of the amazing activities we have planned over the course of the year – including our first Theme Week!

From February 20th – 26th, we'll be hosting our most elegant Theme Week yet with our first ever **Snowflake Ball**. During this week, our campus will act as a venue for a one-of-a-kind gala featuring a week of theme-related activities, events, and an incredible theme dinner. Stay tuned for more information as we get closer to the event!

This month, we also celebrate **American Heart Health Month** – a time which reminds us the importance of taking care of our cardiovascular health. Be sure to talk to any member of our team about our Vitality program, which provides opportunities for physical activity up to three times a week. Staying active is one of the best ways we can reduce our risk of high blood pressure, and we're here to help make that a reality for you to the fullest extent possible.

As always, if you need anything – or if you just want to catch up - please don't hesitate to reach out to me. I hope you have a great month!

Yours in Service,

Kelly Kaase

Executive Director



CHRISTMAS PAINTINGS AND CRAFTS



Taste of Town

Taste of Town will be Wednesday the 16th. We will feature food from Culver's.

Come hungry!

Sunday Brunch

Sunday Brunch will be held Sunday the 13th. Due to COVID restrictions we are only allowing 2 family members to attend. Thank you all for being understanding. We look forward to seeing you all there!

Smile of the Month

"Darlene proudly showing us a wooden Mr and Mrs Santa that she and her husband had made together more then 20 years ago!"





GREENLEAF

HEALTH CAMPUS

A Trilogy Senior Living Community

1201 East Beardsley Ave
Elkhart, IN 46514
574-206-0086
greenleafhs.com |

Kelly Kaase
Executive Director

TBD
Director of Health Services

Christine Habaj
Assistant Director of Health Services

Sherina Gonzalez
Community Service Representative

James Morales
Life Enrichment Director

Patrick King
Director of Plant Operations

Tamsen Leonard
Director of Food Services

Emmaleigh Ruiz
Assistant Director of Food Services

Donna Holliday
Environmental Services Director

Paige Garcia
Director of Social Services

Madison Olivarez
Guest Relations

Stacie Dempsey
Therapy Program 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

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Monthly Trivia & Activity Corner

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

Question 1: What baseball player married Marilyn Monroe in 1953?

Question 2: What 1968 movie featured a computer named H.A.L.?

Question 3: What are the three primary colors?

I SPY: MY VALENTINE

Question 4: What is the
third sign of the zodiac?

Question 5: Which
country provided
the US with the
Statue of Liberty?

Flip the page for last
month's trivia answers:

Q5: What is the total number
of dots on a pair of dice? 42 dots

Q4: What was the first
toy to be advertised on
TV? Mr. Potato Head

Q3: What was the first
middle name? Elias

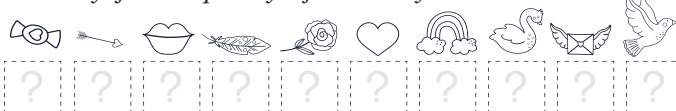
Q2: What was Walt Disney's
the winter? Hibernation

Q1: What was the first year
in New York? 1904

Q1: What was the first year
there were fireworks for the
New Year's Eve celebration



How many of each shape can you find? Fill in your answers below:



Word Search

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

ACTIVE

AGING

BALANCE

DANCE

DISEASE

EXERCISE

HEALTH

PHYSICAL

PRIORITY

STEPS

STRENGTH

STRETCH

TRAINING

VITALITY

WALKING

WELLNESS