



RIVER TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

February 2022

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

Gerald B.	2/09
Seth S.	2/10
Mary K.	2/11
Patsy S.	2/20
Dorothy S.	2/21

Staff

Bethany S.	2/10
Michelle M.	2/12
Victoria J.	2/25
Tyler W.	2/27

Family Night

We are so excited to announce that our quarterly Family Nights have returned to our campus!

Family Night provides a fun and entertaining atmosphere for both residents and their family members. Our first quarterly family night was hosted January 20th and was a huge success! Please stay tuned for the date of the next upcoming Family Night, we can't wait to see you!



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,

Brittan Mefford

Executive Director

SUNDAY BRUNCH

A delicious combination of breakfast and dinner...and dessert! We are so grateful to have a superb Dining Services team create delicious brunches and see all our team members come together to give our residents and families the best experience. We hope you've taken advantage of the brunches and Family Nights we have hosted, and we look forward to the many more to come!





Hearts and Hands: Volunteer Program

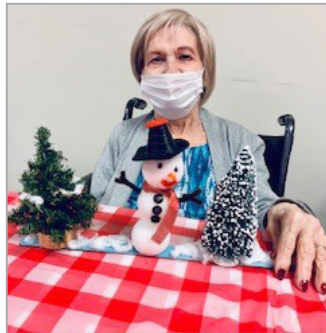
We are so grateful for our volunteers and extremely happy to be welcoming their expertise back into our campus home. There are many benefits of volunteering such as personal satisfaction, community involvement, new and meaningful friendships, utilizing your skills to teach others and so much more. As Volunteer Appreciation Week is approaching in April, we want to extend our hand in offering you to volunteer at our community. There are many ways of volunteering, and we are happy to work with you to make your dream a reality. Please contact the Life Enrichment Department at our campus for more information. We look forward to hearing from you! ***April will be here before we know it. Join our team through volunteering. We can't wait to celebrate you!***

Artisans Club

River Terrace provides Artisans Club several times each week as it is one of our best attended life enriching activities. This program allows the opportunity for everyone to creatively express themselves through different mediums. While most may think Artisans is just for crafts, we include so much more to meet the needs of our residents. These activities include but are not limited to cooking meals, sculpting, scrap booking, painting, wood burning and so much more. Follow us on social media see all the beautiful ways our residents have creatively expressed themselves through art.



Dana's smile is beaming, even behind the mask. It's safe to say this was a 10/10!



Marti wanted big trees to make a winter wonderland for her snowman. We think she did a fantastic job!



Laura loved creating her snowman! She had fun picking out each item to dress him with.



Ethel & Laura worked together to create a fun gingerbread house.



Veronica, George & Florene enjoyed working together to make a gingerbread masterpiece. They gave this wintry activity 10 stars!

Sunday Brunch

We are so excited to announce that while our Sunday Brunch returned to our campus!

Brunch is a 2-hour long event with both breakfast and dinner meals served buffet-style. The residents and their families have enjoyed welcoming back the brunch atmosphere and spending quality time together. Please make sure to reserve your tickets for the upcoming brunches on February 13th and March 13th.

To continue to keep our residents, families, and staff safe we have implemented guidelines that must be followed for both Brunch & Family Nights. Brunch & Family Night tickets are limited at this time to 2 guests per resident. We kindly ask that you reserve your ticket at least 72hrs prior to the date of the event by bringing in proof of vaccination to our Guest Relations desk or the Business Office. At this time, you will receive a ticket that you'll bring to the event. You must screen in using our electronic screening device at the front door and masks must be worn at all times, except when enjoying the meal. We ask that you arrive 15-30 minutes prior to the event start time, as we require you to take a Covid-19 test and wait the full 15 minutes for results before proceeding to the floor. If you have any questions, please feel free to reach out to our campus. We look forward to having you.



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Executive Director

Krissy Sample
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Bethany Smith
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Janay Lewis
Assisted Living Coordinator

Dana Riddle
Customer Service Representative

Matt Dean
Business Office Manager

Kayla Stokes
Director of Social Service

Jeff Vester
Director of Plant Operations

Kelli Snapp
Director of Life Enrichment

Jessica Jackson
Director of Food Services

Evelyn Reynolds-
Director of Environmental 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@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?

Q4: What was the first
toy to be advertised on
TV?

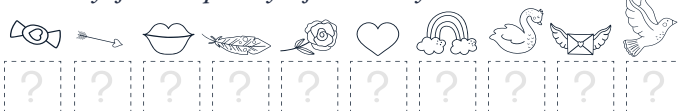
Q3: What was Walt Disney's
middle name?

Q2: What is the state called
in New York?

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



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
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ACTIVE

DISEASE

PRIORITY

TRAINING

AGING

EXERCISE

STEPS

VITALITY

BALANCE

HEALTH

STRENGTH

WALKING

DANCE

PHYSICAL

STRETCH

WELLNESS