



ST. ANDREWS

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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

Eileen H.	2/11
James D.	2/14
Catherine J.	2/14
Ruth T.	2/16
Rosemarie H.	2/16
Norma R.	2/19
George A.	2/22
Joyce S.	2/24

Staff

Mary N.	2/03
Mallory W.	2/15
Ashley B.	2/24
Anna B.	2/27

Upcoming Events

February 08:

Susie Grelle Music at 3:00pm

February 11:

Ken Petro Music at 2:00pm

February 14:

Taste of Town: Schmidt's Bakery

February 24:

Theme Dinner: Snowflake Ball

February 27:

Sunday Brunch from
11:00am to 1:00pm



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,

Kevin Craig

Executive Director

ACTIVITIES CORNER

While many of our residents are not up until midnight on New Year's Eve, they are still able to celebrate with their friends. The music was festive, the countdown was loud, the champagne was bubbly, the food was delicious, and the smiles and laughter were contagious. The year 2021 ended on a high note for the residents and the staff as they enjoyed one another's company throughout this joyful event!



Friends together at New Year's



New Year's Eve Event

More from **ACTIVITIES CORNER**



Celebrating the New Year Together



Having fun on New Year's

Entertainment

The St. Andrews Health Campus is never lacking on live entertainment. We most recently enjoyed Mary and The Three Wise Men, a praise band from Tyson United Methodist Church, and an exceptional Elvis impersonator – Travis Albertson. Our residents also enjoy the talents of Susie Grelle, Don Stegemiller, Ken Petro and Ric Aielli each month and they look forward to each coming to present their love of music and their willingness to share this with others. If you know of a person or group the residents might enjoy, please contact Jeni Schnebelt at (812) 934-5090.



Elvis is in the building



Fans of Elvis



Patty's Dream Come True

MEN'S GROUP

Friendship is important for any senior's well-being and our men's groups can help ensure connections are made. One evening a month the gentlemen get together to laugh, talk and share stories while feasting on a well-made meal of their choosing. The men recently dined on fried chicken from the Brau Haus in Oldenburg, Indiana and homemade mashed potatoes and green beans. It was heard on more than one occasion that night that it was the best meal they had enjoyed in a long time. It is always our goal to make our residents feel special and at home, so this night seemed to be a success!



Enjoying Delicious Food



Good Friendships and Conversations

Sunday Brunch

Sunday Brunch has commenced once again at St. Andrews. Families and friends are invited to eat with their loved ones on the fourth Sunday of the month from 11:00am – 1:00pm. Each resident may have two vaccinated guests attend and those in attendance will be required to show their vaccine card at the door.

Lifelong Learning

Lifelong learning has been found to stimulate greater neuron generation and connection in the brain. When neuron generation is improved, it positively effects memory, attention, thinking and reasoning skills. The St. Andrews residents are given many opportunities to learn, including being taught new games, such as Pokeno – a game that combines the thrill of poker with the anticipation of Bingo.



Let's Learn to Play Pokeno



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Assistant Director of Food Services

Lisa Rosfeld
Environmental Services Supervisor

Billy Meyer
Director of Plant Operations

Kayla Dixon
Therapy Program Director

Shannon Wooten
AP/Payroll, Human Resources

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 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?

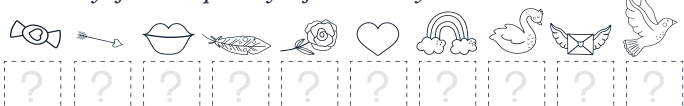
Q3: What was Walt Disney's middle name?

Q2: What is the state called in New York?

Q1: What was the first year 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
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Y	J	N	B	S	D	S	F	X	N	S	U	T	U	Z	C	H	E	S
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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

DISEASE

PRIORITY

TRAINING

AGING

EXERCISE

STEPS

VITALITY

BALANCE

HEALTH

STRENGTH

WALKING

DANCE

PHYSICAL

STRETCH

WELLNESS